



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|---|---|--|
| A - Artisans CC - Community Connections CC - Creative Cooking GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning M - Music to My Ears | O - Out & About S - Signature Events V - Vitality | 1 Chinese New Year K 10:30 Coffee and Conversation - AR V 11:00 Morning Walk through the Halls! S 2:30 Resident Council - Dining Room K 4:00 Card Games! - AR | 2 Groundhog Day I 10:30 Bible Study with Missy - Activity Room O 11:30 Lunch Outing: Ramseys A 2:30 Art: Making Olympic T-shirts - TS V 4:00 TrilogyFit Exercise Class - Dining Room | 3 K 10:30 Coffee and Conversation - AR V 11:00 Morning Walk through the Halls! S 2:15 Chef Circle - PC Dining Room S 2:15 Chef Circle - PC Dining Room | 4 I 10:00 Morning Devotions - TS K 10:15 Fun Friday Trivia! - TS CC 10:30 Creamy Fruit Salad - TS M 3:00 Winter Olympics Themed Happy Hour with music by Bill Kelly - TS | 5 V 10:30 Morning Stretches! - Town Square GG 11:00 BINGO! - Town Square A 2:30 Art: Bird Houses - TS V 4:00 TrilogyFit Exercise Class - Dining Room |
| 6 I 10:30 Sunday Devotions and Hymns - HC Dining Room M 11:00 Hymn Sing-a-long - HC DR CC 2:30 Hot Chocolate Bar! - TS L 3:00 Learn about Chinese | 7 M 10:30 Name that Tune! - TS V 11:00 Morning Exercise - TS GG 11:15 BINGO! - TS V 2:30 Practice the Olympic Game Curling! - TS V 4:00 TrilogyFit Exercise Class - Dining Room CC 6:30 Love on a Leash: Dog | 8 K 10:30 Coffee and Conversation - AR V 11:00 Morning Walk through the Halls! M 2:30 February Birthday Party with Cake and Ice Cream - TS K 4:00 Book | 9 I 10:30 Bible Study with Missy - Activity Room O 11:30 Lunch Outing: Wendys! A 2:30 Art: Chalk Pastel Hearts - TS V 4:00 TrilogyFit Exercise Class - Dining Room | 10 K 10:30 Coffee and Conversation - AR V 11:00 Morning Walk through the Halls! S 2:15 Chef Circle - PC Dining Room O 2:30 Scenic Drive! GG 6:15 Evening BINGO Game! | 11 I 10:00 Morning Devotions - TS K 10:15 Fun Friday Trivia! - TS CC 10:30 Cupid Shakes - TS M 3:00 Winter Olympic Themed Happy Hour with music by Mark Gardner - TS | 12 V 10:30 Morning Stretches! - Town Square GG 11:00 BINGO! - Town Square A 2:30 Art: Heart Art Salt Painting - TS V 4:00 TrilogyFit Exercise Class - Dining Room |
| 13 I 10:30 Sunday Devotions and Hymns - HC Dining Room M 11:00 Hymn Sing-a-long - HC DR CC 2:30 Hot Chocolate Bar! - TS L 3:00 History of Valentine's | 14 Valentine's Day M 10:30 Name that Love Song! - TS V 11:00 Morning Exercise - TS GG 11:15 BINGO! - TS S 2:30 Valentine's Day Tea Party (Wear Red or Pink)- TS V 4:00 TrilogyFit Exercise | 15 K 10:30 Coffee and Conversation - AR V 11:00 Morning Walk through the Halls! O 2:30 Scenic Drive! K 4:00 Card Games! - AR | 16 I 10:30 Bible Study with Missy - Activity Room O 11:30 Lunch Outing: Culvers A 2:30 Art: Painting the Snow Moon (February's Full Moon) - TS V 4:00 TrilogyFit Exercise Class - Dining Room | 17 K 10:30 Coffee and Conversation - AR V 11:00 Morning Walk through the Halls! CC 1:30 Project Linus Blanket Making CC 3:00 Chef Circle with Soup! - Town Square | 18 I 10:00 Morning Devotions - TS K 10:15 Fun Friday Trivia! - TS CC 10:30 Chocolate Mint Cookies - TS M 3:00 Winter Olympic Themed Happy Hour with music by Larry | 19 V 10:30 Morning Stretches! - Town Square GG 11:00 BINGO! - Town Square A 2:30 Art: Black Glue and Watercolor Heart Art Project - TS V 4:00 TrilogyFit Exercise Class - Dining Room |
| 20 I 10:30 Sunday Devotions and Hymns - HC Dining Room M 11:00 Hymn Sing-a-long - HC DR CC 2:30 Hot Chocolate Bar! - TS L 3:00 The Iditarod Dogsled | 21 Presidents' Day M 10:30 Name that Tune! - TS V 11:00 Snowball Fight! - TS GG 11:15 BINGO! - TS S 2:30 Hockey Game - PC Living Room V 4:00 TrilogyFit Exercise Class - Dining Room | 22 K 10:30 Coffee and Conversation - AR V 11:00 Snowflake Hunt through the Halls! O 2:30 Scenic Drive! K 4:00 Card Games! - AR | 23 I 10:30 Bible Study with Missy - Activity Room A 2:30 Art: Making Pasta Snowflakes - TS V 4:00 TrilogyFit Exercise Class - Dining Room | 24 K 10:30 Coffee and Conversation - AR V 11:00 Snowflake Hunt through the Halls! S 2:15 Chef Circle - PC Dining Room S 5:00 Snowflake Ball Theme Dinner | 25 I 10:00 Morning Devotions - TS K 10:15 Fun Friday Trivia! - TS CC 10:30 Cooking: Winter Wonderland Trail Mix - TS M 3:00 Snowflake Happy Hour (Wear winter colors), | 26 V 10:30 Snow Stretches! - Town Square GG 11:00 BINGO! - Town Square A 2:30 Art: Faux Ice Candle Holders - TS V 4:00 TrilogyFit Exercise Class - Dining Room |
| 27 I 10:30 Sunday Devotions and Hymns - HC Dining Room M 11:00 Hymn Sing-a-long - HC DR CC 2:30 Hot Chocolate Bar! - TS L 3:00 Learn about American | 28 M 10:30 Name that Tune! - TS V 11:00 Morning Exercise - TS GG 11:15 BINGO! - TS A 2:30 Make your own Floral Bouquet - TS V 4:00 TrilogyFit Exercise Class - Dining Room | | | | | |



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|--|--|---|---|--|--|---|
| A - Artisans CC - Community Connections CC - Creative Cooking GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning MM - Mindful Moments | M - Music to My Ears O - Out & About S - Signature Events V - Vitality | 1 Chinese New Year MM 9:15 Mindful Moments S 10:00 Resident Council - TS K 10:30 Coffee and Conversation - Town Square I 11:00 Morning Devotions - TS V 11:15 Exercise and Games - | 2 Groundhog Day MM 9:15 Mindful Moments K 10:30 Brain Teasers and Trivia Games - TS V 11:00 Badminton and Stretches! - TS O 11:30 Lunch Outing: Ramseys A 2:30 Art: Making Olympic T-shirts - TS | 3 MM 9:15 Mindful Moments K 10:30 Coffee and Conversation - TS V 11:15 Exercise and Games - TS S 2:15 Chef Circle - PC Dining Room S 2:15 Chef Circle - PC Dining | 4 MM 9:15 Mindful Moments I 10:00 Morning Devotions - TS K 10:15 Fun Friday Trivia! - TS CC 10:30 Creamy Fruit Salad - TS M 3:00 Winter Olympics Themed Happy Hour with music by Bill Kelly - | 5 MM 9:15 Mindful Moments V 10:30 Morning Stretches! - Town Square GG 11:00 BINGO! - Town Square A 2:30 Art: Bird Houses - TS |
| 6 MM 9:15 Mindful Moments I 10:30 Sunday Devotions and Hymns - HC Dining Room M 11:00 Hymn Sing-a-long - HC DR CC 2:30 Hot Chocolate Bar! - TS | 7 MM 9:15 Mindful Moments M 10:30 Name that Tune! - TS V 11:00 Morning Exercise - TS GG 11:15 BINGO! - TS V 2:30 Practice the Olympic Game Curling! - TS CC 6:30 Love on a Leash: Dog Visits! | 8 MM 9:15 Mindful Moments K 10:30 Coffee and Conversation - Town Square I 11:00 Morning Devotions - TS V 11:15 Exercise and Games - TS | 9 MM 9:15 Mindful Moments K 10:30 Brain Teasers and Trivia Games - TS V 11:00 Badminton and Stretches! - TS O 11:30 Lunch Outing: Wendys! A 2:30 Art: Chalk Pastel Hearts - TS | 10 MM 9:15 Mindful Moments K 10:30 Coffee and Conversation - TS V 11:15 Exercise and Games - TS S 2:15 Chef Circle - PC Dining Room O 2:30 Scenic Drive! | 11 MM 9:15 Mindful Moments I 10:00 Morning Devotions - TS K 10:15 Fun Friday Trivia! - TS CC 10:30 Cupid Shakes - TS M 3:00 Winter Olympic Themed Happy Hour with music by Mark | 12 MM 9:15 Mindful Moments V 10:30 Morning Stretches! - Town Square GG 11:00 BINGO! - Town Square A 2:30 Art: Heart Art Salt Painting - TS |
| 13 MM 9:15 Mindful Moments I 10:30 Sunday Devotions and Hymns - HC Dining Room M 11:00 Hymn Sing-a-long - HC DR CC 2:30 Hot Chocolate Bar! - TS | 14 Valentine's Day MM 9:15 Mindful Moments M 10:30 Name that Love Song! - TS V 11:00 Morning Exercise - TS GG 11:15 BINGO! - TS S 2:30 Valentine's Day Tea Party (Wear Red or Pink)- TS | 15 MM 9:15 Mindful Moments K 10:30 Coffee and Conversation - Town Square I 11:00 Morning Devotions - TS V 11:15 Exercise and Games - TS | 16 MM 9:15 Mindful Moments K 10:30 Brain Teasers and Trivia Games - TS V 11:00 Badminton and Stretches! - TS O 11:30 Lunch Outing: Culvers A 2:30 Art: Painting the Snow Moon (February's Full | 17 MM 9:15 Mindful Moments K 10:30 Coffee and Conversation - TS V 11:15 Exercise and Games - TS CC 1:30 Project Linus Blanket Making CC 3:00 Chef Circle with Soup! - | 18 MM 9:15 Mindful Moments I 10:00 Morning Devotions - TS K 10:15 Fun Friday Trivia! - TS CC 10:30 Chocolate Mint Cookies - TS M 3:00 Winter Olympic Themed Happy Hour | 19 MM 9:15 Mindful Moments V 10:30 Morning Stretches! - Town Square GG 11:00 BINGO! - Town Square A 2:30 Art: Black Glue and Watercolor Heart Art Project - TS |
| 20 MM 9:15 Mindful Moments I 10:30 Sunday Devotions and Hymns - HC Dining Room M 11:00 Hymn Sing-a-long - HC DR CC 2:30 Hot Chocolate Bar! - TS | 21 Presidents' Day MM 9:15 Mindful Moments M 10:30 Name that Tune! - TS V 11:00 Snowball Fight! - TS GG 11:15 BINGO! - TS S 2:30 Hockey Game - PC Living Room | 22 MM 9:15 Mindful Moments K 10:30 Coffee and Conversation - Town Square I 11:00 Morning Devotions - TS V 11:15 Snowflake Exercise - TS O 2:30 Scenic Drive! | 23 MM 9:15 Mindful Moments K 10:30 Brain Teasers and Trivia Games - TS V 11:00 Snowball Fight! - TS A 2:30 Art: Making Pasta Snowflakes - TS | 24 MM 9:15 Mindful Moments K 10:30 Coffee and Conversation V 11:15 Snowflake Exercise - TS S 2:15 Chef Circle - PC Dining Room K 4:45 Snowflake Ball Theme Dinner! | 25 MM 9:15 Mindful Moments I 10:00 Morning Devotions - TS K 10:15 Fun Friday Trivia! - TS CC 10:30 Cooking: Winter Wonderland Trail Mix - TS M 3:00 Snowflake Happy Hour | 26 MM 9:15 Mindful Moments V 10:30 Snow Stretches! - Town Square GG 11:00 BINGO! - Town Square A 2:30 Art: Faux Ice Candle Holders - TS |
| 27 MM 9:15 Mindful Moments I 10:30 Sunday Devotions and Hymns - HC Dining Room M 11:00 Hymn Sing-a-long - HC DR CC 2:30 Hot Chocolate Bar! - TS | 28 MM 9:15 Mindful Moments M 10:30 Name that Tune! - TS V 11:00 Morning Exercise - TS GG 11:15 BINGO! - TS A 2:30 Make your own Floral Bouquet - TS | | Please let the Life Enrichment Staff know if you need any reading materials, magazines, movies, snacks, or anything else you can think of! | | | |

February 2022



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|--|--|--|
| A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games K - Keeping it Sharp/Reminisce M - Music to My Ears V - Vitality | | 1 Chinese New Year V 9:00 Snowball Fight K 9:30 Tell Me Something Good 10:12 Bowling CC 10:45 Rise & Shine Parfaits 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 DIY Postcards | 2 Groundhog Day V 9:00 Quick Qigong K 9:30 Famous Pairs CC 10:45 Tropical Trail Mix 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Bird Brain Portraits 2:00 Scenic Drive M 3:30 Dance Your Own Way | 3 V 9:00 Ballroom Dancing K 9:30 Life Story V 9:45 Mindful Movements CC 10:45 Honey Spiced Bread 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Creative Storytelling M 3:30 Hippy Dance | 4 V 9:00 Mindfulness Matters K 9:30 Rolling 31 Days 10:12 Kickball CC 10:45 Classic Chocolate Chip Cookie 11:30 Healthy Hands 12:45 Relax & Recharge 2:00 Bingo | 5 V 9:00 Drum Circle K 9:30 New Year Word Poem CC 10:45 Strawberry Hand Pies 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Art & Poetry-Direction M 3:30 Making Music GG 4:00 Roll the Dice and Break |
| 6 V 9:00 Balance K 9:30 Guess the Animal CC 10:45 Italian Pinwheel Sandwiches with Cream Cheese 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Valentine Bookmarks | 7 V 9:00 What a Wonderful World Chair Yoga K 9:30 Conversation Hearts CC 10:45 Blueberry Oat Muffins 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Black Glue Heart Art M 3:30 Groovin' to Songs with | 8 V 9:00 Snowball Fight K 9:30 Tell Me Something Good 10:12 Bowling CC 10:45 Apple Yogurt Parfaits 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Valentine Hearts | 9 V 9:00 Quick Qigong K 9:30 Famous Pairs CC 10:45 Chocolate Raspberry Trail Mix 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Canvas Hearts 2:00 Scenic Drive | 10 V 9:00 Ballroom Dancing K 9:30 Life Story V 9:45 Mindful Movements CC 10:45 Orange Cranberry Bread with Glaze 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Creative Storytelling | 11 V 9:00 Mindfulness Matters K 9:30 Rolling 31 Days 10:12 Kickball CC 10:45 Peanut Butter Cookies 11:30 Healthy Hands 12:45 Relax & Recharge 2:00 Bingo A 2:00 Fizzing Heart Art | 12 V 9:00 Drum Circle K 9:30 New Year Word Poem CC 10:45 Apple Hand Pies 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Art Appreciation-Monet M 3:30 Making Music GG 4:00 Roll the Dice and Break |
| 13 V 9:00 Balance K 9:30 Guess the Animal CC 10:45 Sandwich Pinwheel 11:30 Brunch 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Heart Candy Jar M 3:30 Lift Your Voices | 14 Valentine's Day V 9:00 What a Wonderful World Chair Yoga K 9:30 Conversation Hearts CC 10:45 Banana Nut Muffins 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Watercolor Love Print M 3:30 Love Song Trivia | 15 V 9:00 Snowball Fight K 9:30 Tell Me Something Good 10:12 Bowling CC 10:45 Peanut Butter Banana Yogurt Parfaits 11:30 Healthy Hands 12:45 Relax & Recharge | 16 V 9:00 Quick Qigong K 9:30 Famous Pairs CC 10:45 Ginger Apricot Trail Mix 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Cubism Portraits 2:00 Scenic Drive M 3:30 Dance Your Own Way | 17 V 9:00 Ballroom Dancing K 9:30 Life Story V 9:45 Mindful Movements CC 10:45 Apple Praline Bread 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Act of Kindness Day M 3:30 Hippy Dance | 18 V 9:00 Mindfulness Matters K 9:30 Rolling 31 Days 10:12 Kickball CC 10:45 S'more Cookies 11:30 Healthy Hands 12:45 Relax & Recharge 2:00 Bingo A 2:00 Feel Good Art | 19 V 9:00 Drum Circle K 9:30 New Year Word Poem CC 10:45 Blackberry Hand Pies 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Art & Poetry-Winter M 3:30 Making Music GG 4:00 Roll the Dice and Break |
| 20 V 9:00 Balance K 9:30 Guess the Animal CC 10:45 Buffalo Chicken Pinwheels 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Hot Chocolate Gift Jar M 3:30 Lift Your Voices | 21 Presidents' Day V 9:00 What a Wonderful World Chair Yoga K 9:30 Conversation Hearts CC 10:45 Cherries in the Snow 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Watercolor Snowflake Resist | 22 V 9:00 Snowball Fight K 9:30 Tell Me Something Good 10:12 Bowling CC 10:45 Snowberry Parfait 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Wool Photo Frames | 23 V 9:00 Quick Qigong K 9:30 Famous Pairs CC 10:45 Snowy Day Trail Mix 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Bob Ross Art 2:00 Scenic Drive M 3:30 Dance Your Own Way | 24 V 9:00 Ballroom Dancing K 9:30 Life Story V 9:45 Mindful Movements CC 10:45 Snowman Cupcake 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Picture This M 3:30 Let it Snow | 25 V 9:00 Mindfulness Matters K 9:30 Rolling 31 Days 10:12 Kickball CC 10:45 Snowfetti Cookies 11:30 Healthy Hands 12:45 Relax & Recharge 2:00 Bingo A 2:00 Press & Paint | 26 V 9:00 Drum Circle K 9:30 New Year Word Poem CC 10:45 Tomato Hand Pies 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Art Appreciation-Norman Rockwell M 3:30 Making Music |
| 27 V 9:00 Balance K 9:30 Guess the Animal CC 10:45 Cream Cheese Pinwheels-Fresh Veggies 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Cookie in a Jar | 28 V 9:00 What a Wonderful World Chair Yoga K 9:30 Conversation Hearts CC 10:45 Apple Cinnamon Muffins 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 A Cup of Tea | | | | | |