


February 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Valentine Exchange!!</p> <p>Residents, Staff & Families can write out a Valentine to a resident or staff member Feb. 1—Feb. 13!</p>	<p>See the concierge or Emily for more information!</p> <p>Valentine's will be distributed by the activities department on February 14th!</p>		<p>1</p> <p>10:00 Daily Morning Programs 10:30 Stretch & Sing w/ Linda! MC 11:00 Activity Stations MC 1:30 Music w/ Oakland Church MC 1:30 Trivia TR 2:30 Tender Hearts MC 3:30 Tender Hearts PD</p>	<p>2</p> <p>10:00 Daily Morning Programs 10:30 Morning Stretch MC 11:00 Activity Stations MC 11:30 Stretch & Strength w/ Carol TR 3:00 Weekly Documentary TH</p>	<p>3</p> <p>10:00 Daily Morning Programs 10:30 Stretch & Sing w/ Linda! MC 11:00 Activity Stations MC 1:30 Whiteboard Games TR 2:00 Tranquility Time MC</p>	<p>4</p> <p>10:00 News & Coffee DR 2:00 Resident's Choice Games MC 6:00 Movie Night TH</p>
<p>5</p> <p>10:00 News & Coffee DR 1:00 Activity Packets DR 2:00 Puzzle Hour SR/MC</p>	<p>6</p> <p>10:00 Daily Morning Programs 10:30 Stretch & Sing w/ Linda! MC 11:00 Activity Stations MC 1:30 Exercise DVD TR 2:00 Crafting Class DR 3:00 Bingo! DR</p>	<p>7</p> <p>10:00 Daily Morning Programs 10:30 Morning Stretch MC 11:00 Activity Stations MC 11:30 Drum Fit w/ Carol TR 2:00 Afternoon Snack Social MC 2:00 Coffee & Tea Social DR</p>	<p>8</p> <p>10:00 Daily Morning Programs 10:30 Stretch & Sing w/ Linda! MC 11:00 Activity Stations MC 1:30 Trivia TR 2:30 Tender Hearts MC 3:30 Tender Hearts PD</p>	<p>9</p> <p>10:00 Daily Morning Programs 10:30 Morning Stretch MC 11:00 Activity Stations MC 11:30 Stretch & Strength w/ Carol TR 2:00 Live Music Performance! 3:00 Weekly Documentary TH</p>	<p>10</p> <p>10:00 Daily Morning Programs 10:30 Stretch & Sing w/ Linda! MC 11:00 Activity Stations MC 1:30 Whiteboard Games TR 2:00 Tranquility Time MC 3:00 Happy Hour! DR</p>	<p>11</p> <p>10:00 News & Coffee DR 2:00 Resident's Choice Games MC 6:00 Movie Night TH</p>
<p>12</p> <p>10:00 News & Coffee DR 1:00 Activity Packets DR 2:00 Puzzle Hour SR/MC</p>	<p>13</p> <p>10:00 Daily Morning Programs 10:30 Stretch & Sing w/ Linda! MC 11:00 Activity Stations MC 1:30 Exercise DVD TR 2:00 Crafting Class DR 3:00 Bingo! DR</p>	<p>14</p> <p><i>Happy Valentine's Day!</i></p> <p>10:00 Daily Morning Programs 10:30 Morning Stretch MC 11:00 Activity Stations MC 11:30 Drum Fit w/ Carol TR 1:45 Therapy Dogs Visit! TR 2:00 Valentine's Day Social DR</p>	<p>15</p> <p>10:00 Daily Morning Programs 10:30 Stretch & Sing w/ Linda! MC 11:00 Activity Stations MC 1:30 Trivia TR 2:30 Tender Hearts MC 3:30 Tender Hearts PD</p>	<p>16</p> <p>10:00 Daily Morning Programs 10:30 Morning Stretch MC 11:00 Activity Stations MC 11:30 Stretch & Strength w/ Carol TR 2:00 Live Music Performance! 3:00 Weekly Documentary TH</p>	<p>17</p> <p>10:00 Daily Morning Programs 10:30 Stretch & Sing w/ Linda! MC 11:00 Activity Stations MC 1:30 Whiteboard Games TR 1:30 Tranquility Time MC 3:00 Happy Hour! DR</p>	<p>18</p> <p>10:00 News & Coffee DR 2:00 Resident's Choice Games MC 6:00 Movie Night TH</p>
<p>19</p> <p>10:00 News & Coffee DR 1:00 Activity Packets DR 2:00 Puzzle Hour SR/MC</p>	<p>20</p> <p>10:00 Daily Morning Programs 10:30 Stretch & Sing w/ Linda! MC 11:00 Activity Stations MC 1:30 Exercise DVD TR 2:00 Crafting Class DR 3:00 Bingo! DR</p>	<p>21</p> <p><i>Happy Mardi Gras!</i></p> <p>10:00 Daily Morning Programs 10:30 Morning Stretch MC 11:00 Activity Stations MC 11:30 Drum Fit w/ Carol TR 2:00 Mardi Gras Travelogue Presentation & Treats TH</p>	<p>22</p> <p><i>Ash Wednesday</i></p> <p>10:00 Daily Morning Programs 10:30 Stretch & Sing w/ Linda! MC 11:00 Activity Stations MC 1:30 Music w/ Oakland Church MC 1:30 Trivia TR 2:30 Tender Hearts MC 3:30 Tender Hearts PD</p>	<p>23</p> <p>10:00 Daily Morning Programs 10:30 Morning Stretch MC 11:00 Activity Stations MC 11:30 Stretch & Strength w/ Carol TR 2:00 Live Music Performance! 3:00 Weekly Documentary TH</p>	<p>24</p> <p>10:00 Daily Morning Programs 10:30 Stretch & Sing w/ Linda! MC 11:00 Activity Stations MC 1:30 Whiteboard Games TR 3:00 February Birthday's Happy Hour! DR</p>	<p>25</p> <p>10:00 News & Coffee DR 2:00 Resident's Choice Games MC 6:00 Movie Night TH</p>
<p>26</p> <p>10:00 News & Coffee DR 1:00 Activity Packets DR 2:00 Puzzle Hour SR/MC</p>	<p>27</p> <p>10:00 Daily Morning Programs 10:30 Stretch & Sing w/ Linda! MC 11:00 Activity Stations MC 1:30 Exercise DVD TR 2:00 Crafting Class DR 3:00 Bingo! DR</p>	<p>28</p> <p>10:00 Daily Morning Programs 10:30 Morning Stretch MC 11:00 Activity Stations MC 11:30 Drum Fit w/ Carol TR 2:00 Afternoon Snack Social MC 2:00 Coffee & Tea Social DR</p>	<p><i>Daily Morning Programs</i></p> <p>Daily Chronicle News Puzzles/Card Games/Morning Walks 1:1 Visits **Activities are subject to change**</p>	<p><i>Warren Therapy</i></p> <p>Physical & Occupational Therapy Monday-Friday 9am-12pm</p>	<p><i>Transportation</i></p> <p>Available by Appointment: Tuesday & Thursday 9-4pm See Jamie for transportation requests!</p>	<p><i>Petals Salon & Spa</i></p> <p>Open by Appointment: Tuesdays—Hair Wednesdays—Nails See concierge for booking appointments!</p>