



# February Activities



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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						10:00 🍷 Snack Cart 10:30 🎨 Weekend Coloring <b>1:15 🎵 Music with Mark Jasper</b> 2:00 🍪 Snack Cart
10:30 🏐 Volleyball 12:00 🍽️ Lunch 1:30 🏛️ Church Service-visual 2:00 🍪 Snack Cart	9:45 🧘 Morning Stretch <b>10:15 🎵 Music w/Michael</b> 1:15 BINGO	🩺 Weight & Blood Pressure 1:30 🎵 Musical Memories	10:00 🧘 Aromatherapy Yoga <b>10:30 🎨 Ceramic Class</b> 1:15 BINGO	10:00 🧘 Balance/Strength 10:30 🗣️ Trivia "Famous Couples" <b>1:15 ❤️ Valentine's Arts &amp; Crafts</b>	9:00 🕊️ Communion 10:30 🧐 Trivia/Quiz 1:15 BINGO	10:00 🍷 Snack Cart <b>10:15 🏃 Exercise with Rowena</b> <b>1:15 🎻 Violin Concert with Antonio</b> 2:00 🍪 Snack Cart
10:30 🌸 Flowering Arranging 12:00 🍽️ Lunch 1:30 🏛️ Church Service 2:00 🍪 Snack Cart	9:45 🧘 Morning Stretch <b>10:15 🎵 Music w/Alfredo</b> 1:15 BINGO	10:00 🧘 Chair Stretching 10:30 🎮 Game Time 1:15 🌿 Waterleaf Spa Day	10:00 🧘 Aromatherapy Yoga 10:15 ❤️ Valentine's Trivia/Quiz 1:15 BINGO	10:00 🧘 Balance/Strength 10:30 ❤️ Valentine Memory Lane <b>1:15 🎵 Music with Julian</b>	Valentine's Day 9:00 🕊️ Communion 10:30 ❤️ Valentine's Tea Party 1:15 BINGO	10:00 🍷 Snack Cart 10:30 🎨 Weekend Coloring 1:30 ❤️ Romantic Movie 2:00 🍪 Snack Cart
10:30 🎵 Sing-Along 12:00 🍽️ Lunch 1:30 🏛️ Church Service-visual 2:00 🍪 Snack Cart	President's Day. 9:45 🧘 Morning Stretch <b>10:15 🎵 Music w/Michael</b> 1:15 BINGO	10:00 🧘 Chair Stretching 10:30 🧮 Fun with Mathematics 1:15 🌿 Mapleleaf Spa Day	10:00 🧘 Aromatherapy Yoga 10:30 🗣️ Most Famous "Quotes" 1:15 BINGO	10:00 🧘 Balance/Strength 10:30 🏐 Volleyball 1:15 🗳️ Residents Council Meeting 2:00 🎲 Board Games	9:00 🕊️ Communion 10:30 🧘 Chair Dancing 11:00 🗣️ Charades 1:15 BINGO	10:00 🍷 Snack Cart 10:30 🥤 Juicing <b>1:15 🎻 Violin Concert with Antonio</b> 2:00 🍪 Snack Cart
10:30 ✈️ Armchair Travel 12:00 🍽️ Lunch 1:30 🏛️ Church Service 2:00 🍪 Snack Cart	9:45 🧘 Morning Stretch <b>10:15 🎵 Music w/Alfredo</b> 1:15 BINGO	10:00 🧘 Chair Stretching 10:30 🍷 Food Tasting 1:15 🎴 Poker Club	10:00 🧘 Aromatherapy Yoga 10:30 📖 Reading Group 1:15 BINGO	10:00 🧘 Balance/Strength 10:30 🎵 Name The Tune 1:15 🎳 Bowling	9:00 🕊️ Communion 10:30 🧘 Chair Dancing 11:00 🗣️ Morning Chat 1:15 BINGO	💖