



# February 2023



All activities are subject to change.

## ACTIVITIES CALENDAR

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

### What We Celebrate This Month:

February is Black History Month, a time to recognize the significant contributions of Black Americans in our society.

February 2—Groundhog Day

February 12—Superbowl Sunday

February 14—Valentine's Day

February 20—President's Day

February 21—Mardi Gras

### Activities and Outings to Keep on Your Radar:

February 12 @ 1pm—Valentine's Swing Dance

February 13 @ 2pm—Lodge Community Meeting for Residents

February 23 @ 2pm—Wellness Presentation on Beating the Winter Blues with Katie Jewett, Bayada

February 24 @ 10:15am—Outing to Local Greenhouse/ Nursery (Must sign up at front desk)

### Trips to Hannaford:

February 6 @ 10:30am & February 20 @ 10:30am

### Live Music:

February 7 @ 2pm—Drum Circle

February 14 @ 2pm—Dan Levine on Piano

February 28 @ 2pm—Carol Ann Jones on Guitar with Vocals

1

**9:30** - Seated Dance With Heather (Fitness Center)

**10:30** - A Look Back at Local Spots (Living Room)

**1:30** - Bridge Club (Kitchen)

**2:30** - Resident Social: Cookies & Groundhog Day Predictions (Bistro)

**3:15** - Working with Watercolors (Art Studio)

2

**9:30** - Working With Weights (Fitness Center)

**10:30** - Biography Series: John Denver (Living Room)

**1:15** - Song & Prayer With Pastor Bill (Living Room)

**2:00** - Guess That 1950's Movie (Living Room)

**3:15** - Bocce (Fitness Center)

3

**9:30** - Seated Yoga w/Meagan (Fitness Center)

**10:30** - Recycling Review & Bin Distribution (Living Room)

**1:30** - Fun & Fitness w/ Angie (Fitness Center)

**2:30** - Manicures (Bistro)

**3:00** - Knitting Club (Living Room)

**4:00** - Cranium Crunches (Living Room)

4

**9:30** - Exercise for Balance (Fitness Center)

**10:30** - Flower Arranging (Bistro)

**2:30** - Bingo (Dining Room)

**3:45** - Jeopardy (Living Room)



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5	6	7	8	9	10	11
<p><b>9:30</b> - Full Body Stretch (Fitness Center)</p> <p><b>10:30</b> - UNESCO World Heritage Sites: United Kingdom (Living Room)</p> <p><b>1:00</b> - Essex Alliance Church (Theater)</p> <p><b>1:00</b> - Rummikub (Bistro)</p> <p><b>2:30</b> - Pictionary (Living Room)</p> <p><b>3:45</b> - Balloon Tennis (Fitness Center)</p>	<p><b>9:30</b> - Monday Morning Wakeup (Fitness Center)</p> <p><b>10:15</b> - Painting Roses With Q-Tips (Art Studio)</p> <p><b>10:30</b> - Trip to Hannaford</p> <p><b>1:00</b> - Classical Music Matinee (Living Room)</p> <p><b>2:00</b> - Reading Group (Library)</p> <p><b>3:00</b> - Geography Games (Living Room)</p> <p><b>3:45</b> - Rick Steves (Living Room)</p>	<p><b>9:30</b> - Core Strengthening &amp; Posture (Fitness Center)</p> <p><b>10:30</b> - Cooking Club: Soft Pretzels (Kitchen)</p> <p><b>1:00</b> - Catholic Service (Theater)</p> <p><b>2:00</b> - Drum Circle (Fitness Center)</p> <p><b>3:15</b> - Golf (Fitness Center)</p> <p><b>4:00</b> - Trivia (Bistro)</p>	<p><b>9:30</b> - Seated Dance With Heather (Fitness Center)</p> <p><b>10:30</b> - History of the Superbowl (Living Room)</p> <p><b>1:30</b> - Bridge Club (Kitchen)</p> <p><b>2:30</b> - Resident Social: Superbowl Snacks and Bets (Bistro)</p> <p><b>3:15</b> - Clay Conversation Hearts (Art Studio)</p>	<p><b>9:30</b> - Working With Weights (Fitness Center)</p> <p><b>10:30</b> - Biography Series: Harriet Tubman (Living Room)</p> <p><b>1:00</b> - Comedy Series: Dean Martin and Jerry Lewis (Living Room)</p> <p><b>2:00</b> - Afternoon at the Opera (Theater)</p> <p><b>3:15</b> - Bocce (Fitness Center)</p>	<p><b>9:30</b> - Seated Yoga w/Meagan (Fitness Center)</p> <p><b>10:30</b> - History of Valentine's Day (Living Room)</p> <p><b>11:00</b> - Pair the Love Song with the Artist (Living Room)</p> <p><b>1:30</b> - Fun &amp; Fitness w/ Angie (Fitness Center)</p> <p><b>2:30</b> - Manicures (Bistro)</p> <p><b>3:00</b> - Knitting Club (Living Room)</p> <p><b>4:00</b> - Cranium Crunches (Living Room)</p>	<p><b>9:30</b> - Exercise for Balance (Fitness Center)</p> <p><b>10:30</b> - History of the Radio and Old Radio Commercials (Bistro)</p> <p><b>2:30</b> - Bingo (Dining Room)</p> <p><b>3:45</b> - Jeopardy (Living Room)</p>



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12	13	14	15	16	17	18
<p><b>9:30</b> - Full Body Stretch (Fitness Center)</p> <p><b>10:30</b> - Who Am I? (Living Room)</p> <p><b>1:00</b> - Essex Alliance Church (Theater)</p> <p><b>2:00</b> - Valentine's Swing Dance (Bistro and Living Room)</p> <p><b>3:45</b> - Bean Bag Toss (Fitness Center)</p>	<p><b>9:30</b> - Monday Morning Wakeup (Fitness Center)</p> <p><b>10:15</b> - Puppy Love Cards (Art Studio)</p> <p><b>1:00</b> - Classical Music Matinee (Living Room)</p> <p><b>2:00</b> - Lodge Community Meeting (Dining Room)</p> <p><b>3:00</b> - Geography Games (Living Room)</p> <p><b>3:45</b> - Rick Steves (Living Room)</p>	<p><b>9:30</b> - Core Strengthening &amp; Posture (Fitness Center)</p> <p><b>10:30</b> - Cooking Club: Red Velvet Cupcakes (Kitchen)</p> <p><b>1:00</b> - Catholic Communion with Deacon Gerry (Theater)</p> <p><b>2:00</b> - Live Music: Dan Levine (Living Room)</p> <p><b>3:15</b> - Golf (Fitness Center)</p> <p><b>4:00</b> - Guess the Wedding Photo (Bistro)</p>	<p><b>9:30</b> - Seated Dance With Heather (Fitness Center)</p> <p><b>10:30</b> - History of Mardi Gras (Living Room)</p> <p><b>1:30</b> - Bridge Club (Kitchen)</p> <p><b>2:30</b> - Resident Social: February Birthday Party (Bistro)</p> <p><b>3:15</b> - DIY Sugar Scrubs (Art Studio)</p>	<p><b>9:30</b> - Working With Weights (Fitness Center)</p> <p><b>10:30</b> - Biography Series: Muhammad Ali (Living Room)</p> <p><b>1:00</b> - Comedy Series: Betty White (Living Room)</p> <p><b>2:00</b> - All About Animals: Hippos (Living Room)</p> <p><b>3:15</b> - Bocce (Fitness Center)</p>	<p><b>9:30</b> - Seated Yoga w/Meagan (Fitness Center)</p> <p><b>10:00</b> - Expressive Arts with Topaz (Art Studio)</p> <p><b>1:30</b> - Fun &amp; Fitness w/ Angie (Fitness Center)</p> <p><b>2:30</b> - Manicures (Bistro)</p> <p><b>3:00</b> - Knitting Club (Living Room)</p> <p><b>4:00</b> - Cranium Crunches (Living Room)</p>	<p><b>9:30</b> - Exercise for Balance (Fitness Center)</p> <p><b>10:30</b> - Matching Famous Couples (Living Room)</p> <p><b>11:00</b> - How Many Times Did These Stars Marry? (Living Room)</p> <p><b>2:30</b> - Bingo (Dining Room)</p> <p><b>3:45</b> - Jeopardy (Living Room)</p>



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19	20	21	22	23	24	25
<p><b>9:30</b> - Full Body Stretch (Fitness Center)</p> <p><b>10:30</b> - UNESCO World Heritage Sites: Sweden (Living Room)</p> <p><b>1:00</b> - Essex Alliance Church (Theater)</p> <p><b>1:00</b> - Rummikub (Bistro)</p> <p><b>2:30</b> - Pictionary (Living Room)</p> <p><b>3:45</b> - Balloon Tennis (Fitness Center)</p>	<p><b>9:30</b> - Monday Morning Wakeup (Fitness Center)</p> <p><b>10:15</b> - Dot and Squeegee Painting (Art Studio)</p> <p><b>10:30</b> - Trip to Hannaford</p> <p><b>1:00</b> - Classical Music Matinee (Living Room)</p> <p><b>2:00</b> - Reading Group (Library)</p> <p><b>3:00</b> - Name That Monument (Living Room)</p> <p><b>4:00</b> - Presidential Trivia (Living Room)</p>	<p><b>9:30</b> - Core Strengthening &amp; Posture (Fitness Center)</p> <p><b>10:30</b> - Cooking Club: Fudge (Kitchen)</p> <p><b>1:00</b> - Catholic Service (Theater)</p> <p><b>2:00</b> - Rock and Roll Legends in Concert (Living Room)</p> <p><b>3:15</b> - Golf (Fitness Center)</p> <p><b>4:00</b> - Trivia (Bistro)</p>	<p><b>9:30</b> - Seated Dance With Heather (Fitness Center)</p> <p><b>10:30</b> - History of the Postal Service (Living Room)</p> <p><b>1:30</b> - Bridge Club (Kitchen)</p> <p><b>2:30</b> - Resident Social: Chocolate Tasting (Bistro)</p> <p><b>3:15</b> - Painting Like Grant Wood (Art Studio)</p>	<p><b>9:30</b> - Working With Weights (Fitness Center)</p> <p><b>10:30</b> - Biography Series: Florence Nightingale (Living Room)</p> <p><b>1:00</b> - Comedy Series: Don Rickles (Living Room)</p> <p><b>2:00</b> - Wellness Presentation: Beating the Winter Blues with Katie Jewett, Bayada (Theater)</p> <p><b>3:15</b> - Bocce (Fitness Center)</p>	<p><b>9:30</b> - Seated Yoga w/Meagan (Fitness Center)</p> <p><b>10:15</b> - Outing: Local Greenhouse/ Nursery</p> <p><b>1:30</b> - Fun &amp; Fitness w/ Angie (Fitness Center)</p> <p><b>2:30</b> - Manicures (Bistro)</p> <p><b>3:00</b> - Knitting Club (Living Room)</p> <p><b>4:00</b> - Group Crossword Puzzle (Living Room)</p>	<p><b>9:30</b> - Exercise for Balance (Fitness Center)</p> <p><b>10:30</b> - Can You Guess the Song? (Living Room)</p> <p><b>2:30</b> - Bingo (Dining Room)</p> <p><b>3:45</b> - Jeopardy (Living Room)</p>



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SATURDAY

<p style="text-align: right;">26</p> <p><b>9:30</b> - Full Body Stretch (Fitness Center)</p> <p><b>10:30</b> - Who Am I? (Living Room)</p> <p><b>1:00</b> - Essex Alliance Church (Theater)</p> <p><b>1:00</b> - Rummikub (Bistro)</p> <p><b>2:30</b> - Family Feud (Bistro)</p> <p><b>3:45</b> - Bean Bag Toss (Fitness Center)</p>	<p style="text-align: right;">27</p> <p><b>9:30</b> - Monday Morning Wakeup (Fitness Center)</p> <p><b>10:15</b> - DIY Terrariums (Art Studio)</p> <p><b>1:00</b> - Classical Music Matinee (Living Room)</p> <p><b>2:00</b> - Reading Group (Library)</p> <p><b>3:00</b> - Geography Games (Living Room)</p> <p><b>3:45</b> - Rick Steves (Living Room)</p>	<p style="text-align: right;">28</p> <p><b>9:30</b> - Core Strengthening &amp; Posture (Fitness Center)</p> <p><b>10:30</b> - Cooking Club: Blueberry Grunt (Kitchen)</p> <p><b>1:00</b> - Catholic Communion with Deacon Gerry (Theater)</p> <p><b>2:00</b> - Live Music: Carol Ann Jones (Living Room)</p> <p><b>3:15</b> - Golf (Fitness Center)</p> <p><b>4:00</b> - Trivia (Bistro)</p>	<p style="text-align: center;"><b><u>February Facts</u></b></p> <ul style="list-style-type: none"> <li>January and February were the last two months to be added to the Roman calendar (c. 713 BC); originally, winter was considered a month-less period.</li> <li>Originally, February was made the last month of the calendar year. Eventually (c. 450 BC), February was moved to its place as the second month.</li> <li>On average, February is the United States' snowiest month, according to data from the National Weather Service.</li> </ul> <div style="text-align: center;">  </div> <p style="text-align: center;"><i>Here delicate snow-stars, out of the cloud, Come floating downward in airy play, Like spangles dropped from the glistening crowd That whiten by night the milky way.</i></p> <p style="text-align: center;">-“The Snow-Shower,” by William Cullen Bryant (1794–1878)</p>
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