



February 2024



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 10—Lunar New Year

February 11—Superbowl Sunday

February 13—Mardi Gras

February 14—Valentine's Day

February 19—President's Day

Live Music:

2/7 @ 2pm—Carol Ann Jones
on Guitar with Vocals

2/14 @ 2pm—Drum Circle

2/21 @ 2pm—Dan Levine
on Piano

2/28 @ 2pm—Jazzou on Piano
with Vocals

Activities and Outings to Keep on Your Radar:

February 6 @ 2:30pm Visit from Donna Owens,
Local Wildlife Photographer

February 9 @ 10:15am Outing to Family Dollar/CVS

February 14, 12pm—2pm Optional Apartment Safety Checks with
Katie Jewett, Physical Therapist with Bayada

February 15 @ 1pm Wellness Presentation on Beating the Winter
Blues with Katie Jewett, Bayada

February 16 @ 10:30am Outing to Ray's Seafood for Lunch

February 23 @ 10:00am Expressive Arts with Topaz

February 26 Travel Series: A Day in Australia

February 27 @ 9:45 Outing to the Library for Photo Voice
Gallery Opening

February 27 @ 2:15 Resident Council Meeting for Residents

Trips to Hannaford:

February 5 @ 1:00pm & February 20 @ 2:30pm

1

9:30 - Working
With Weights
(Fitness Center)

10:30 -
Biography
Series: Helen
Keller
(Living Room)

1:00 -
Recording of
Loretta Lynn
Concert
(Living Room)

2:15 - Bingo
(Dining Room)

3:30 - Bocce
(Fitness Center)

2

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

10:30 -
History of
Groundhog Day
and Traditions
Like It
(Living Room)

1:30 -
Manicures
(Bistro)

3:00 - UVM
Generation
Outreach Club
(Living Room)

4:00 - Cranium
Crunches
(Living Room)

3

9:30 - Exercise
for Balance
(Fitness Center)

10:30 - Pair the
Love Song with
the Artist
(Living Room)

1:00 - Movie
Matinee: Bright
Eyes (Theater)

3:00 - Balloon
Tennis
(Fitness Center)

3:45 - Wheel of
Fortune
(Living Room)



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4	5	6	7	8	9	10
<p>9:30 - Full Body Stretch (Fitness Center)</p> <p>10:30 - All About Animals: Polar Bears (Living Room)</p> <p>1:00 - Essex Alliance Church (Theater)</p> <p>1:00 - Dominoes (Bistro)</p> <p>2:30 - Pictionary (Living Room)</p> <p>3:30 - March of the Penguins 2 (Living Room)</p>	<p>9:30 - Monday Morning Wakeup (Fitness Center)</p> <p>10:15 - Cooking Club: Mini Corndog Muffins (Activities Kitchen)</p> <p>1:00 - Trip to Hannaford (Lobby)</p> <p>1:00 - Classical Music Matinee (Living Room)</p> <p>2:00 - Social: Superbowl Snacks and Predictions (Bistro)</p> <p>3:00 - List All 50 States (Living Room)</p> <p>3:45 - Finish the Phrase (Living Room)</p>	<p>9:30 - Core Strengthening & Posture (Fitness Center)</p> <p>10:15 - Clay Conversation Hearts (Art Studio)</p> <p>1:00 - Catholic Communion with Deacon Gerry (Theater)</p> <p>2:30 - Donna Owens, Wildlife Photography (Living Room)</p> <p>4:00 - Trivia (Bistro)</p>	<p>9:30 - Seated Dance With Heather (Fitness Center)</p> <p>10:30 - History of the Harlem Renaissance (Living Room)</p> <p>1:00 - Comedy Series: What's My Line? (Living Room)</p> <p>2:00 - Live Music: Carol Ann Jones (Living Room)</p> <p>3:15 - Plants and Flowers Painting Series (Art Studio)</p>	<p>9:30 - Working With Weights (Fitness Center)</p> <p>10:30 - Biography Series: Shirley Temple (Living Room)</p> <p>1:00 - The Andrews Sisters War Musical (Living Room)</p> <p>2:15 - Bingo (Dining Room)</p> <p>3:30 - Bocce (Fitness Center)</p>	<p>9:30 - Seated Yoga w/Meagan (Fitness Center)</p> <p>10:15 - Outing: Family Dollar/ CVS (Signup @Desk)</p> <p>1:30 - Manicures (Bistro, Signup @ Desk)</p> <p>3:00 - Knitting Club (Living Room)</p> <p>4:00 - Group Crossword Puzzle (Living Room)</p>	<p>9:30 - Exercise for Balance (Fitness Center)</p> <p>10:30 - History of Lunar New Year (Living Room)</p> <p>1:00 - Movie Matinee: It Happened One Night (Theater)</p> <p>3:00 - Trying Out Tangram Puzzles (Bistro)</p> <p>3:45 - The Price WAS Right (Living Room)</p>



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11	12	13	14	15	16	17
<p>9:30 - Full Body Stretch (Fitness Center)</p> <p>10:30 - Who Am I? (Living Room)</p> <p>1:00 - Essex Alliance Church (Theater)</p> <p>1:00 - Dominoes (Bistro)</p> <p>2:30 - Family Feud (Bistro)</p> <p>3:45 - Island of the Sea Wolves, Episode 1 (Living Room)</p> <p>6:30 - Superbowl (Theater)</p>	<p>9:30 - Monday Morning Wakeup (Fitness Center)</p> <p>10:15 - Cooking Club: Red Velvet Cheesecake Bars (Activities Kitchen)</p> <p>1:00 - Classical Music Matinee (Living Room)</p> <p>2:00 - Resident Social: February Birthday Celebration (Bistro)</p> <p>3:00 - Famous Couples (Living Room)</p> <p>3:45 - Flower Arranging (Bistro)</p>	<p>9:30 - Core Strengthening & Posture (Fitness Center)</p> <p>10:30 - History of Mardi Gras (Living Room)</p> <p>1:00 - Catholic Service (Theater)</p> <p>2:15 - Taste Testing Local Chocolates (Bistro)</p> <p>3:15 - Golf (Fitness Center)</p> <p>4:00 - Trivia (Bistro)</p>	<p>9:30 - Seated Dance With Heather (Fitness Center)</p> <p>10:30 - History of Valentine's Day (Living Room)</p> <p>12:00 - 2:00 - Apartment Safety Checks with Katie, PT with Bayada (Signup @Desk)</p> <p>1:00 - Comedy Series: Carol Burnett (Living Room)</p> <p>2:00 - Drum Circle (Fitness Center)</p> <p>3:30 - Match the Wedding Photo to the Resident (Bistro)</p>	<p>9:30 - Working With Weights (Fitness Center)</p> <p>10:30 - Biography Series: Tom Selleck (Living Room)</p> <p>1:00 - Wellness Presentation with Katie Jewett, Bayada (Living Room)</p> <p>2:15 - Bingo (Dining Room)</p> <p>3:30 - Bocce (Fitness Center)</p>	<p>9:30 - Seated Yoga w/Meagan (Fitness Center)</p> <p>10:30 - Outing: Ray's Seafood (Signup @Desk)</p> <p>1:30 - Manicures (Bistro)</p> <p>3:00 - Knitting Club (Living Room)</p> <p>4:00 - Cranium Crunches (Living Room)</p>	<p>9:30 - Exercise for Balance (Fitness Center)</p> <p>10:30 - Can You Guess the Song? (Living Room)</p> <p>1:00 - Movie Matinee: Seven Brides for Seven Brothers (Theater)</p> <p>3:00 - Bowling (Fitness Center)</p> <p>3:45 - Jeopardy (Living Room)</p>



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18	19	20	21	22	23	24
<p>9:30 - Full Body Stretch (Fitness Center)</p> <p>10:30 - A Look Back at Local Spots (Living Room)</p> <p>1:00 - Essex Alliance Church (Theater)</p> <p>1:00 - Dominoes (Bistro)</p> <p>2:30 - Pictionary (Living Room)</p> <p>3:45 - Island of the Sea Wolves, Episode 2 (Living Room)</p>	<p>9:30 - Monday Morning Wakeup (Fitness Center)</p> <p>10:15 - Cooking Club: Cranberry Orange Scones (Activities Kitchen)</p> <p>1:00 - Classical Music Matinee (Living Room)</p> <p>2:00 - Resident Social (Bistro)</p> <p>3:00 - Name That Monument (Living Room)</p> <p>4:00 - Presidential Trivia (Living Room)</p>	<p>9:30 - Core Strengthening & Posture (Fitness Center)</p> <p>10:30 - Spelling Bee (Living Room)</p> <p>1:00 - Catholic Communion with Deacon Gerry (Theater)</p> <p>2:30 - Trip to Hannaford (Lobby)</p> <p>3:15 - Golf (Fitness Center)</p> <p>4:00 - Trivia (Bistro)</p>	<p>9:30 - Seated Dance With Heather (Fitness Center)</p> <p>10:30 - Photo Voice, Revisiting Our Project (Living Room)</p> <p>1:00 - Comedy Series: Father Knows Best (Living Room)</p> <p>2:00 - Live Music: Dan Levine (Living Room)</p> <p>3:15 - Plants and Flowers Painting Series (Art Studio)</p>	<p>9:30 - Working With Weights (Fitness Center)</p> <p>10:30 - Biography Series: Dinah Shore (Living Room)</p> <p>1:00 - Recording of Dinah Shore Concert (Living Room)</p> <p>2:15 - Bingo (Dining Room)</p> <p>3:30 - Bocce (Fitness Center)</p>	<p>9:30 - Seated Yoga w/Meagan (Fitness Center)</p> <p>10:00 - Expressive Arts with Topaz</p> <p>1:30 - Manicures (Bistro)</p> <p>3:00 - Knitting Club (Living Room)</p> <p>4:00 - Group Crossword Puzzle (Living Room)</p>	<p>9:30 - Exercise for Balance (Fitness Center)</p> <p>10:30 - Photo Voice, Finishing Up the Project (Living Room)</p> <p>1:00 - Movie Matinee: Bogie (Theater)</p> <p>3:00 - Odd One Out Game (Living Room)</p> <p>3:45 - Real Estate: Guess the Asking Price (Living Room)</p>



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29		
<p>9:30 - Full Body Stretch (Fitness Center)</p> <p>10:30 - Who Am I? (Living Room)</p> <p>1:00 - Essex Alliance Church (Theater)</p> <p>1:00 - Dominoes (Bistro)</p> <p>2:30 - Family Feud (Bistro)</p> <p>3:45 - Island of the Sea Wolves, Episode 4 (Living Room)</p>	<p>9:30 - Monday Morning Wakeup (Fitness Center)</p> <p>10:15 - Cooking Club: Pavlova (Activities Kitchen)</p> <p>11:00 - Traditional Australian Performances (Living Room)</p> <p>1:00 - Travel Series: Australia (Living Room)</p> <p>2:00 - A Taste of Australia (Bistro)</p> <p>3:00 - DIY Didgeridoo [Australian Instrument] (Art Studio)</p> <p>4:00 - Episode of The Crocodile Hunter (Living Room)</p>	<p>9:30 - Core Strengthening & Posture (Fitness Center)</p> <p>10:00 - Outing: Photo Voice Gallery Opening</p> <p>1:00 - Catholic Service (Theater)</p> <p>2:15 - Resident Council Meeting (Dining Room)</p> <p>3:15 - Golf (Fitness Center)</p> <p>4:00 - Trivia (Bistro)</p>	<p>9:30 - Seated Dance With Heather (Fitness Center)</p> <p>10:30 - History of Famous Aviators (Living Room)</p> <p>1:00 - Comedy Series: Lucille Ball (Living Room)</p> <p>2:00 - Live Music: Jazzou (Living Room)</p> <p>3:15 - Plants and Flowers Painting Series (Art Studio)</p>	<p>9:30 - Working With Weights (Fitness Center)</p> <p>10:30 - Biography Series: Clark Gable (Living Room)</p> <p>1:00 - Recording of Il Divo Concert (Living Room)</p> <p>2:15 - Bingo (Dining Room)</p> <p>3:30 - Bocce (Fitness Center)</p>		