



# February 2025



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.

We also recognize Heart Health Month in February. It is a time to raise awareness about heart disease and to encourage people to take steps to protect their heart health.

February 2—Groundhog Day

February 9—Superbowl Sunday

February 14—Valentine's Day

February 17—President's Day



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

February 2 and February 16 @ 2pm—Traveling with Virtual Reality Headsets

February 10 @ 10:00am—Outing to Try Archery at Pelkey's in Saint Albans (Must sign up at front desk)

February 13 @ 2pm—Lodge Community Meeting for Residents

February 14 @ 10:30am—Match the Wedding Photo to the Resident

February 22 @ 2pm—Valentine's Swing Dance

February 26 @ 2pm—Wellness Presentation on Heart Health with Kandi, Bayada

February 27 @ 2pm—Karaoke

### Trips to Hannaford:

February 3 @ 10:15pm & February 19 @ 1:30pm

### Live Music:

February 5 @ 2pm—Carol Ann Jones on Guitar with Vocals

February 10 @ 1pm—Steve on Guitar with Vocals

February 12 @ 2pm—Drum Circle

February 24 @ 2pm—Dan Levine on Piano

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

**10:30** - Open Art Studio with Bay (Art Studio)

**10:30** - Games (Bistro)

**1:00** - Essex Alliance Church (Theater)

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

**3:45** - Wheel of Fortune (Living Room)



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7	8
<p><b>9:30</b> - Core and Posture (Fitness Center)</p> <p><b>10:30</b> - Punxsutawney Phil's Competition (Living Room)</p> <p><b>1:00</b> - Rummikub/ Dominoes (Bistro)</p> <p><b>2:00</b> - Traveling with Virtual Reality Headsets (Theater)</p> <p><b>3:00</b> - Movie Matinee: <i>Rebel Without a Cause</i> (Theater)</p> <p><b>3:45</b> - Horseshoes (Bistro)</p>	<p><b>9:30</b> - Monday Morning Wakeup (Fitness Center)</p> <p><b>10:15</b> - Trip to Hannaford (Meet in Lobby)</p> <p><b>1:00</b> - Classical Music Matinee (Living Room)</p> <p><b>2:00</b> - Baseball Toss (Bistro)</p> <p><b>3:00</b> - Spelling Bee (Living Room)</p> <p><b>4:00</b> - Name That Tune of Heartbreak (Living Room)</p>	<p><b>9:30</b> - Tae Bo Tuesday (Fitness Center)</p> <p><b>10:15</b> - Cooking Club: Oreo Strawberry Bites (Activities Kitchen)</p> <p><b>1:00</b> - Catholic Service (Theater)</p> <p><b>2:00</b> - Resident Social: February Birthday Celebration (Bistro)</p> <p><b>3:00</b> - Golf (Fitness Center)</p> <p><b>4:00</b> - Trivia (Bistro)</p> <p><b>5:15</b> - Games with Lily (Bistro)</p>	<p><b>9:30</b> - Seated Dance With Heather (Fitness Center)</p> <p><b>10:15</b> - Clay Conversation Hearts (Art Studio)</p> <p><b>1:00</b> - Watching <i>American Ninja Warrior</i> (Living Room)</p> <p><b>2:00</b> - Live Music: Carol Ann Jones (Living Room)</p> <p><b>3:15</b> - Book Club (Library)</p> <p><b>4:00</b> - Therapy Dog Visit (Bistro)</p>	<p><b>9:30</b> - Working With Weights (Fitness Center)</p> <p><b>10:30</b> - Biography Series: Marian Anderson (Living Room)</p> <p><b>1:00</b> - Recording of Marian Anderson Performing (Living Room)</p> <p><b>2:00</b> - Live Music: DJ Paul (Living Room)</p> <p><b>3:30</b> - Bocce (Fitness Center)</p>	<p><b>9:30</b> - Seated Yoga (Fitness Center)</p> <p><b>10:30</b> - Learning Perspective Drawing, Part 2 (Art Studio)</p> <p><b>1:00</b> - Manicures (Bistro, Signup @ Desk)</p> <p><b>1:30</b> - NatGeo, Life Below Zero, Northern Territories (Living Room)</p> <p><b>3:00</b> - Knitting Club (Library)</p> <p><b>4:00</b> - Vermont History Series (Living Room)</p>	<p><b>9:30</b> - Exercise for Balance (Fitness Center)</p> <p><b>10:30</b> - Making a Maple Ridge Scrapbook (Art Studio)</p> <p><b>1:00</b> - Essex Alliance Church (Theater)</p> <p><b>1:15</b> - Darts (Bistro)</p> <p><b>2:30</b> - Bingo (Dining Room)</p> <p><b>3:45</b> - The Price WAS Right (Living Room)</p>



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9	10	11	12	13	14	15
<p><b>9:30</b> - Core and Posture (Fitness Center)</p> <p><b>10:45</b> - Who Am I? (Living Room)</p> <p><b>1:00</b> - Rummikub/ Dominoes (Bistro)</p> <p><b>2:00</b> - Family Feud (Bistro)</p> <p><b>3:00</b> - Movie Matinee: <i>The Lady Vanishes</i> (Theater)</p> <p><b>3:45</b> - Seated Soccer (Fitness Center)</p> <p><b>6:30</b> - Superbowl (Theater)</p>	<p><b>9:30</b> - Monday Morning Wakeup (Fitness Center)</p> <p><b>10:00</b> - Outing: Archery (Signup @Desk)</p> <p><b>1:00</b> - Live Music: Steve on Guitar (Living Room)</p> <p><b>2:00</b> - Shooting Pool (Bistro)</p> <p><b>3:00</b> - Valentine's Card Making (Art Studio)</p> <p><b>4:00</b> - Therapy Dog Visit (Bistro)</p>	<p><b>9:30</b> - Tae Bo Tuesday (Fitness Center)</p> <p><b>10:15</b> - Cooking Club: Valentine's Snack Mix (Kitchen)</p> <p><b>1:00</b> - Catholic Communion with Deacon Gerry (Theater)</p> <p><b>2:15</b> - Resident Social: Taste Testing Local Chocolates (Bistro)</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> - Rare Commercials from the '50s and '60s (Living Room)</p> <p><b>1:00</b> - Watching <i>American Ninja Warrior</i> (Living Room)</p> <p><b>2:00</b> - Drum Circle (Fitness Center)</p> <p><b>3:30</b> - Making Heartwarming Handwarmers (Art Studio)</p>	<p><b>9:30</b> - Working With Weights (Fitness Center)</p> <p><b>10:30</b> - Biography Series: Mia Farrow (Living Room)</p> <p><b>1:00</b> - Sing Along with Clare (Living Room)</p> <p><b>2:00</b> - Resident Council Meeting (Dining Room)</p> <p><b>2:30</b> - Flower Arranging (Bistro)</p> <p><b>3:30</b> - Bocce (Fitness Center)</p>	<p><b>9:30</b> - Seated Yoga (Fitness Center)</p> <p><b>10:30</b> - Match the Wedding Photo to the Resident (Bistro)</p> <p><b>1:00</b> - Manicures (Bistro, Signup @ Desk)</p> <p><b>1:30</b> - NatGeo, Life Below Zero, Northern Territories (Living Room)</p> <p><b>3:00</b> - Knitting Club (Library)</p> <p><b>4:00</b> - Vermont History Series (Living Room)</p>	<p><b>9:30</b> - Exercise for Balance (Fitness Center)</p> <p><b>10:30</b> - Open Art Studio with Bay (Art Studio)</p> <p><b>10:30</b> - Games (Bistro)</p> <p><b>1:00</b> - Essex Alliance Church (Theater)</p> <p><b>1:15</b> - Ping Pong Connect 4 (Fitness Center)</p> <p><b>2:30</b> - Bingo (Dining Room)</p> <p><b>3:45</b> - Word Chain Game (Living Room)</p>



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16	17	18	19	20	21	22
<p><b>9:30</b> - Core and Posture (Fitness Center)</p> <p><b>10:30</b> - History of "Hail to the Chief" (Living Room)</p> <p><b>1:00</b> - Rummikub/ Dominoes (Bistro)</p> <p><b>2:00</b> - Traveling with Virtual Reality Headsets (Theater)</p> <p><b>3:00</b> - Movie Matinee: <i>The Secret Garden</i> (Theater)</p> <p><b>3:45</b> - Wii Sports (Game Room)</p>	<p><b>9:30</b> - Be Fit and Factual, Presidential Exercise (Fitness Center)</p> <p><b>10:30</b> - The Washington Monument and the Lincoln Memorial (Living Room)</p> <p><b>1:00</b> - Classical Music Matinee (Living Room)</p> <p><b>2:00</b> - Seated Hockey (Fitness Center)</p> <p><b>3:00</b> - Hangman (Bistro)</p> <p><b>4:00</b> - Therapy Dog Visit (Bistro)</p>	<p><b>9:30</b> - Tae Bo Tuesday (Fitness Center)</p> <p><b>10:15</b> - Cooking Club: Salted Caramel Buttermilk Fudge (Activities Kitchen)</p> <p><b>1:00</b> - Catholic Service (Theater)</p> <p><b>2:00</b> - Resident Social (Bistro)</p> <p><b>3:00</b> - Golf (Fitness Center)</p> <p><b>4:00</b> - Trivia (Bistro)</p> <p><b>5:15</b> - Games with Lily (Bistro)</p>	<p><b>9:30</b> - Seated Dance With Heather (Fitness Center)</p> <p><b>10:30</b> - All the Good New That's Fit to Print (Living Room)</p> <p><b>1:00</b> - Watching <i>American Ninja Warrior</i> (Living Room)</p> <p><b>1:30</b> - Trip to Hannaford (Meet in Lobby)</p> <p><b>3:15</b> - Book Club (Library)</p> <p><b>4:00</b> - Group Crossword Puzzle (Living Room)</p>	<p><b>9:30</b> - Working With Weights (Fitness Center)</p> <p><b>10:30</b> - Biography Series: Calvin Coolidge (Living Room)</p> <p><b>1:00</b> - Recording of Il Divo Concert (Living Room)</p> <p><b>2:00</b> - Mind Fit with Gena from Home Health (Living Room)</p> <p><b>3:30</b> - Bocce (Fitness Center)</p>	<p><b>9:30</b> - Seated Yoga (Fitness Center)</p> <p><b>10:30</b> - A Day in the Life of a Hummingbird (Living Room)</p> <p><b>1:00</b> - Manicures (Bistro, Signup @ Desk)</p> <p><b>1:30</b> - NatGeo, Life Below Zero, Northern Territories (Living Room)</p> <p><b>3:00</b> - Knitting Club (Library)</p> <p><b>4:00</b> - Vermont History Series (Living Room)</p>	<p><b>9:30</b> - Exercise for Balance (Fitness Center)</p> <p><b>10:30</b> - Making a Maple Ridge Scrapbook (Art Studio)</p> <p><b>1:00</b> - Essex Alliance Church (Theater)</p> <p><b>2:00 - 3:00</b> - Valentine's Dance with Vermont Swing Dancers (Bistro)</p> <p><b>3:30</b> - Family Feud (Bistro)</p>



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23	24	25	26	27	28	
<p><b>9:30</b> - Core and Posture (Fitness Center)</p> <p><b>10:30</b> - Making Cards w/ Photos from Lucy (Art Studio)</p> <p><b>1:00</b> - Rummikub/ Dominoes (Bistro)</p> <p><b>2:00</b> - Name That Monument (Living Room)</p> <p><b>3:00</b> - Movie Matinee: <i>His Girl Friday</i> (Theater)</p> <p><b>3:45</b> - Balloon Volleyball (Fitness Center)</p>	<p><b>9:30</b> - Monday Morning Wakeup (Fitness Center)</p> <p><b>10:30</b> - Traveling the Underground Railroad (Living Room)</p> <p><b>1:00</b> - Classical Music Matinee (Living Room)</p> <p><b>2:00</b> - Live Music: Dan Levine (Living Room)</p> <p><b>3:00</b> - Basketball (Bistro)</p> <p><b>4:00</b> - Therapy Dog Visit (Bistro)</p>	<p><b>9:30</b> - Tae Bo Tuesday (Fitness Center)</p> <p><b>10:15</b> - Cooking Club: Buffalo Chicken Dip (Kitchen)</p> <p><b>1:00</b> - Catholic Communion with Deacon Gerry (Theater)</p> <p><b>2:00</b> - Resident Social (Bistro)</p> <p><b>3:00</b> - Golf (Fitness Center)</p> <p><b>4:00</b> - Trivia (Bistro)</p> <p><b>5:15</b> - Games with Lily (Bistro)</p>	<p><b>9:30</b> - Seated Dance With Heather (Fitness Center)</p> <p><b>10:30</b> - Travel Series: Dubai (Living Room)</p> <p><b>1:00</b> - Watching <i>American Ninja Warrior</i> (Living Room)</p> <p><b>2:00</b> - Wellness Presentation with Kandi, Bayada (Dining Room)</p> <p><b>3:15</b> - Word Mining (Living Room)</p> <p><b>4:00</b> - BBC Travel Show: Dubai (Living Room)</p>	<p><b>9:30</b> - Working With Weights (Fitness Center)</p> <p><b>10:30</b> - Biography Series: Levi Strauss (Living Room)</p> <p><b>1:00</b> - Sing Along with Clare (Living Room)</p> <p><b>2:00</b> - Karaoke (Living Room)</p> <p><b>3:30</b> - Bocce (Fitness Center)</p>	<p><b>9:30</b> - Seated Yoga (Fitness Center)</p> <p><b>10:00</b> - Expressive Arts with Topaz (Art Studio)</p> <p><b>1:00</b> - Manicures (Bistro, Signup @ Desk)</p> <p><b>1:30</b> - NatGeo, Life Below Zero, Northern Territories (Living Room)</p> <p><b>3:00</b> - Knitting Club (Library)</p> <p><b>4:00</b> - Vermont History Series (Living Room)</p>	