

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|---|--|---|--|
|  <p style="text-align: right;">*All activities are subject to change.</p>  | | | | | | <p>9:30 - Working with Exercise Balls 10:00 - Morning News 10:30 - Snack and <i>Ocean Explorers</i> 11:00 - Wedding Photos of Old Hollywood Stars 1:00 - Balloon Tennis 2:00 - Blurt Game 3:00 - Watercolor Painting 4:00 - Rest and Reconnect</p> |
| <p>2 9:30 - Seated Yoga 10:00 - Morning News 10:30 - Snack and Sunday Mass 11:00 - Punxsutawney Phil and Other Weather Predictors 1:00 - Seated Soccer 2:00 - Finish the Phrase 3:00 - Open Art Studio 4:00 - Rest and Reconnect</p> | <p>3 9:30 - Weather Report & Today in History (TS) 9:45 - Exercise with Heather (TS) 10:30 - Snack and Watching Bob Ross 11:00 - Can You Guess the Movie? 1:00 - Balloon Tennis (TS) 2:00 - You Be the Judge 3:00 - Making Clay Conversation Hearts 4:00 - Rest and Reconnect 6:00 - National Dog Show</p> | <p>4 9:30 - Exercises for Strength (TS) 10:00 - Morning News 10:30 - Snack and <i>What's My Line?</i> 11:00 - Drama Club: Skit Reading 1:00 - Seated Soccer (TS) 2:00 - Pattern Play 3:00 - Crepe Paper Roses 4:00 - Rest and Reconnect 6:00 - Bingo</p> | <p>5 9:30 - Exercises for Posture (TS) 10:00 - Morning News 10:30 - Snack and Natural Wonders of the World 11:00 - Finish the Nursery Rhyme Line 1:00 - Reel It In (TS) 2:00 - Knitting Club/Fabric Play 3:00 - Watercolor Painting 4:00 - Rest and Reconnect 6:00 - Movie Night</p> | <p>6 9:30 - Morning Stretches (TS) 10:00 - Morning News 10:30 - Snack & Snow Sports 11:00 - Can You List All 50 States? 1:00 - Pool Noodle Hockey (TS) 2:00 - Making Valentine's Cards 3:00 - Manicures and Hand Massages 4:00 - Rest and Reconnect 6:00 - Armchair Travel</p> | <p>7 9:30 - Exercises for Balance (TS) 10:00 - Morning News 10:30 - Snack and Concert Recording 11:00 - Biography Series: Marian Anderson 1:00 - Bean Bag Number Toss (TS) 2:00 - Who Sang It? 3:00 - Paper Heart Chains 4:00 - Rest and Reconnect 6:00 - Movie Night</p> | <p>8 9:30 - Working with Exercise Balls (TS) 10:00 - Morning News 10:30 - Snack and <i>Ocean Explorers</i> 11:00 - Jeopardy 1:00 - Snowball Toss (TS) 2:00 - Scattegories 3:00 - Watercolor Painting 4:00 - Rest and Reconnect</p> |
| <p>9 9:30 - Seated Yoga (TS) 10:00 - Morning News 10:30 - Snack and Sunday Mass 11:00 - Reading Round Table 1:00 - Seated Soccer (TS) 2:00 - American Football Trivia 2:00 - Highlights from Past Superbowls 3:00 - Open Art Studio 4:00 - Rest and Reconnect</p> | <p>10 9:30 - Weather Report & Today in History (TS) 9:45 - Exercise with Heather (TS) 10:30 - Snack and Watching Bob Ross 11:00 - Can You Picture This? 1:00 - Golf (TS) 2:15 - Live Music: Steve, Guitar (TS) 3:30 - DIY Sugar Scrubs 4:00 - Rest and Reconnect 6:00 - Equestrian Competitions</p> | <p>11 9:30 - Exercises for Strength (TS) 10:00 - Morning News 10:30 - Snack and <i>What's My Line?</i> 11:00 - Cooking Club 1:00 - Bowling (TS) 2:00 - Valentine's Dance  3:00 - Playing UNO 4:00 - Rest and Reconnect 6:00 - Bingo</p> | <p>12 9:30 - Exercises for Posture (TS) 10:00 - Morning News 10:30 - Snack and Ancient Ruins 11:00 - Drum Circle (TS) 1:00 - Ping Pong 1:30 - Knitting Club/Fabric Play 2:30 - Love Song Sing Along 4:00 - Rest and Reconnect 6:00 - Movie Night</p> | <p>13 9:30 - Morning Stretches (TS) 10:00 - Morning News 10:30 - Snack & Snow Sports 11:00 - History of the Radio 1:00 - Flower Arranging 2:00 - Taste Testing Local Chocolates 3:00 - Manicures and Hand Massages 4:00 - Rest and Reconnect 6:00 - Armchair Travel</p> | <p>14 9:30 - Exercises for Balance (TS) 10:00 - Morning News 10:30 - Snack and Concert Recording 11:00 - Romances to Remember 2:00 - Match the Wedding Photo to the Resident  2:30 - Who Am I? Famous Partners 3:00 - Valentine's Day Sensory Kit 4:00 - Rest and Reconnect 6:00 - Classical Music and Coloring</p> | <p>15 9:30 - Working with Exercise Balls (TS) 10:00 - Morning News 10:30 - Snack and <i>Ocean Explorers</i> 11:00 - Word Elimination Game 1:00 - Balloon Volleyball (TS) 2:00 - Stack It Up 3:00 - Watercolor Painting 4:00 - Rest and Reconnect</p> |
| <p>16 9:30 - Seated Yoga (TS) 10:00 - Morning News 10:30 - Snack and Sunday Mass 11:00 - Biography Series: Calvin Coolidge 1:00 - Pool Noodle Hockey (TS) 2:00 - Scattegories 3:00 - Open Art Studio 4:00 - Rest and Reconnect</p> | <p>17 9:30 - Weather Report & Today in History (TS) 9:45 - Exercise with Heather (TS) 10:30 - Snack and Watching Bob Ross 11:00 - The Washington Monument & The Lincoln Memorial 1:00 - Bocce Ball (TS) 2:00 - Chicken Soup for the Soul 3:30 - Visit with Pepper, Therapy Dog 4:00 - Rest and Reconnect 6:00 - National Dog Show</p> | <p>18 9:30 - Exercises for Strength (TS) 10:00 - Morning News 10:30 - Snack and <i>What's My Line?</i> 11:00 - Drama Club: Skit Reading 1:00 - Parachute (TS) 2:00 - Live Music: Butterfields (TS) 3:00 - Playing UNO 4:00 - Rest and Reconnect 6:00 - Bingo</p> | <p>19 9:30 - Exercises for Posture (TS) 10:00 - Morning News 10:30 - Snack and Europe Destinations 11:00 - Good News That's Fit to Print 1:00 - Testing Our Reflexes (TS) 1:30 - Knitting Club/Fabric Play 2:15 - Group Up 3:00 - Jewelry Making 4:00 - Rest and Reconnect 6:00 - Movie Night</p> | <p>20 9:30 - Morning Stretches (TS) 10:00 - Morning News 10:30 - Snack & Snow Sports 11:00 - Biography Series: Mia Farrow 1:00 - Cornhole (TS) 2:00 - Social: February Birthdays  3:00 - Manicures and Hand Massages 4:00 - Rest and Reconnect 6:00 - Armchair Travel</p> | <p>21 9:30 - Exercises for Balance (TS) 10:00 - Morning News 10:00 - Outing: The Pet Store 10:30 - Snack and Concert Recording 11:00 - A Day in the Life of a Hummingbird 1:00 - Darts (TS) 2:00 - Pattern Play 3:00 - Peppy Pigeon Craft 4:00 - Rest and Reconnect 6:00 - Classical Music and Coloring</p> | <p>22 9:30 - Working with Exercise Balls (TS) 10:00 - Morning News 10:30 - Snack and <i>Ocean Explorers</i> 11:00 - Rare Commercials from the 50s and 60s 1:00 - Seated Soccer (TS) 2:00 - The Price WAS Right 3:00 - Watercolor Painting 4:00 - Rest and Reconnect</p> |
| <p>23 9:30 - Seated Yoga (TS) 10:00 - Morning News 10:30 - Snack and Sunday Mass 11:00 - Reading Round Table 1:00 - Balloon Tennis (TS) 2:00 - Caption This 3:00 - Open Art Studio 4:00 - Rest and Reconnect</p> | <p>24 9:30 - Weather Report & Today in History (TS) 9:45 - Exercise with Heather (TS) 10:30 - Snack and Watching Bob Ross 11:00 - Traveling the Underground Railroad 1:00 - Live Music: Dan Levine (TS) 2:00 - Reading Group 3:00 - Making Our Own Fidget Boards 4:00 - Rest and Reconnect 6:00 - Equestrian Competitions</p> | <p>25 9:30 - Exercises for Strength (TS) 10:00 - Morning News 10:30 - Snack and <i>What's My Line?</i> 11:00 - Cooking Club 1:00 - Bowling (TS) 2:00 - Tea Time Social 3:00 - Playing UNO 4:00 - Rest and Reconnect 6:00 - Bingo</p> | <p>26 9:30 - Exercises for Posture (TS) 10:00 - Morning News 10:30 - Snack and Mediterranean Islands 11:00 - Travel Series: Dubai 1:00 - Golf (TS) 1:30 - Knitting Club/Fabric Play 2:00 - Karaoke (TS)  3:00 - Wood Crafts  4:00 - Rest and Reconnect 6:00 - Movie Night</p> | <p>27 9:30 - Morning Stretches (TS) 10:00 - Morning News 10:30 - Snack & Snow Sports 11:00 - Catholic Communion with Father Ranges 1:00 - Reel It In (TS) 2:00 - Word Scrambles 3:00 - Manicures and Hand Massages 4:00 - Rest and Reconnect 6:00 - Armchair Travel</p> | <p>28 9:30 - Exercises for Balance (TS) 10:00 - Morning News 10:30 - Snack and Concert Recording 11:15 - Expressive Arts with Topaz 1:00 - Basketball (TS) 2:00 - DIY Texture Boards 3:00 - First to 25 Game 4:00 - Rest and Reconnect 6:00 - Movie Night</p> | <p>If an activity is bolded and underlined, a secondary activity of residents' choice will be offered at that time, as well as what is listed. (TS) = Town Square</p> |