

Happy American Heart Month!

Activities are subject to change



VALENTINE'S DAY

FEBRUARY 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Dimensions of Wellness

- Physical
- Emotional
- Spiritual
- Environmental
- Vocational
- Social
- Intellectual

Meeting Places

- Dining Room
- Lobby

There are NO resident Birthdays this month.



					01 9:30a Skip-Bo! LOB 10:45a Empower ME Exercise DR 1:30p Groundhog's Day Predictions DR 2:00p Craft Class DR	02 All Day NATIONAL WEAR RED DAY 10:00a Therapy Dog Visit LOB 10:45a Empower ME Exercise DR	03 All Day Puzzle Packs 2:00p Bingo! DR 6:30p Evening Activity DR
04 All Day Puzzle Packs 10:30a Live Church Service LOB	05 9:30a Morning Manicures LOB 2:00p Valentine Card Making DR 6:30p Evening Activity DR	06 All Day Valentine Advice 10:00a Bible Study DR 10:45a Empower ME Exercise DR 2:00p Bingo! DR	07 All Day Valentine Advice 9:30a Meditation Mandalas DR 2:00p DARTS! DR 6:30p Evening Activity DR	08 9:00a Coffee&Donuts LOB 10:45a Empower ME Exercise DR 11:15a Out to Lunch LOB 2:00p Craft Class DR	09 All Day Valentine Advice 10:45a Empower ME Exercise DR 2:00p Bingo! DR 3:30p Live Harp Music LOB	10 All Day Puzzle Packs 2:00p Bingo! DR 6:30p Evening Activity DR	
11 All Day Puzzle Packs 10:30a Live Church Service LOB 4:15p Superbowl Tailgate Game Bags! LOB	12 9:30a Morning Manicures LOB 2:00p 3D Valentine Making DR 6:30p Evening Activity DR	13 All Day Voting for the Royal Sweethearts 10:00a Bible Study DR 10:45a Empower ME Exercise DR 2:00p Bingo! DR	14 Valentine's Day 9:30a Meditation Mandalas DR 2:00p Cornhole DR 6:30p Evening Activity DR	15 9:30a UNO! DR 10:45a Empower ME Exercise DR 2:00p Craft Class DR	16 9:30a Rook! DR 10:45a Empower ME Exercise DR 2:00p Bingo! DR	17 All Day Puzzle Packs 2:00p Bingo! DR 6:30p Evening Activity DR	
18 All Day Puzzle Packs 10:30a Live Church Service LOB	19 President's Day 9:30a Morning Manicures LOB 2:00p Travel to ? DR 6:30p Evening Activity DR Service	20 10:00a Bible Study DR 10:45a Empower ME Exercise DR 2:00p Community Bingo! DR	21 9:30a Meditation Mandalas DR 1:30p Resident Council LOB 3:15p Darts! DR 6:30p Evening Activity DR	22 9:30a Chickenfoot Dominoes DR 10:45a Empower ME Exercise DR 11:15a Out to Lunch LOB 2:00p Healthy Cooking DR	23 9:30a Jeopardy! DR 10:45a Empower ME Exercise DR 2:00p Bingo! DR	24 All Day Puzzle Packs 2:00p Bingo! DR 6:30p Evening Activity DR	
25 All Day Puzzle Packs 10:30a Live Church Service LOB	26 9:30a Morning Manicures LOB 2:00p Travel to ? DR 6:30p Evening Activity DR	27 10:00a Bible Study DR 10:45a Empower ME Exercise DR 2:00p Bingo! DR	28 9:30a Meditation Mandalas DR 2:00p Birthday Party DR 6:30p Evening Activity DR	29 9:30a Crochet & Coffee Pt.2 DR 10:45a Empower ME Exercise DR 2:00p Craft Class DR			