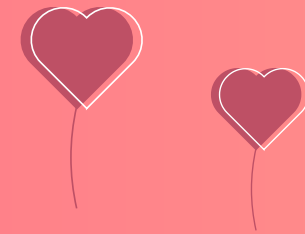


VALENTINE'S DAY



FEBRUARY 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Dimensions of Wellness

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

Meeting Places

- DIN** Dining Room
- DOW** Downstairs Foyer
- UL** Upstairs Lounge
- ACT** Activity Room
- VT** Van Trip
- Hall** Hallway Walks

Hello February

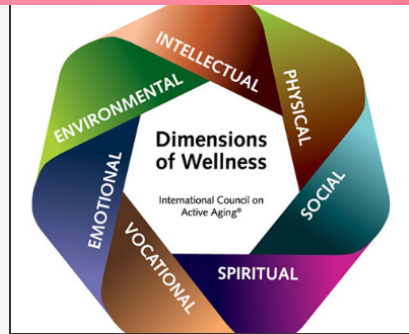
Feb 11th- Super Bowl Party in the dining room at 5:50pm

Feb 14th - Mimosas at 1:30pm

Feb 16th- Tim the Tune Man at 1:30pm

Walking Warriors-

- Walk the halls with your neighbors. Become a Walking Warrior by keeping track of your steps.



February Birthdays:

Patrica G. - Feb 2nd

Bob R. - Feb 8th

Tom B. - Feb 14th



01

9:30 | Bingo **DIN**

1:30 | Trivia **UL**

3:00 | Hot Cocoa Bar **DOW**

6:30 | Game Night **UL**

02

9:30 | Chair Exercise - Dance **UL**

10:00 | Well-Grounded **UL**

1:30 | Me and My Shadow **ACT**

6:30 | Helping Hands **ACT**

03

10:00 | Activity Puzzle Packets **FD**

1:30 | Games with Friends **UL**

04

9:30 | Coffee & News **DOW**

1:00 | Music with Friends **UPF**

05

10:00 | Lets Talk Yums **ACT**

1:30 | Pass the Pig Game **ACT**

3:00 | National Break Wind Day **UL**

6:30 | Evening Exercise **ACT**

06

9:30 | Shuttle Day **VT**

1:30 | Bingo **DIN**

3:00 | Hot Cocoa Bar **DOW**

6:00 | Evening Revival **ACT**

07

9:30 | Trinity Church **DIN**

1:00 | Communion **DIN**

1:30 | Valentine's Craft **ACT**

6:30 | Walking Warriors **Hall**

08

9:30 | Bingo **DIN**

1:30 | Bowling **DOW**

3:00 | Hot Cocoa Bar **DOW**

6:30 | Game Night **ACT**

09

9:30 | Chair Exercise- Yoga **DOW**

10:00 | Are You A Dragon **UL**

1:30 | Who Is William Harrison **UL**

6:30 | Helping Hands **ACT**

10

10:00 | Activity Puzzle Packets **FD**

1:30 | Games with Friends **UL**

11

9:30 | Coffee & News **DOW**

1:00 | Music with Friends **UPF**

5:30 | Super Bowl Party **DIN**

12

10:00 | Breakfast Physics **ACT**

1:30 | Family Feud **ACT**

3:00 | National Lost Penny Day **DOW**

6:30 | Evening Exercise **ACT**

13

9:30 | Shuttle Day **VT**

1:30 | Mardi Gras Bingo **DIN**

3:00 | Mardi Gras Hot Cocoa Bar **DOW**

6:00 | Evening Revival **ACT**

14 Valentine's Day

10:00 | Coffee Hour **ACT**

1:00 | Communion **DIN**

1:30 | Valentine's Mimosa Party **DIN**

6:30 | Walking Warriors **Hall**

15

9:30 | Bingo **DIN**

1:30 | Trivia **UL**

3:00 | Hot Cocoa Bar **DOW**

6:30 | Game Night **UL**

16

9:30 | Chair Exercise-floor Ball **DOW**

10:00 | Resident Meeting **UL**

1:30 | Tim The Tune Man **DOW**

6:30 | Helping Hands **ACT**

17

10:00 | Activity Puzzle Packets **FD**

1:30 | Games with Friends **UL**

18

9:30 | Coffee & News **DOW**

1:00 | Music with Friends **UPF**

19 President's Day

10:00 | Tour of Yums **ACT**

1:30 | Guess the President **UL**

3:00 | Iwo Jima Day **UL**

6:30 | Evening Exercise **ACT**

20

9:30 | Shuttle Day **VT**

1:30 | Bingo **DIN**

3:00 | Hot Cocoa Bar **DOW**

6:00 | Evening Revival **ACT**

21

10:00 | Coffee Hour **ACT**

1:00 | Communion **DIN**

1:30 | Health Pro **ACT**

6:30 | Walking Warriors **Hall**

22

9:30 | Bingo **DIN**

1:30 | Bowling **DOW**

3:00 | Hot Cocoa Bar **DOW**

6:30 | Game Night **ACT**

23

9:30 | Chair Exercise - ti-chi **UL**

10:00 | What is Leap Year **UL**

1:30 | Resident Birthday Party **DIN**

6:30 | Helping Hands **ACT**

24

10:00 | Activity Puzzle Packets **FD**

1:30 | Games with Friends **UL**

25

9:30 | Coffee & News **DOW**

1:00 | Music with Friends **UPF**

26

10:00 | Guess the Tune **ACT**

1:30 | Healthy Cooking with Kaleb **DIN**

1:30 | Tell a Fairy Tale Day **UL**

6:30 | Evening Exercise **ACT**

27

9:30 | Shuttle Day **VT**

1:30 | Bingo **DIN**

3:00 | Hot Cocoa Bar **DOW**

6:00 | Evening Revival **ACT**

28

10:00 | Coffee Hour **ACT**

1:00 | Communion **DIN**

1:30 | Food Meeting **UL**

6:30 | Walking Warriors **Hall**

29

9:30 | Bingo **DIN**

1:30 | Taste of Yums **ACT**

3:00 | Hot Cocoa Bar **DOW**

6:30 | Game Night **UL**

