



# VALENTINE'S DAY

FEBRUARY 2024      SUNDAY      MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY

Dimensions of Wellness

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

If you would like an activity/service not reflected on the calendar, please see the RSC/Administrator.

Activities are subject to change.

Monthly wellness checks with nursing: The 1st week of the month.

Resident Council: 2nd Wednesday of the month.

|   |  |   |  |  |  |   |
|---|--|---|--|--|--|---|
|   |  |   |  | <b>01</b><br>9:00   Chronicles & Horoscope<br>9:30   Fun Yoga Video's<br>10:00   Famous People Talk<br>1:00   Let's Chat!!<br>1:30   Exercise & Walking Club<br>2:00   Balloon Toss<br>3:00   BINGO!<br>6:00   Open Activities W/CNA's                     | <b>02 Groundhog Day</b><br>9:00   Chronicles & Horoscope<br>9:30   Exercise<br>10:00   Worship Hymn Sing Along W/Lidia & Isaia<br>1:00   Groundhog Day Trivia!<br>1:30   Exercise & Walking Club<br>2:00   Manicures!<br>2:30   Groundhog Day Movie!<br>6:00   Open Activities W/CNA's | <b>03</b><br>9:00   Fun Noodles<br>9:30   Chronicles & Horoscope<br>10:00   Coffee Clutch & Chat!<br>1:30   National Geographic program<br>1:30   Exercise & Walking Club<br>2:30   Music & Hydration<br>3:30   Word search's & Coloring<br>6:00   Open Activities W/CNA's  |
| <b>04</b><br>9:00   Chronicles & Horoscope<br>9:30   Stretch & Move<br>10:00   Bowling!<br>1:00   Let's Chat!!<br>1:30   Exercise & Walking Club<br>2:00   Headbandz<br>3:00   Junk Drawer Detective<br>6:00   Open Activities W/CNA's                    | <b>05</b><br>9:00   Chronicles & Horoscope<br>9:30   Fun Noodles<br>10:00   I got it! ( card game)<br>1:15   Afternoon Scenic Drive<br>2:15   Exercise & Walking Club<br>3:00   BINGO!<br>6:00   Open Activities W/CNA's                       | <b>06</b><br>9:00   Chronicles & Horoscope<br>9:30   Exercise<br>10:00   Watercolor Painting<br>1:00   Let's Chat!!<br>1:30   Exercise & Walking Club<br>2:00   Volleyball!<br>3:00   Junk Drawer Detective<br>6:00   Open Activities W/CNA's                   | <b>07</b><br>9:00   Chronicles & Horoscope<br>9:30   Fun Noodles<br>10:30   Valentine's Party (Senior Services)<br>1:00   Let's Chat!!<br>1:30   Exercise & Walking Club<br>2:00   Basketball Game!<br>3:00   Book Club!<br>6:00   Open Activities W/CNA's | <b>08</b><br>9:00   Chronicles & Horoscope<br>9:30   Fun Yoga Video's<br>10:00   Price is Right!<br>1:00   Let's Chat!!<br>1:30   Vitos's Piano Performance<br>2:30   Exercise & Walking Club<br>3:00   BINGO!<br>6:00   Open Activities W/CNA's           | <b>09</b><br>9:00   Chronicles & Horoscope<br>9:30   Exercise<br>10:00   Worship Hymn Sing Along W/Lidia & Isaia<br>1:00   Let's Chat!!<br>1:30   Exercise & Walking Club<br>2:00   Manicures!<br>2:30   Movie Afternoon with Popcorn!<br>6:00   Open Activities W/CNA's               | <b>10</b><br>9:00   Visit with Julia ( Therapy Dog)<br>10:00   Coffee Clutch & Chat!<br>1:30   National Geographic program<br>1:30   Exercise & Walking Club<br>2:30   Music & Hydration<br>3:30   Word search's & Coloring<br>6:00   Open Activities W/CNA's   |
| <b>11</b><br>9:00   Chronicles & Horoscope<br>9:30   Stretch & Move<br>10:00   Spelling Bee<br>1:00   Let's Chat!!<br>1:30   Exercise & Walking Club<br>2:00   Bowling!<br>3:00   Reminiscing Fun!<br>6:00   Super Bowl Time!                             | <b>12</b><br>9:00   Chronicles & Horoscope<br>9:30   Fun Noodles<br>10:00   Morning Scenic Drive<br>1:00   Let's Chat!!<br>1:30   Exercise & Walking Club<br>2:00   BINGO!<br>3:00   Hands on Hickory Knolls<br>6:00   Open Activities W/CNA's | <b>13</b><br>9:00   Chronicles & Horoscope<br>9:30   Exercise<br>10:00   Sing Along<br>1:00   Let's Chat!!<br>1:30   Exercise & Walking Club<br>2:00   Blast from the Past w/Trivia & Treats<br>3:00   Kickball!<br>6:00   Open Activities W/CNA's              | <b>14</b><br>9:00   Chronicles & Horoscope<br>9:30   Fun Noodles<br>10:00   Hot Cocoa Social!<br>1:00   Let's Chat!!<br>1:30   Exercise & Walking Club<br>2:00   Junk Drawer Detective<br>3:00   Parachute Game Open<br>6:00   Activities W/CNA's          | <b>15</b><br>9:00   Chronicles & Horoscope<br>9:30   Fun Yoga Video's<br>10:00   Visit the Gail Borden Library!<br>1:00   Let's Chat!!<br>1:30   Exercise & Walking Club<br>2:00   Target Shooting Game<br>3:00   BINGO!<br>6:00   Open Activities W/CNA's | <b>16</b><br>9:00   Chronicles & Horoscope<br>9:30   Exercise<br>10:00   Worship Hymn Sing Along W/Lidia & Isaia<br>1:00   Let's Chat!!<br>1:30   Exercise & Walking Club<br>2:00   Donuts Time!<br>2:30   Movie Afternoon with Popcorn!<br>6:00   Open Activities W/CNA's             | <b>17</b><br>9:00   Visit with Hairy & Dolan (Therapy Dog)<br>9:00   Fun Noodles<br>9:30   Chronicles & Horoscope<br>10:00   Coffee Clutch & Chat!<br>1:30   National Geographic program<br>1:30   Exercise & Walking Club<br>2:30   Music & Hydration<br>3:30   Word search's & Coloring<br>6:00   Open Activities W/CNA's |
| <b>18</b><br>9:00   Chronicles & Horoscope<br>9:30   Stretch & Move<br>10:00   Finish the Phrase & Perfect Pairs<br>1:00   Let's Chat!!<br>1:30   Exercise & Walking Club<br>2:00   Headbandz<br>3:00   Guess the Tune!<br>6:00   Open Activities W/CNA's | <b>19</b><br>9:00   Chronicles & Horoscope<br>9:30   Fun Noodles<br>10:00   Library Program!<br>1:00   Visit with Chance (Therapy Dog)<br>2:00   Afternoon Scenic Drive<br>3:00   BINGO!<br>6:00   Open Activities W/CNA's                     | <b>20</b><br>9:00   Chronicles & Horoscope<br>9:30   Exercise<br>10:00   Who am I?<br>1:00   Let's Chat!!<br>1:30   Hickory Knolls Program<br>2:30   Exercise & Walking Club<br>3:00   Words in Words<br>6:00   Open Activities W/CNA's                         | <b>21</b><br>9:00   Chronicles & Horoscope<br>9:30   Fun Noodles<br>10:00   Balloon Toss<br>1:00   Let's Chat!!<br>1:30   Exercise & Walking Club<br>2:00   Sing Along!<br>3:00   Junk Drawer Detective<br>6:00   Open Activities W/CNA's                  | <b>22</b><br>9:00   Chronicles & Horoscope<br>9:30   Fun Yoga Video's<br>1:00   Let's Chat!!<br>1:30   Exercise & Walking Club<br>2:00   Afternoon Tea Party<br>3:00   BINGO!<br>6:00   Open Activities W/CNA's  | <b>23</b><br>9:00   Chronicles & Horoscope<br>9:30   Exercise<br>10:00   Worship Hymn Sing Along W/Lidia & Isaia<br>1:00   Let's Chat!!<br>1:30   Exercise & Walking Club<br>2:00   Manicures!<br>2:30   Movie Afternoon with Popcorn!<br>6:00   Open Activities W/CNA's               | <b>24</b><br>9:00   Fun Noodles<br>9:30   Chronicles & Horoscope<br>10:00   Coffee Clutch & Chat!<br>1:30   National Geographic program<br>1:30   Exercise & Walking Club<br>2:30   Music & Hydration<br>3:30   Word search's & Coloring<br>6:00   Open Activities W/CNA's  |
| <b>25</b><br>9:00   Chronicles & Horoscope<br>9:30   Stretch & Move<br>10:00   Watercolor Painting<br>1:00   Let's Chat!!<br>1:30   Exercise & Walking Club<br>2:00   Volleyball!<br>3:00   Name the 10<br>6:00   Open Activities W/CNA's                 | <b>26</b><br>9:00   Chronicles & Horoscope<br>9:30   Fun Noodles<br>10:00   Morning Scenic Drive<br>1:00   Let's Chat!!<br>1:30   Exercise & Walking Club<br>2:00   Guess the Logo!<br>3:00   BINGO!<br>6:00   Open Activities W/CNA's         | <b>27</b><br>9:00   Chronicles & Horoscope<br>9:30   Exercise<br>10:00   Brain Teasers & Spelling Bee<br>1:00   Let's Chat!!<br>1:30   Exercise & Walking Club<br>2:00   Target Shooting Game<br>3:00   Junk Drawer Detective<br>6:00   Open Activities W/CNA's | <b>28</b><br>9:00   Chronicles & Horoscope<br>9:30   Fun Noodles<br>10:00   Kickball!<br>1:00   Let's Chat!!<br>1:30   Exercise & Walking Club<br>2:00   Words in Words<br>3:00   Book Club!<br>6:00   Open Activities W/CNA's                             | <b>29</b><br>9:00   Chronicles & Horoscope<br>9:30   Fun Yoga Video's<br>10:00   Breaking Grounds<br>1:00   Let's Chat!!<br>1:30   Exercise & Walking Club<br>2:00   Reminiscing Fun!<br>3:00   BINGO!<br>6:00   Open Activities W/CNA's                   | <br>-2/4 Haydee    -2/6 Wojciech<br>-2/8 Elaine    -2/19 Barb  |   |