

FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Happy Birthday! Nancy 2/7 Carol 2/26 						10:00 Morning Stretch & Exercise-2AR 1 1:30 What's Up with Jason? - 2AR 3:00 Movie Matinee & Popcorn- Theatre
10:00 Virtual Church Service- YouTube-2AR 2 1:30 Trivia- Pub 3:00 Rummikub- -2AR Groundhog Day	10:00 Morning Stretch & Exercise- 2AR 3 10:30 Presentation with Aegis Therapy- 2AR 1:30 Mexican Train- 2AR	10:00 Morning Stretch & Exercise-2AR 4 11:00 Musical Memories-2SR 1:30 Farkle-2AR 3:00 Arts & Crafts-2AR 4:00 Chair Yoga-2AR Beauty Shop Open	9:45 Morning Stretch & Exercise-2AR 5 10:30 Worship Service-2DR 3:00 King's in the Corner-2AR	10:00 Morning Stretch & Exercise-2AR 6 11:00 Musical Memories 1:30 Sequence-2AR 3:00 Bingo!- 2DR 4:00 Puzzles- 2SR Beauty Shop Open	10:00 Morning Stretch & Exercise-2AR 7 11:00 Adult Coloring Pages- Independent Activity-2AR 1:30 Sequence--2AR 3:00 Happy Hour- 1DR	10:00 Morning Stretch & Exercise-2AR 8 1:30 Independent Game Time- 2AR 3:00 Movie Matinee & Popcorn- Theatre
10:00 Virtual Church Service- YouTube-2AR 9 1:30 Rummikub- -2AR 3:00 Superbowl Pre-party 1 st Floor Dining Room	10:00 Morning Stretch & Exercise-2AR 10 1:30 Mexican Train-2AR 3:00 Musical Performance with Bella Musik- 1DR	10:00 Morning Stretch & Exercise-2AR 11 11:00 Musical Memories-2SR 1:30 Resident Council Meeting- 1DR 3:00 Farkle-2AR 4:00 Chair Yoga-2AR Beauty Shop Open	9:45 Morning Stretch & Exercise-2AR 12 10:30 Worship Service-2DR Lunch Outing at The Mineshaft- sign up required 1:30 King's in the Corner-2AR 3:00 Resident Birthday Social- 1DR	10:00 Morning Stretch & Exercise-2AR 13 11:00 Musical Memories-2SR 1:30 Sequence-2AR 3:00 Bingo!- 2DR 4:00 Puzzles- 2SR Beauty Shop Open	10:00 Morning Stretch & Exercise-2AR 14 1:30 Sequence--2AR 3:00 Valentine's Day Happy Hour- 1DR Valentine's Day	10:00 Morning Stretch & Exercise-2AR 15 1:30 What's Up with Jason? - 2AR 3:00 Movie Matinee & Popcorn- Theatre
10:00 Virtual Church Service- YouTube-2AR 16 1:30 Trivia- Pub 3:00 Rummikub-2AR	10:00 Morning Stretch & Exercise-2AR 17 1:30 Mexican Train-2AR 3:00 Presidential Trivia- Pub President's Day	10:00 Morning Stretch & Exercise-2AR 18 11:00 Musical Memories-2SR 1:30 Farkle-2AR 3:00 Arts & Crafts-2AR 4:00 Chair Yoga-2AR Beauty Shop Open	9:45 Morning Stretch & Exercise-2AR 19 10:30 Worship Service-2DR 1:30 King's in the Corner-2AR 4:00 Musical Performance with the Westhaven Barbershop Quartet-1DR	10:00 Morning Stretch & Exercise-2AR 20 11:00 Musical Memories- 2SR 1:30 Sequence-2AR 3:00 Bingo!-2DR 4:00 Puzzles- 2SR Beauty Shop Open	10:00 Morning Stretch & Exercise-2AR 21 11:00 Adult Coloring Pages- Independent Activity-2AR 1:30 Sequence--2AR 3:00 Happy Hour- 1DR	10:00 Morning Stretch & Exercise-2AR 22 1:30 Independent Game Time- 2AR 3:00 Movie Matinee & Popcorn- Theatre
10:00 Virtual Church Service- YouTube-2AR 23 1:30 Trivia- Pub 3:00 Rummikub- -2AR	10:00 Morning Stretch & Exercise-2AR 24 1:30 Mexican Train-2AR 3:00 Special Presentation "A Bug's Life"- Theatre	10:00 Morning Stretch & Exercise-2AR 25 11:00 Musical Memories-2SR 1:30 Farkle-2AR 3:00 Arts & Crafts-2AR 4:00 Chair Yoga-2AR Beauty Shop Open	9:45 Morning Stretch & Exercise-2AR 26 10:30 Worship Service- 1DR 1:30 King's in the Corner-2AR 3:00 New Resident Meet & Greet-1DR	10:00 Morning Stretch & Exercise-2AR 27 11:00 Musical Memories- 2SR 1:30 Making Chili- 2AR 3:00 Bingo!- 2DR 4:00 Puzzles- 2SR Beauty Shop Open	10:00 Morning Stretch & Exercise-2AR 28 11:00 Adult Coloring Pages- Independent Activity-2AR 1:30 Sequence-2AR 3:00 Happy Hour- 1DR	Activity Location Key 2AR= 2nd Floor Activity Room 2SR= 2nd Floor Sunroom 1DR- 1st Floor Dining Room 2DR= 2nd Floor Dining Room

Assisted Living Activities* Calendar

**All activities are subject to change when necessary. Residents' families are invited to participate in community events.*