

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
Grammy Awards Night 4	World Nutella Day 5	Int'l Frozen Yogurt Day 6	Ballet Day 7	Candy Making Day 1	National Sweater Day 2	Happy Birthday Richard! 3
9:00 Joel Osteen on Channel 26 9:30 Catholic Mass on Channel 12 10:00 Snack & Hydrate 10:30 The Daily Chronicle 1:30 Karaoke with HS Staff 2:30 Snack & Hydrate 3:00 BINGO for Prizes 5:30 Netflix Series at the Living Room: BRIDGERTON	9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Steel Feathers Yoga with Gee 10:00 Snack & Hydrate 10:30 Famous Quotes & Sayings 2:30 Snack & Hydrate 3:00 Brain Booster Trivia 5:00 NBA Regular Season - Channel 30 5:30 Board Games	9:00 Zen Music Meditation 9:00 Scenic Drive - Out & About 9:30 Everfit Exercises 10:00 The Daily Chronicle with Snacks 10:30 Sing Along Songs 2:00 Pick-a-Card Game with Carol 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Evening Movie and Snacks	9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Test Your Problem Solving Skills 2:00 Book Read Aloud with Carol 2:30 Snack & Hydrate 3:00 Birthday Bash with Tony Birtolo 5:30 Classic Card Games	9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Sing Along Songs 2:00 Large Group Jigsaw Puzzles 2:30 Snack & Hydrate 3:00 Learn Origami with Carol 5:30 Evening Movie and Snacks	9:00 Zen Music Meditation 9:00 The Daily Chronicle 9:30 Everfit Exercises 10:00 Music Appreciation - Jazz Bands 10:30 Brain Boosters and Puzzles 2:00 Bake Moon Pies with Carol 2:30 Snack and Hydrate 3:30 Our Daily Bread Read Aloud 5:30 Armchair Travel & Snack	9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Chair Zumba Exercises 2:00 Candy Bingo 2:30 Snack & Hydrate 3:00 Namaste and Sangeet 5:30 Netflix Nature Series
Superbowl 58 11	Shrove Monday 12	Mardi Gras 13	Happy Valentine's Day! 14	Single Awareness Day 15	National Caregivers Day 16	Random Acts of Kindness Day 17
9:00 Joel Osteen on Channel 26 9:30 Catholic Mass on Channel 12 10:00 Snack & Hydrate 10:30 The Daily Chronicle 1:30 Karaoke with HS Staff 2:30 Snack & Hydrate 3:00 Watch SuperBowl 58 - Living Room *Serving Pizza, Hot Dogs, Chips Soda Pop and O'Doules*	9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Steel Feathers Yoga with Gee 10:00 Snack & Hydrate 10:30 Famous Quotes & Sayings 2:30 Snack & Hydrate 3:00 Brain Booster Trivia 5:00 NBA Regular Season - Channel 30 5:30 Board Games	9:00 Zen Music Meditation 9:00 Scenic Drive - Out & About 9:30 Everfit Exercises 10:00 The Daily Chronicle with Snacks 10:30 Sing Along Songs 2:00 Mardi Gras Mask Making w/ Enhabit 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Evening Movie and Snacks	9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Test Your Problem Solving Skills 2:00 Book Read Aloud with Carol 2:30 Snack & Hydrate 3:00 Valentine Serenade with Bobby 4:00 Valentine Candle Light Dinner	9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 11:00 Sing Along Songs 2:00 Large Group Jigsaw Puzzles 2:30 Snack & Hydrate 3:00 Learn Origami with Carol 5:30 Evening Movie and Snacks	9:00 Zen Music Meditation 9:00 The Daily Chronicle 9:30 Everfit Exercises 10:00 Music Appreciation - Jazz Bands 11:00 Brain Boosters and Puzzles 2:00 Bake Brownies with Carol 2:30 Snack and Hydrate 3:00 Coffee Tasting with Abraham 5:30 Armchair Travel & Snack	9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Chair Zumba Exercises 2:00 Candy Bingo 2:30 Snack & Hydrate 3:00 Namaste and Sangeet 5:30 Netflix Nature Series
Daytona 500 18	Presidents Day 19	National Leadership Day 20	World Kombucha Day 21	National Margarita Day 22	Tootsie Roll Day 23	Forget Me Not Day 24
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Rubber Ducky Day 25	Happy Birthday Elinor! 26	National Kahlua Day 27	Floral Design Day 28	Leap Year Day 29		
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Heritage Springs Neighborhood Events All Activities Subject to Change by the Life Enrichment Director