

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|--|--|--|
| <div>Please remember, all bus outings require sign-up in advance! Activities are hosted in the lounge unless otherwise indicated. Every effort is made to fulfill all calendar events; however, activities could be subject to change.</div> | | | | 10:30 Resident Led Quiddler 1:30 Afternoon Stretch 2:30 DIY Nail Spa 4:30 Happy ½ Hour 6:00 <i>Star Trek: Strange New Worlds</i> (S1E10)(P+) National Freedom Day | 9:30 Exercise w/Johonna 10:30 Hangman 1:30 Craft: Make a Pinch Pot 3:00 Bingo 6:00 Resident Game: Help Your Neighbor | 9:30 Chair Fitness w/Paul Eugene on YouTube 11:00 Spiritual Services on YouTube 2:00 Movie & Popcorn: <i>Chitty Chitty Bang Bang</i> (AP) 6:00 Resident Game: Dominos Feed the Birds Day |
| 9:30 Exercise w/Rita 10:30 Game: Rummikub 2:00 Music & Dance with Pani 4:00 Group Writing 6:00 Documentary: <i>From Stress to Happiness</i> (AP) | 9:30 Morning Stretch 10:15 Shopping: Bi-Mart 2:00 Activity Planning for March 4:00 New Resident Meet & Greet 6:00 Game: Residents' Choice | 9:30 Chair Dance Exercise 10:30 Hangman 1:30 Rock Painting 2:30 20 Questions 6:00 Movie: <i>Charade</i> (AP) | 9:30 Exercise w/Rita 10:30 Landscape Paper Collage 2:00 Gus Russell on Piano 4:00 Storytelling 6:00 Resident Led Card Game | 10:30 Resident Led Quiddler 1:30 Afternoon Stretch 2:30 Talk About: Depression 4:30 Happy ½ Hour 6:00 <i>Star Trek: Strange New Worlds</i> (S2E1)(P+) | 9:30 Exercise w/Johonna 10:30 Game: Rummikub 1:30 Paint without a Brush 3:00 Texas Hold 'Em 6:00 Resident Game: Help Your Neighbor | 9:30 Chair Fitness w/Paul Eugene on YouTube 11:00 Spiritual Services on YouTube 2:00 Movie & Popcorn: <i>The Curious Case of Benjamin Button</i> (P+) 6:00 Resident Game: Dominos |
| 9:30 Exercise w/Rita 10:30 Truth or Dare 2:00 Pregame Fun 3:30 Super Bowl LVIII Super Bowl Sunday | 9:30 Morning Stretch 10:15 Shopping: MoC 2:00 Do You Have a Will? 4:00 Texas Hold 'Em 6:00 Game: Residents' Choice | 9:30 Chair Dance Exercise 10:30 Water Color w/Glue 1:30 About: Mardi Gras 2:30 Mardi Gras Party 6:00 Movie: <i>Catch Me if You Can</i> (P+) Mardi Gras | 9:30 Exercise w/Rita 10:30 Craft: Heart Art 2:00 Vocalist Sara Scofield 3:30 Celebrate Valentine's Day 6:00 Resident Led Card Game Valentine's Day Ash Wednesday | 10:30 Resident Led Quiddler 2:00 Timothy Patrick on Guitar 4:30 Happy ½ Hour 6:00 <i>Star Trek: Strange New Worlds</i> (S2E2)(P+) | 9:30 Exercise w/Johonna 10:30 Bottle Art 1:30 World Religions: Question of Pre-existence 3:00 Bingo 6:00 Resident Game: Help Your Neighbor | 9:30 Chair Fitness w/Paul Eugene on YouTube 11:00 Spiritual Services on YouTube 2:00 Movie & Popcorn: <i>Beethoven</i> (NF) 6:00 Resident Game: Dominos Random Acts of Kindness Day |
| 9:30 Exercise w/Rita 10:30 Begin Work on Group Collage 2:00 Brooke & Friends Perform 3:30 Do You Have a Will? 6:00 Documentary: <i>American Symphony</i> (NF) | 9:30 Morning Stretch 10:15 Shopping: Trader Joe's 2:00 Armchair Travel to Campobasso, Italy 4:00 Bingo 6:00 Game: Residents' Choice Presidents Day | 9:30 Chair Dance Exercise 10:30 Game: Hot Seat 1:30 Photo Memory Box 2:30 Balloon Swat 6:00 Movie: <i>Apollo 13</i> (NF) Love Your Pet Day | 9:30 Exercise w/Rita 11:15 Lunch Outing to the newly opened Old Spaghetti Factory 1:30 Resident Led Help Your Neighbor 4:00 Storytelling 6:00 Resident Led Card Game | 10:30 Resident Led Quiddler 1:30 Afternoon Stretch 2:30 Peanut Auction 4:30 Happy ½ Hour 6:00 <i>Star Trek: Strange New Worlds</i> (S2E3)(P+) | 9:30 Exercise w/Johonna 10:30 Game: Rummikub 1:30 Discussion: Being Happy 3:00 Texas Hold 'Em 6:00 Resident Game: Help Your Neighbor | 9:30 Chair Fitness w/Paul Eugene on YouTube 11:00 Spiritual Services on YouTube 2:00 Movie & Popcorn: <i>African Queen</i> (AP) 6:00 Resident Game: Dominos |
| 9:30 Exercise w/Rita 10:30 Work on Group Collage 2:00 14-Year-Old Alissa on Piano 4:00 FETCH Visit 6:00 Documentary: <i>Dancing With the Birds</i> (NF) | 9:30 Morning Stretch 10:15 Shopping: Safeway 2:00 Resident Council 3:30 February Birthdays Celebration 6:00 Game: Residents' Choice | 9:30 Chair Dance Exercise 10:30 Family Feud 1:00 Resident Food Council 2:15 Discussion: Adding Meaning to Life 6:00 Movie: <i>The Hill</i> (NF) | 9:30 Exercise w/Rita 10:30 Complete Group Collage 1:30 Midweek Matinee: 4:30 Happy ½ Hour 5:00 Family & Friends Buffet | 10:30 Resident Led Quiddler 1:30 Afternoon Stretch 2:15 Italian Hot Chocolate Social 4:00 (Tammy's Social) 6:00 <i>Star Trek: Strange New Worlds</i> (S2E4)(P+) | <div>Black History Month American Heart Month National Arts Month</div> | |