

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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.

Movie descriptions will be listed on the daily schedule posted at front desk.

9:00 Morning Walk, Self-Led **2**
10:30 Yarn Arts
2:00 Game: Spades
4:00 Sing Along
6:00 Documentary: *For the Love of Spock* (Pea)

National Tater Tot Day

9:30 Morning Stretch **3**
10:30 Shopping: Bi-Mart
2:30 Activity Planning for March
4:00 New Resident Meet & Greet
6:00 Game: Residents' Choice

National Carrot Cake Day

9:30 Chair Dance w/Rita **4**
10:30 Decorate for Valentine's Day
2:00 Resident Led Help Your Neighbor
4:00 Social Coloring
6:00 Movie: *The Sting* (NF)

9:30 Exercise w/Rita **5**
10:30 Coffee Social
11:00 Group Chat: Mental Health & Wellness
2:00 **Gus Russell on Piano**
4:00 Bingo
6:00 Resident Card Game

10:30 Resident Led Help Your Neighbor **6**
1:00 Afternoon Stretch
2:00 DIY Nail Spa
4:30 Happy ½ Hour
6:00 Series Night: *Man on the Inside* (NF)(S1E7)

Duane's Birthday

9:30 Exercise w/Kristy **7**
10:30 Discussion: What is Normal?
1:30 Craft: Valentine's Day Cards
3:00 Texas Hold 'Em
4:30 Mingling in the Lobby
6:00 TV Time, Caregivers Choice

9:30 Chair Fitness **1**
w/Paul Eugene on YouTube
10:30 Morning Walk, Self-Led
11:00 Spiritual Services on YouTube
Afternoon Self Led Activities
6:00 Game: Residents' Choice

9:00 Morning Walk, Self-Led **9**
10:30 Jewelry Making
2:30 Super Bowl Pre-Game Broadcasting
3:30 **Super Bowl LIX**
6:00 Documentary: *Becoming the G.O.A.T.: The Tom Brady Story* (AP)

National Pizza Day & Chocolate Day

9:30 Morning Stretch **10**
10:00 Shopping: Trader Joe's
1:30 Technology Help
3:00 Noodle Hockey
4:00 Bingo
6:00 Game: Residents' Choice

9:30 Chair Dance Fun **11**
10:30 New: What's the Good News?
1:30 Balloon Swat
2:30 Dominos w/Kristy
4:00 Work the Jigsaw Puzzle
6:00 Movie: *J.S. Bach: The Music, The Life, The Legend* (AP)

9:30 Exercise w/Johonna from Steel Feathers **12**
10:30 Coffee Social
11:00 Group Chat: Changes
2:00 **Hannah from HealthPro Heritage: Move It or Lose It**
3:30 Create: Heart Art
6:00 Resident Card Game

10:30 Resident Led Dominos **13**
1:00 Afternoon Stretch
2:00 **Oregon OldTime Fiddlers' Association Performs**
4:30 Happy ½ Hour
6:00 Series Night: *Man on the Inside* (NF)(S1E8)(last episode)

Valentine's Day

9:30 Exercise w/Kristy **14**
10:30 Craft: Party Favors
2:00 Valentine's Day Party
4:30 Mingling in the Lobby
6:00 TV Time, Caregivers Choice

9:30 Chair Fitness **8**
w/Paul Eugene on YouTube
10:30 Morning Walk, Self-Led
11:00 Spiritual Services on YouTube
Afternoon Self Led Activities
6:00 Game: Residents' Choice

9:30 Chair Fitness **15**
w/Paul Eugene on YouTube
10:30 Morning Walk, Self-Led
11:00 Spiritual Services on YouTube
Afternoon Self Led Activities
6:00 Game: Residents' Choice

9:00 Morning Walk, Self-Led **16**
10:30 Learn to Play Cribbage
1:30 **Outing: St Vinnie's**
4:00 Sing Along
6:00 Documentary: *Cary Grant: The Man He Dreamed of Being* (AP)

9:30 Morning Stretch **17**
10:15 Shopping: Market of Choice
2:45 **Dance with Pani**
4:00 Bingo
6:00 Game: Residents' Choice

9:30 Chair Dance Fun **18**
10:30 Quiddler w/Kristy
2:00 **Harold & Annette Perform**
4:00 Yarn Arts
6:00 Movie: *Lion* (NF)

9:30 Exercise w/Rita **19**
10:30 Coffee Social
11:00 Group Chat: Us vs. Them
2:00 **Vocalist Sara Scofield**
3:30 Ice Cream Social
6:00 Resident Card Game

Don L.'s Birthday

10:30 Resident Led Help Your Neighbor **20**
1:00 Afternoon Stretch
2:00 Poetry Workshop
4:30 Happy ½ Hour
6:00 Series Night: *Pride and Prejudice* (1995) (S1E1) (AP)

9:30 Exercise w/Kristy **21**
10:30 Craft: Paint Blocking
1:30 Discussion: Cultural Differences
3:00 Texas Hold 'Em
4:30 Mingling in the Lobby
6:00 TV Time, Caregivers Choice

9:30 Chair Fitness **22**
w/Paul Eugene on YouTube
10:30 Morning Walk, Self-Led
11:00 Spiritual Services on YouTube
Afternoon Self Led Activities
6:00 Game: Residents' Choice

9:00 Morning Walk, Self-Led **23**
10:30 Armchair Travel to Lisbon
2:00 Talent Show Brainstorming
4:00 Fetch Therapy Dogs
6:00 Documentary: *Lord Montagu* (AP)

National Banana Bread Day

9:30 Morning Stretch **24**
10:15 Shopping: Safeway
2:00 Resident Council
3:30 February Birthdays Cake
6:00 Game: Residents' Choice

9:30 Chair Dance Fun **25**
10:30 Rummikub w/Kristy
1:30 Resident Food Council
2:30 Bingo
4:00 Social Coloring
6:00 Movie: *Conclave* (Pea)

National Clam Chowder Day

9:30 Exercise w/Johonna from Steel Feathers **26**
10:30 Coffee Social
11:30 **Lunch Outing**
2:00 Afternoon Matinee: *Quartet* (AP)
6:00 Resident Card Game

National Chili Day

10:30 Resident Led Dominos **27**
1:30 Resident Led Scrabble
Afternoon: Self-Led Activities
4:30 Happy ½ Hour
5:00 **Friends & Family Buffet**

9:30 Exercise w/Kristy **28**
10:30 Tic Tac Trivia
1:30 New: Drama Club
3:00 Texas Hold 'Em
4:30 Mingling in the Lobby
6:00 TV Time, Caregivers Choice

National Pancake Day