

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>Barber Day</b> 1 9:00 Zen Music Meditation 9:30 Arts & Crafts Hour 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Chair Zumba Exercises 1:00 Candy Bingo 2:00 Trivia and Snacks with Amina 3:00 Nail Care with Carol 5:30 Love Story Movie on Netflix
<b>Groundhog Day</b> 2 9:00 Joel Osteen on Channel 26 9:45 Catholic Mass at the Living Room 10:00 Snack & Hydrate 10:30 The Daily Chronicle 1:30 Karaoke Fun with HS Staff 2:30 Snack & Hydrate 3:00 BINGO for Prizes 5:30 Netflix Weekender Series: Bridgerton - Season 2	<b>Happy Birthday Richard!</b> 3 9:00 Zen Music Meditation 9:30 The Daily Chronicle 10:30 Snack & Hydrate 10:30 Spot The Difference- YouTube 1:00 Steel Feathers Yoga with Gee 2:00 Brain Booster Trivia 2:30 Snack & Hydrate 3:00 Arts and Crafts Hour 5:30 Board Games	<b>Medjoola Date Day</b> 4 9:00 Zen Music Meditation 9:30 Scenic Drive - Out & About 9:30 Everfit Exercises 10:00 The Daily Chronicle with Snacks 10:30 Sing Along Songs 2:00 Flower Arrangements 2:30 Snack & Hydrate 3:00 Large Easy Word Find Puzzles 5:30 Evening Movie and Snacks	<b>World Nutella Day</b> 5 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 Let's Solve some Simple Riddles 2:30 Snack & Hydrate 3:00 Birthday Bash with Tony B. 5:30 Large Floor Jigsaw Puzzles	<b>Ballet Day</b> 6 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Jeopardy Trivia 2:00 Baking with Tracy 2:30 Snack & Hydrate 3:00 "I Spy" Game on YouTube 5:30 Netflix Adventure Series	<b>Frozen Yogurt Day</b> 7 9:00 Zen Music Meditation 9:00 The Daily Chronicle 9:30 Everfit Exercises 10:00 Music Appreciation - Instrumentals 10:30 Brain Teasers and Trivia 2:00 Group Coloring Art 2:30 Snack and Hydrate 3:00 Classic Card Games with Carol 5:30 Expoza Travel Hour & Snacks	<b>Global Movie Day</b> 8 9:00 Zen Music Meditation 9:30 Arts & Crafts Hour 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Chair Zumba Exercises 1:00 Candy Bingo 2:00 Trivia and Snacks with Amina 3:00 Namaste and Simple Spa Hour 5:30 Love Story Movie on Netflix
<b>Superbowl 59</b> 9 9:00 Joel Osteen on Channel 26 9:30 Catholic Mass at the Living Room 10:00 Snack & Hydrate 10:30 The Daily Chronicle 1:30 Karaoke Fun with HS Staff 2:30 Snack & Hydrate 3:00 Superbowl 59 at the Living Room 5:30 Netflix Weekender Series: Bridgerton - Season 2	<b>Umbrella Day</b> 10 9:00 Zen Music Meditation 9:30 The Daily Chronicle 10:30 Snack & Hydrate 10:30 Spot The Difference- YouTube 1:00 Steel Feathers Yoga with Gee 2:00 Brain Booster Trivia 2:30 Snack & Hydrate 3:00 Arts and Crafts Hour 5:30 Board Games	<b>National Inventors Day</b> 11 9:00 Zen Music Meditation 9:30 Scenic Drive - Out & About 9:30 Everfit Exercises 10:00 The Daily Chronicle with Snacks 10:30 Sing Along Songs 2:00 Flower Arrangements 2:30 Snack & Hydrate 3:00 Large Easy Word Find Puzzles 5:30 Evening Movie and Snacks	<b>Darwin Day</b> 12 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 Let's Solve some Simple Riddles 2:30 Snack & Hydrate 3:00 Happy Hour with Bobby Rumion 5:30 Large Floor Jigsaw Puzzles	<b>Self Love Day</b> 13 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Jeopardy Trivia 2:00 Baking with Tracy 2:30 Snack & Hydrate 3:00 "I Spy" Game on YouTube 5:30 Netflix Romantic Comedies	<b>Valentine's Day</b> 14 9:00 Zen Music Meditation 9:00 The Daily Chronicle 9:30 Everfit Exercises 10:00 Music Appreciation - Instrumentals 10:30 Brain Teasers and Trivia 2:00 Group Coloring Art 2:30 Snack and Hydrate 3:00 Classic Card Games with Carol 5:30 Expoza Travel Hour & Snacks	<b>Singles Awareness Day</b> 15 9:00 Zen Music Meditation 9:30 Arts & Crafts Hour 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Chair Zumba Exercises 1:00 Candy Bingo 2:00 Trivia and Snacks with Amina 3:00 Nail Care with Carol 5:30 Love Story Movie on Netflix
<b>National Almond Day</b> 16 9:00 Joel Osteen on Channel 26 9:30 Catholic Mass at the Living Room 10:00 Snack & Hydrate 10:30 The Daily Chronicle 1:30 Karaoke Fun with HS Staff 2:30 Snack & Hydrate 3:00 BINGO for Prizes 5:30 Netflix Weekender Series: Bridgerton - Season 2	<b>Presidents Day</b> 17 9:00 Zen Music Meditation 9:30 The Daily Chronicle 10:30 Snack & Hydrate 10:30 Spot The Difference- YouTube 1:00 Steel Feathers Yoga with Gee 2:00 Brain Booster Trivia 2:30 Snack & Hydrate 3:00 Arts and Crafts Hour 5:30 Board Games	<b>Travel Africa Day</b> 18 9:00 Zen Music Meditation 9:30 Scenic Drive - Out & About 9:30 Everfit Exercises 10:00 The Daily Chronicle with Snacks 10:30 Sing Along Songs 2:00 Flower Arrangements 2:30 Snack & Hydrate 3:00 Large Easy Word Find Puzzles 5:30 Evening Movie and Snacks	<b>Best Friends Day</b> 19 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 11:00 Test Your Problem Solving Skills 2:00 Conversation Cards with Monica 2:30 Snack & Hydrate 3:00 Happy Hour with Brenda Hebert 5:30 Large Floor Jigsaw Puzzles	<b>Love Your Pet Day</b> 20 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Jeopardy Trivia 2:00 Baking with Tracy 2:30 Snack & Hydrate 3:00 "I Spy" Game on YouTube 5:30 Netflix Romantic Comedies	<b>National Caregivers Day</b> 21 9:00 Zen Music Meditation 9:00 The Daily Chronicle 9:30 Everfit Exercises 10:00 Music Appreciation - Instrumentals 10:30 Brain Teasers and Trivia 2:00 Group Coloring Art 2:30 Snack and Hydrate 3:00 Classic Card Games with Carol 5:30 Expoza Travel Hour & Snacks	<b>National Margarita Day</b> 22 9:00 Zen Music Meditation 9:30 Arts & Crafts Hour 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Chair Zumba Exercises 1:00 Candy Bingo 2:30 Trivia and Snacks with Amina 3:00 Namaste and Simple Spa Hour 5:30 Love Story Movie on Netflix
<b>Tootsie Roll Day</b> 23 9:00 Joel Osteen on Channel 26 9:30 Catholic Mass at the Living Room 10:00 Snack & Hydrate 10:30 The Daily Chronicle 1:30 Karaoke Fun with HS Staff 2:30 Snack & Hydrate 3:00 BINGO for Prizes 5:30 Netflix Weekender Series: Bridgerton - Season 2	<b>Happy Birthday Walter!</b> 24 9:00 Zen Music Meditation 9:30 The Daily Chronicle 10:30 Snack & Hydrate 10:30 Spot The Difference- YouTube 1:00 Steel Feathers Yoga with Gee 2:00 Brain Booster Trivia 2:30 Snack & Hydrate 3:00 Arts and Crafts Hour 5:30 Board Games	<b>Rubber Ducky Day</b> 25 9:00 Zen Music Meditation 9:30 Scenic Drive - Out & About 9:30 Everfit Exercises 10:00 The Daily Chronicle with Snacks 10:30 Sing Along Songs 2:00 Flower Arrangements 2:30 Snack & Hydrate 3:00 Large Easy Word Find Puzzles 5:30 Evening Movie and Snacks	<b>Wear Pink Day</b> 26 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 11:00 Test Your Problem Solving Skills 2:00 Let's Solve some Simple Riddles 2:30 Snack & Hydrate 3:00 Happy Hour with Mike Jones 5:30 Large Floor Jigsaw Puzzles	<b>Int'l Polar Bear Day</b> 27 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Jeopardy Trivia 2:00 Baking with Tracy 2:30 Snack & Hydrate 3:00 "I Spy" Game on YouTube 5:30 Netflix Adventure Series	<b>Floral Design Day</b> 28 9:00 Zen Music Meditation 9:00 The Daily Chronicle 9:30 Everfit Exercises 10:00 Music Appreciation Instrumentals 10:30 Brain Teasers and Trivia 2:00 Group Coloring Art 2:30 Snack and Hydrate 3:00 Classic Card Games with Carol 5:30 Expoza Travel Hour & Snacks	

## February 2025 Heritage Springs Memory Care Events

Activities are subject to change based on the interests and requests of our residents.