

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February 2025

Traditional



							<p>10:00 Exercise with Traci 10:30 Indoor Walking Club 11:00am Mind Busters 1:00 Coffee &amp; Tunes 2:00 Residents Lead Games 3:00 Word Puzzles 6:00 Movie Night</p>
<p>10:00am Catholic Mass on TV 11:00 Morning Stretching w/Alicia 1:00 Documentary 1:00pm Uno 2:00 Axe Throwing 3:00 Basketball Pong 6:00pm Celtics vs. 76ers Basketball Game</p> <p>Groundhog Day</p>	<p>9:00am Shopping Trip 9:00am Exercise with Tara 9:30 HIIT Class w/Tara 10:00 Cookies n' Cards (Enjoy some cookies &amp; create Valentines) 1:30pm Pictionary 2:30 Mustache to the man Game 3:00pm Multiple Card Games in Pub 3:00 Cedarbrook Hold'em</p> <p>National Fake Mustache Day National Teddy Bear Day</p>	<p>9:00am Exercise with Tara 10:00am Exercise with Tara 10:30 Baking Club (Snickers Pie for Snickers Day) 1:00pm Ted Talk Tuesday: The Surprising Science of Happiness 2:00pm Bingo w/ Louis &amp; Clark Pharmacy 3:00pm Sing A Long w/Sandy 6:00 Comedy Night</p>	<p>9:00am Exercise with Tara 9:30 HIIT Class w/Tara 10:30am Name that Price 1:00 Manicures 2:00pm Memorial Service for Ruth services done by Pastor Katie 6:00 Documentary: Sr.</p>	<p>9:00am Exercise with Tara 10:00am Exercise with Tara 10:00am Catholic Mass Service 11:00am Paper Planes Reminiscing Contest 1:00pm Resident Consul Meeting 2:00pm Quarter Bingo 3:15pm Happy Hour 6:00 Musical: Wicked</p>	<p>9:30am HIIT Standing Exercise 10:00am Exercise with Ron 10:30: Bubble Gum Blowing Contest (National Bubble Gun Day: music &amp; fun) 1:00-2:30 Art Song w/ Amy 3:00 Nerf Poker 6:00pm Action Movie Friday</p> <p>National Wear Red Day Can you solve All Things Red crossword &amp; Seeing Red word search</p>	<p>10:00 Exercise with Traci 10:30 Indoor Walking Club 11:00am Mind Busters 1:00 Coffee &amp; Tunes Social 2:00 Residents Lead Games 3:00 Word Puzzles 6:00 Movie Night</p>	
<p>10:00am Catholic Mass on TV 11:00am Exercise w/ Alicia 1:00 Make Dip &amp; Stuffed Celery for Super Bowl 2:00pm Prize Bingo 3:00 Football Target Toss 6:00 Super Bowl Sunday Chefs vs. Eagles</p>	<p>9:00am Shopping Trip 9:00am Exercise with Tara 9:30 HIIT Class w/Tara 10:00 Triva 1:00 Mimosa &amp; Flower arrangement 2:00 Rosary with Lynda (Our Favorite Hairdresser) 3:00pm Cedarbrook Hold'em Teddy Bear Scavenger Hunt (find them all win a prize)</p>	<p>9:00am Exercise with Tara 10:00am Exercise with Tara 10:30 Baking Club: Valentines themed! 11:00 5 Second Game Valentines 1:00pm Yoga with Lisa 2:00pm Valentines Day Party w Sara the Fiddler as Performer</p>	<p>9:00am Exercise with Tara 9:30 HIIT Class w/Tara 10:30am Jeopardy 1:00pm Blood Pressure Clinic w/ Sheila 2:00 Peanut Butter Pong 3:00 Manicures w/ Stephanie 6:00 Documentary: Won't you be my Neighbor</p> <p>Tu B'Shevat Begins</p>	<p>9:00am Exercise with Tara 10:00am Exercise with Tara 10:30pm Heartbreaker Darts 1:00pm Crafty Crafters: Wine glass painting 2:00pm Stephan George Performance 3:15pm Heart Happy Hour w/ candy Dice Game (L, R, C) 6:00 Musical: Moulin Rouge</p>	<p>9:30am HIIT Standing Exercise 10:00am Exercise with Ron 10:30 Valentine's Social (Photo props, Valentine Toss, Advice board) 11:00 Guess the Flavor: Gumdrops Tasting 1:00 Nutrition Nibbles w/ Tara 2:00 Valentine's Bingo 3:00pm Family Feud Valentines 6:00 Action Movie Friday Valentine's Day</p>	<p>10:00 Exercise with Traci 10:30 Indoor Walking Club 11:00am Mind Busters 1:00 Coffee &amp; Tunes Social 2:00 Caden on the Piano 3:00 Word Puzzles 6:00 Movie Night</p>	
<p>10:00am Catholic Mass on TV 11:00 Exercise w/Alicia 1:30 Remote Control Car Racing 2:00 Prize Bingo 2:30 Daytona 500 Watching 3:00 resident led games 6:00 New Movie</p>	<p>9:00am Shopping Trip 9:00am Exercise with Tara 9:30 HIIT Class w/Tara 10:30am Hot Coco bomb Social 1:00pm Crafty Crafters Dancing Ballerina 2:00pm Off to the Races 3:00pm Cedarbrook Hold'em</p> <p>Presidents' Day (U.S.)</p>	<p>9:00am Exercise with Tara 10:00am Exercise with Tara 10:30 Baking Club 1:00 Ted Talk Tuesday (Embracing Aging as an Adventure) 2:00pm Memory Lane Musical Entertainment 3:00pm National Wine Day Social 6:00 Comedy Night</p>	<p>9:00am Exercise with Tara 9:30 HIIT Class w/Tara 10:30 Chef Demo 1:00 Knotty Knitters Meet 1:00 Follow along Knitting Demo 1:00 Manicures 2:00 Ring toss &amp; Cracker Jack's 3:00 Dominos 6:00 Documentary: An American Dream</p>	<p>9:00am Exercise with Tara 10:00am Exercise with Tara 11:30am Lunch Outing Crazy Jake's 1:00pm Penny Pitching 2:00pm Quarter Bingo 3:15pm Happy Hour Triva 6:00 Musical: The Neon Highway</p>	<p>9:30am HIIT Standing Exercise 10:00am Exercise with Ron 10:30 Hangman 1:30 Farkle 2:00 Karaoke w/Sabrina (Sing, Dance, Eat &amp; drink) 6:00 Action Movie Friday</p>	<p>10:00 Exercise with Traci 10:30 Indoor Walking Club 11:00am Catholic Rosary &amp; Prayer w/ Maureen 1:00 Coffee &amp; Tunes Social 2:00 Residents Lead Games 3:00 Word Puzzles 6:00 Movie Night</p>	
<p>10:00am Catholic Mass on TV 11:00 Morning Stretch w/Alicia 1:00 Worship Service w/Pastor Katie 1:00 Spring Training Red Socks vs. Blue Jays 2:00 Baseball Bean Bag Toss 6:00 New Movie</p> <p>Tootie's Roll Day</p>	<p>9:00am Shopping Trip 9:00am Exercise with Tara 9:30 HIIT Class w/Tara 10:00am Pull a string win a prize guessing game 1:00pm Pass the Pig for Big Pig Day (Pigs in a Blanket will be served) 2:00 Family Feud 3:00 Saint Thomas Aquinas Choir</p>	<p>9:00am Exercise with Tara 10:00am Exercise with Tara 10:30 Making Chocolate covered nut's Social 1:00pm Yoga w/ Lisa 2:00pm Prize Bingo 3:00 Crafty Crafters: Jewelry Making 6:00 Comedy Night</p>	<p>9:00am Exercise with Tara 9:30 HIIT Class w/Tara 10:30 All Along the Soul Train (Chair dancing w/ Rondae) 1:00pm Manicures 2:00pm Human Slot Machine 3:15pm Happy Hour "Birthday Social Celebration" 6:00 Documentary: 72 Dangerous Animals</p>	<p>9:00am Exercise with Tara 10:00am Exercise with Tara 10:30 Off to the Races Dice Game 1:00 Pop Darts 2:00pm -4pm Charity Bingo Night (Supporting Victims of California Fires) 6:00 Musical: Kiss me Kate</p>	<p>9:30am HIIT Standing Exercise 10:00am Exercise with Ron 10:30 Yahtzee 1:30 Ping Pong 2:00 Arrow Direction Game 3:00 Shuffleboard 6:00 Action Movie Friday</p> <p>Ramadan Begins</p>		

Activities are subject to change. Please check the daily sheets that are posted for the most up to date information.