

Sunday

Monday

Tuesday

Wednesday


Thursday

Friday

Saturday

February 2024

Sherwood Oaks Personal Care

				<p>10:15 February Tidbit Trivia 10:30 Chair Yoga 2:00 Crafting: Heart Suncatchers 3:30 Gametime: Yamslam Dice</p>	<p>2 10:30 Funky Friday Exercise with Amy 1:30 Ground Hog Day Trivia and Shadow Drawing 3:00 Bingo with snacks 6:15 Evening Movie "Groundhog Day"</p> <p><small>Groundhog Day</small></p>	<p>3 10:00 Saturday Sit and Stretch 1:20 Afternoon Movie 3:30 Winter Word Challenge</p>
<p>4 9:30-11:00 Catholic Communion St. Ferdinands (in room) 2:00 Chapel- AUD 3:30 Pictionary</p>	<p>5 10:30 Monday Move and Groove Exercise 1:20 Afternoon Movie 3:30 Celebrity Matchmaker: Games and Facts</p>	<p>6 10:30 Tuesday Tone Ups! 1:20 Afternoon Movie 3:30 Valentine Card Making</p>	<p>7 10:30 Chair One Fitness 1:20 Afternoon Movie 3:30 Outburst Game</p>	<p>8 10:30 Chair Yoga 1:20 Afternoon Movie 3:30 Travelogue: "The Great Wall of China"</p>	<p>9 10:30 Chair One Fitness 1:20 Afternoon Movie 3:30 Pokeno</p>	<p>10 10:00 Square Dance Fitness 1:20 Afternoon Movie 3:30 Lunar Year and Fortunes</p> <p><small>Chinese New Year (Year of the Dragon)</small></p>
<p>11 9:30-11:00 Catholic Communion St. Ferdinands (in room) 2:00 Chapel- AUD 3:30 Valentines Day Facts/Treats</p> <p>6:30 Superbowl 49ers versus the Chiefs</p>	<p>12 10:30 Monday Move and Groove Exercise 1:20 Afternoon Movie 3:30 Simply Sing! Sing-a-long with Roberta</p>	<p>13 10:30 Tuesday Tone Ups 1:20 Afternoon Movie 2:00 We LOVE Madri Gras: Valentines and Mardi Grad Social: Music with Kevin 3:30 Mardi Gras around the World Facts and Trivia</p> <p><small>Mardi Gras</small></p>	<p>14 10:30 Wednesday Workout "Love songs" 11:30 Catholic Imposition of Ashes: Lower-Level Chapel 1:20 Afternoon Movie 3:30 Kings in the Corner 4:15 Ash Wednesday Service: Auditorium</p> <p><small>Valentine's Day</small></p>	<p>15 10:30 Chair One Fitness 1:20 Virtual Concert 3:15 Literary Corner: Fanous Libraries and Authors</p>	<p>16 10:30 Sit and Stretch 1:20 Afternoon Movie 3:30 Card Tricks and Card Games</p>	<p>17 10:00 Saturday Chat Circle 1:20 Afternoon Movie 3:30 Catchphrase</p>
<p>18 9:30-11:00 Catholic Communion St. Ferdinands (in room) 2:00 Chapel- AUD 3:30 White Board Word Games</p>	<p>19 10:15 Today's Headlines 10:30 Chair One Fitness 2:00 First Ladies Day 3:30 Mr. Rogers Spelling Grid Challenge</p> <p><small>Presidents' Day</small></p>	<p>20 10:30 Tuesday Music and Move 1:20 Afternoon Movie 3:30 State Trivia Bingo</p>	<p>21 10:30 ABC Fitness 1:20 Afternoon Movie 3:30 LCR and Uno Games</p>	<p>22 10:15 Thursday Trivia of the Day 10:30 Chair Yoga 2:00 Margarita Day Social 3:15 Bingo</p>	<p>23 10:30 Friday Funky Fitness 1:20 Afternoon Movie 3:30 Therapeutic Art: Paul Klee- "Collaborative City Project"</p>	<p>24 10:00 Square Dance Fitness 1:20 Afternoon Movie 3:30 Tech Corner</p>
<p>25 9:30-11:00 Catholic Communion St. Ferdinands (in room) 2:00 Chapel- AUD 3:30 Finish the "Beatles" Song Titles and History</p>	<p>26 10:00 Resident Council Meeting 1:20 Afternoon Movie 3:30 Fats Domino Day: Music And New Orleans</p>	<p>27 10:30 Chair One Fitness 1:20 Afternoon Movie 3:30 Group Scrabble Game</p>	<p>28 10:30 Chair Stretch Dynamics 1:20 Afternoon Movie 3:30 Cranium Crunches</p>	<p>29 10:15 Today's Headlines 10:30 Fitness Class 2:00 Protestant Communion (Day Room) 2:30 Beat the Dealer Dice Game 3:30 Leap Year Facts</p>	 <p>Acts Staff: Roberta (8471), June, Amy, Grace (8465)</p>	

Activities are subject to change