

Sunday

Monday

Tuesday

Wednesday


Thursday

Friday

Saturday

February 2024

Sherwood Oaks Skilled Nursing

				<p>10:00 Thursday Throwback Exercise 10:30 Tell All Game 2:00 Clark Gable Day: Music/Games 1:30-4:00 Connections and Conversations (in room) 6:15 Evening Movie</p>	<p>2 10:00 Friday Fitness Simply Sinatra Music 2:00 Ground Hog Day-Game/Snack/Trivia 3:15 Name That Song Game 6:15 Evening Movie "Groundhog Day" Wear RED Day! <small>Groundhog Day</small></p>	<p>3 10:30 Saturday Sit and Stretch 2:45 Winter Word Challenge 6:15 Evening Movie</p>
<p>4 9:30-11:00 Catholic Communion St. Ferdinands (in room) 2:00 Chapel 3:00 Pictionary 6:15 Evening Movie</p>	<p>5 9:45 Greetings 10:00 Monday Move and Groove Exercise 2:00 Celebrity Matchmaker: Game and Facts 6:15 Evening Movie</p>	<p>6 9:45 Greetings 10:00 Tuesday Tone Ups! 2:00 Valentine Card Making 6:15 Evening Movie</p>	<p>7 9:45 Greetings 10:00 Chair One Fitness and 2:00 Outburst Game 6:15 Evening Movie</p>	<p>8 9:45 Greetings 10:00 Chair Yoga 2:00 Travelogue: "The Great Wall of China" 6:15 Evening Movie</p>	<p>9 9:45 Greetings 10:00 Chair One Fitness 2:00 Heart Window Craft 6:15 Evening Movie</p>	<p>10 10:30 Morning Music and Movement 2:45 Lunar Year and Fortunes: 6:15 Evening Movie <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 3:00 Valentines Day Facts/Treats 6:15 Evening Movie -founders 6:30 Superbowl 49ers versus the Chiefs Lake and West lounges</p>	<p>12 10:00 Monday Move and Groove Exercise 2:00 Simply Sing! Sing-a-long with Roberta 6:15 Evening Movie</p>	<p>13 9:45 Greetings 10:00 Tuesday Tone Ups! Zydeco Music 2:00 We LOVE Madri Gras: Valentines and Mardi Grad Social: Music with Kevin Auditorium 6:15 Evening Movie <small>Mardi Gras</small></p>	<p>14 9:45 Greetings 10:00 Wednesday Workout "Love Songs" 11:30 Catholic Imposition of Ashes: Lower-Level Chapel 2:00 Kings in the Corner 4:15 Ash Wednesday Service: Auditorium 6:15 Evening Movie <small>Valentine's Day</small></p>	<p>15 9:45 Greetings 10:00 Chair One Fitness 1:30 Literary Corner: Famous Libraries and Authors 6:15 Evening Movie</p>	<p>16 9:45 Greetings 10:00 Friday Fitness 2:00 National Backyard Birdwatching Day: Bird Feeders and Bird Watching 6:15 Evening Movie</p>	<p>17 10:30 Saturday Chat Circle 2:45 Catchphrase 6:15 Evening Movie</p>
<p>18 9:30-11:00 Catholic Communion St. Ferdinands (in room) 2:00 Chapel 3:00 Pictionary 6:15 Evening Movie</p>	<p>19 9:45 Greetings 10:00 Monday Move and Groove Exercise 2:00 First Ladies Day 6:15 Evening Movie <small>Presidents' Day</small></p>	<p>20 9:45 Greetings 10:00 Tuesday Tone Ups! 2:00 Candy Heart Painting Project 6:15 Evening Movie</p>	<p>21 9:45 Greetings 10:00 ABC Fitness 2:00 LCR and Uno Games 6:15 Evening Movie</p>	<p>22 9:45 Greetings 10:00 Thursday Throwback Exercise: Music of the 80's 2:00 Music Bingo 6:15 Evening Movie</p>	<p>23 9:45 Greetings 10:00 Friday Funky Fitness 2:00 Therapeutic Art: Paul Klee- "Collaborative City Project" 6:15 Evening Movie</p>	<p>24 10:30 Disco Music Exercise 2:45 Tech Corner 6:15 Evening Movie</p>
<p>25 9:30-11:00 Catholic Communion St. Ferdinands (in room) 2:00 Chapel 3:00 Finish the "Beatles" Song Title 6:15 Evening Movie</p>	<p>26 9:45 Greetings 10:00 Monday Move and Groove Exercise 2:00 Fats Domino Day: Music and New Orleans 6:15 Evening Movie</p>	<p>27 9:45 Greetings 10:00 Chair One Fitness 2:00 Resident Council Meeting 2:30 Group Scrabble Game 6:15 Evening Movie</p>	<p>28 9:45 Greetings 10:00 Chair Stretch Dynamics 2:00 Jeopardy Game 6:15 Evening Movie</p>	<p>29 9:45 Greetings 10:00 Thursday Throwback Exercise: Music of the 50's 1:30 Protestant Communion (in room) 2:00 Leap Year: Celebrating the Day with Unique Activities 3:30 Connections and Conversations (in room) 6:15 Evening Movie</p>	<p style="text-align: center;"><i>spread kindness</i></p>  <p>Acts Staff: Roberta (8471), June, Amy, Grace (8465)</p>	

Activities are subject to change