

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February 2025

## Sherwood Oaks-Oak Grove 1 and 2

10:00 Saturday Stretch	1
10:45 Saturday Stretch	2
1:30 Music Bingo	1
2:45 Music Bingo	2

10:00 Ground Hog Day Trivia and Share a Sunday Story 1 10:45 Ground Hog Day Trivia and Share a Sunday Story 2 2:00 Musical and Montessori Activities 1 "Bye Bye Birdie" 2:00 Musical and Montessori Activities 2 "Willy Wonka and The Chocolate Factory" Groundhog Day	2	9:30-10:00 Visits/Chronicles 10:00 ABC Fitness 1 10:45 ABC Fitness 2 1:30 Life and Art of Norman Rockwell 1 2:45 Life and Art of Norman Rockwell 2 5:15-6:15 Massages with Jan 1,2	3	10:00 Pool Noodle Exercise 10:45 Pool Noodle Exercise 1:30 Stability and Stretch 1 1:30 Grammy Awards: Best Songs 2 2:45 Grammy Awards: Best Songs 1 5:30 Melodic Melodies 1 6:00 Melodic Melodies 2	4	9:30-10:00 Visits/Chronicles 10:00 Wednesday Workout 1 10:45 Wednesday Workout 2 1:30 Valentine Door Decoration Craft 1 3:15 Music Sing-along 1 1:30 Card Making and Valentine Reminisce Stories 2 3:15 Music Bingo 2	5	10:00 Balloon Game 1 10:45 Balloon Game 2 1:30 Stability and Stretch 2 1:30 Maple Syrup Tasting and History 1 2:45 Maple Syrup Tasting and History 2 5:30 Pet Visit with Tex 1 6:00 Pet Visit with Tex 2	6	9:30-10:00 Visits/Chronicles 10:00 Chair Chi Stretching 1 10:45 Chair Chi Stretching 2 1:30 Beatlemania Music and Discussion 1 2:45 Beatlemania Music and Discussion 2	7	10:00 Sing-along Exercise 18 10:45 Sing-along Exercise 2 2:00 Movie and Montessori Activities 1 "Willy Wonka and the Chocolate Factory" 2:00 Movie and Montessori Activities 2 "Invitation to the Dance" Fred Astaire	8
10:00 Sunday Stretch and Chronicle 1 10:45 Sunday Stretch and Chronicle 2 2:00 Chapel AUD 2:45 Finishing Lines 1 3:15 Finishing Lines 2 6:30 Superbowl Sunday Eagles vs. Chiefs	9	9:30-10:00 Visits/Chronicles 10:00 Monday Morning Movements 1 10:45 Monday Morning Movements 2:00 Music with Patrick, 1 OG 2 residents to join us! 3:15 Mandalas and Mozart 1 3:30 Guess the Musical 2	10	10:00 Dance Party Exercise 1 10:45 Dance Party Exercise 2 1:30 Stability and Stretch 1 1:30 Music Brain Games 2 2:45 Music Brain Games 1 5:30 Finish the Lyrics 1 6:00 Finish the Lyrics 2	11	10:00 Wednesday Workout 12 10:30 Wednesday Workout 2 11:30 Valentine Lunch CR 1:30 Art Discussion and Project 1 3:15 Pick your Tune 1 1:30 Favorite Songs Bingo 2 3:15 Presidents Day 2 5:30 Stretch and Sing 1 6:00 Stretch and Sing 2	12	9:30-10:00 Visits/Chronicles 10:00 Basketball 1 10:45 Basketball 2 1:30 Stability and Stretch 2 1:30 Crockpot Winter Punch and Reading Group 1 2:45 Crockpot Winter Punch and Reading Group 2	13	9:30-10:00 Visits/Chronicles 1,2 10:00 Fitness Fun 1 10:45 Fitness Fun 2 1:30 Valentine's Day Social and Game 1 2:45 Valentine's Day Social and Game 2	14	10:00 Saturday Scarf Exercise 1 10:45 Saturday Scarf Exercise 2 1:30 Love Songs- Finish the Lyrics 1 2:45 Love Songs- Finish the Lyrics 2	15
10:00 Sunday Stretch and Chronicle 1 10:45 Sunday Stretch and Chronicle 2 2:00 Chapel AUD 2:45 Hymn Sing 1 3:15 Hymn Sing 2	16	9:30-10:00 Visits/Chronicles 10:00 Fitness and Presidential Trivia 1 10:45 Fitness and Presidential Trivia 2 1:30 Name the Rock and Roll Tune and Spelling Challenge 2:45 Name the Rock and Roll Tune and Spelling Challenge 2 5:15-6:15 Massages with Jan 1,2 Presidents' Day (U.S.)	17	10:00 Balloon Volley Exercise 1 10:45 Balloon Volley Exercise 2 1:30 Stability and Stretch 1 1:30 Daytona 500 Facts and Game 2 2:45 Daytona 500 Facts and Game 1 5:30 Tunes and Trivia 1 6:00 Tunes and Trivia 2	18	9:30-10:00 Visits/Chronicles 10:00 Wednesday Workout 1 10:45 Wednesday Workout 2 1:30-3:15 Happy Hour and Wheel of Fortune Game 1 3:30 SWO Ukelele Club Music, 1 1:30 Happy Hour and Take Me to the Beach! 3:15 Candy Phrases Game	19	10:00 Ring Toss Game 1 10:45 Ring Toss Game 2 1:30 Stability and Stretch 2 1:30 Guess the TV Theme Song 1 2:45-3:00 Protestant Communion 1,2 3:30 Guess the TV Theme Song 2 5:30 Pet Visit with Tex 1 6:00 Pet Visit with Tex 2	20	9:30-10:00 Visits/Chronicles 10:00 Chair Yoga 1 10:45 Chair Yoga 2 1:30 What's Cooking? Making Tortellini Salad 1 2:45 What's Cooking? Making Tortellini Salad 2	21	10:30 Pet visits with Sara and Oakley 1 11:00 Pet visits with Sara and Oakley 2 2:00 Movie and Montessori Activities 1 2:00 Movie and Montessori Activities 2	22
10:00 Sunday Stretch and Chronicle 1 10:45 Sunday Stretch and Chronicle 2 1:30 Music Sing-along with Roberta-Love Songs 1 2:15 Music Sing-along with Roberta-Love Songs 2	23	9:30-10:00 Visits/Chronicles 10:00 Monkees Music-Move and Groove 1 10:45 Monkees Music-Move and Groove 2 1:30 Reminisce: Grimm Brothers Day 1 2:45 Reminisce: Grimm Brothers Day 2	24	10:00 Ball Toss Game 1 10:45 Ball Toss Game 2 1:30 Stability and Stretch 1 1:30 Would you Rather Game 2 2:45 Would You Rather Game 1 5:30 Melodic Melodies 1 6:00 Melodic Melodies 2	25	9:30-10:00 Visits/Chronicles 10:00 Wednesday Workout 1 10:45 Wednesday Workout 2 1:30 Flower Craft 1 2:45 Flower Craft 2 3:30 SWO Ukelele Club Music 2	26	10:00 Instrument Grooving 1 10:45 Instrument Grooving 2 1:30 Stability and Stretch 2 1:30 What Instrument Do You Hear Game 1 2:45 What Instrument Do You Hear Game 2 5:30 Sing-along 1 6:00 Sing-along 2	27	9:30-10:00 Visits/Chronicles 10:00 Fun and Fitness and Table Topics 1 10:00 Fun and Fitness and Table Topics 2 1:30 Pittsburgh Cultural Trust Group Presents: Interactive Art- Cojiform 2:45 Bingo 1 2:45 Numbers Bingo 2	28	<b>Location Key for Activities</b> OG1- OG floor 1 OG 2- OG floor 2 AUD-Auditorium CR- Card Room CLG- Cranberry Lake Grill	

Activities are subject to change