Friday Sunday Monday Tuesday Wednesday Saturda 10:00 Restorative Meditation Legend with Crystal from Silver February 2020 AR - Activity Room Sneakers (LR) 10:30 Bingo with Tyron (AR) DR - Dining Room 1:00 Movie Matinee (LR) LR - Living Room "Mary Poppins Returns" 3:00 Blackjack 6:00 World News Tonight (LR) Happy Birthday Carolyn S! A 10:00 Exercise with HEIDI (LR) 10:00 Exercise with HEIDI (LR) 10:00 Restorative Meditation 9:30 Catholic Services 10:00 Sit and be Fit with 11:15 Walking Club 10:00 Sit and be Fit with Tuekeha 10:30 Nails and Music (AR) with Crystal from Silver 9:45 Transportation to Church Tuekeha from Silver Sneakers 10:00 Sit and be Fit with Tuekeha from Silver Sneakers (LR) 11:00 Table Activity with 1:00 Sit and be Fit with Tuekeha 1:00 Sit and be Fit with Tuekeha Sneakers (LR) from Silver Sneakers (LR) 10:30 Aromatherapy and Hand Veronica (AR) from Silver Sneakers (LR) 10:30 Arts and Craft (AR) 10:00 Resident Outing: from Silver Sneakers (LR) 10:30 Bingo with Tyron (AR) Massages (AR) 11:45 Superbowl BBQ 2:00 Bingo (AR) "Canvas Painting" La Brea Tar Pits & Museum 1:30 Crap Table Game (AR) 11:15 Bible Study (AR) 1:30 Leaping into February Trivia (AR) 2:30 Shopping Outing 3:30 Movie Matinee (LR) 2:00 Chef Corner with Perry (DR) 2:00 Bingo with Tara (AR) 3:00 Happy Hour with Live 1:30 Chair Exercise (LR) 2:00 Blackjack (AR) 3:00 Blackjack (AR) 3:30 Super Bowl LIV 2020 (LR) 6:00 - Jazz Duo w/ Danny & Jon 3:30 Music Therapy with Josh **Entertainment – Marc** 3:00 Painting Class (AR) 3:30 Wii Games Wheel of Fortune (LR) 3:30 Donut Social with Celso from 6:00 Movie Night (LR) (LR) Bosserman 6:00 World News Tonight (LR) 6:00 Movie Night (LR) Caremore (AR) "What Happened to Monday" 6:00 World News Tonight (LR) 6:00 World News Tonight (LR) "21" 6:00 World News Tonight (LR) Groundhog Day Happy Birthday Marva H! 10 Happy Valentine's 10:00 Sit and be Fit with Tuekeha 10:00 Sit and be Fit with Tuekeha 10:00 Sit and be Fit with 10:00 Restorative Meditation rom Silver Sneakers (LR) from Silver Sneakers (LR) Tuekeha from Silver Sneakers 9:30 Catholic Services with Crystal from Silver 10:00 Exercise with HEIDI (LR) 10:30 Aromatherapy and Hand 10:30 Famous African American 9:45 Transportation to Church 10:00 Exercise with HEIDI (LR) Sneakers (LR) Massages (AR) 11:15 Walking Club Who am I? (AR) 10:00 Resident Outing: 10:30 Nails and Music (AR) 1:00 Traveling the Underground 10:30 Bingo with Tyron (AR) 11:00 Table Activity with Veronica 1:00 Sit and be Fit with Tuekeha 11:15 TED Talk Video about Black California African American Railroad Slideshow (AR) 1:00 Sit and be Fit with Tuekeha 11:15 Bible Study (AR) (AR) History Month (LR) from Silver Sneakers (LR) 2:00 Blackiack (AR) Museum from Silver Sneakers (LR) 2:30 Shopping Outing 1:30 Chair Exercise (LR) 2:00 Bingo (AR) 2:00 Resident Council Meeting :45 Family and Friends Valentine's 2:00 Bingo with Tara (AR) 1:30 Black History Biographies 3:30 Oscars 2020 (LR) 2:30 Big Word, Little Word (AR) (AR) Day Dinner with Live Entertainment 3:30 Movie Matinee (LR) 3:00 Happy Hour (LR) 3:30 Music Therapy with Josh 6:00 Movie Night 6:00 World News Tonight (LR) 3:00 Blackjack (AR) Stan Ayeroff (DR) 6:00 - Jazz Duo w/ Danny & Jon 6:00 World News Tonight (LR) 'Limitless" 6:00 Movie Night (LR) 6:00 World News Tonight (LR) 6:00 World News Tonight (LR) "Lincoln" Valentine's Day National Drink Wine Day 18 Happy Birthday Eugene G!17 10:00 Sit and be Fit with Tuekeha from Silver Speaker and the Fit with Tuekeha 10:00 Exercise with HEIDI (LR) **National Margarita Day** 22 9:30 Catholic Services 10:00 Sit and be Fit with 10:00 Sit and be Fit with Tuekeha from Silver Sneakers (LR) 9:45 Transportation to Church Tuekeha from Silver Sneakers 10:30 Nails and Music (AR) 10:00 Restorative Meditation Yoga 10:00 Exercise with HEIDI (LR) 1:00 Sit and be Fit with Tuekeha with Crystal from Silver Sneakers from Silver Sneakers (LR) 10:30 Aromatherapy and Hand 11:00 Table Activity with 11:15 Walking Club Massages (AR) 10:30 Arts and Craft (AR) Veronica (AR) 10:00 Resident Outing: from Silver Sneakers (LR) 1:00 Sit and be Fit with Tuekeha 1:30 Netflix Documentary (LR) "Velvet Art" 10:30 Bingo with Tyron (AR) 2:30 Shopping Outing The Getty Villa 1:30 Crap Table Game (AR) from Silver Sneakers (LR) 2:00 Blackjack (AR) 2:00 Activity Planning Meeting (AR) 11:15 Bible Study (AR) 6:00 Movie Night 2:00 Bingo with Tara (AR) 3:00 Happy Hour with Live 3:30 Wii Games Àre you Smarter than a 3:00 Blackjack (AR) 2:00 Bingo (AR) 1:30 Mardi Gras Bead Making (AR) **Entertainment – Mara Joyce** "World Trade Center" 3:30 Music Therapy with Josh 5th Grader (LR) 3:30 Wine and Cheese Social with 2:00 Margarita, Chips and Salsa 3:30 Movie Matinee (LR) 6:00 Movie Night (LR) 6:00 World News Tonight (LR) Music (AR) Social (AR) 6:00 World News Tonight (LR) 6:00 World News Tonight (LR) 6:00 World News Tonight (LR) "Barry 6:00 World News Tonight (LR) Presidents' Day (US) 10:00 Sit and be Fit with Tuekeha 10:00 Exercise with HEIDI (LR) 10:00 Sit and be Fit with Tuekeha 10:00 Exercise with HEIDI (LR) 29 10:00 Restorative Meditation 11:15 Walking Club from Silver Sneakers (LR) 10:00 Sit and be Fit with Tuekeha from Silver Sneakers (LR) with Crystal from Silver 9:30 Catholic Services 10:30 Nails and Music (AR) 10:30 What is Mardi Gras? 10:30 Aromatherapy and Hand from Silver Sneakers (LR) 9:45 Transportation to Church 1:00 Sit and be Fit with 1:00 Sit and be Fit with Tuekeha Sneakers (LR) 10:00 Resident Outing: (AR) Massages (AR) 11:00 Table Activity (AR) Tuekeha from Silver Sneakers from Silver Sneakers (LR) 10:30 Bingo with Tyron (AR) Lunch at J Nichols Kitchen 2:00 Blackjack (AR) 1:30 Netflix Documentary (LR) 11:15 Bible Study (AR) 3:00 Ice Cream Sundae Social (LR) 1:30 Crap Table Game (AR) 2:00 Bingo with Tara (AR) 2:45 Fat Tuesday Social with 2:00 Blackjack (AR) with Care Staff (DR) 2:00 Bingo (AR) 3:00 Happy Hour/Birthday 1:30 Jewelry Making with 3:00 Bingo Store with Tara (AR) Live Entertainment - Laurie & 3:30 Wii Games Jeopardy (LR) 6:00 Movie Night 3:30 Movie Matinee (LR) **Celebration with Live** Volunteer Anivah (AR) 3:30 Music Therapy with Josh (LR) Stu (LR) 6:00 Movie Night (LR) "Grease" 6:00 - Jazz Duo w/ Danny & Jon **Entertainment - Jan Abrams** 3:00 Painting Class (AR) 6:00 World News Tonight (LR) 6:00 World News Tonight (LR) "Marriage Story" 6:30 Shabbat Services (AR) 6:00 World News Tonight (LR) (LR) Ash Wednesday