

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Legend

AR – Activity Room
DR – Dining Room
LR – Living Room

February 2020

<p>9:30 Catholic Services 9:45 Transportation to Church 11:00 Table Activity with Veronica (AR) 11:45 Superbowl BBQ 2:30 Shopping Outing 3:30 Super Bowl LIV 2020 (LR) 6:00 Movie Night (LR) "What Happened to Monday" <small>Groundhog Day</small></p>	<p>10:00 Exercise with HEIDI (LR) 11:15 Walking Club 1:00 Sit and be Fit with Tuekeha from Silver Sneakers (LR) 2:00 Bingo (AR) 3:30 Movie Matinee (LR) 6:00 - Jazz Duo w/ Danny & Jon (LR)</p>	<p>Happy Birthday Carolyn S! 10:00 Sit and be Fit with Tuekeha from Silver Sneakers (LR) 10:30 Arts and Craft (AR) "Canvas Painting" 2:00 Chef Corner with Perry (DR) 3:00 Blackjack (AR) 3:30 Donut Social with Celso from Caremore (AR) 6:00 World News Tonight (LR)</p>	<p>10:00 Sit and be Fit with Tuekeha from Silver Sneakers (LR) 10:00 Resident Outing: La Brea Tar Pits & Museum 2:00 Bingo with Tara (AR) 3:30 Music Therapy with Josh (LR) 6:00 World News Tonight (LR)</p>	<p>10:00 Sit and be Fit with Tuekeha from Silver Sneakers (LR) 10:30 Aromatherapy and Hand Massages (AR) 1:30 Leaping into February Trivia (AR) 2:00 Blackjack (AR) 3:30 Wii Games Wheel of Fortune (LR) 6:00 Movie Night (LR) "21"</p>	<p>10:00 Exercise with HEIDI (LR) 10:30 Nails and Music (AR) 1:00 Sit and be Fit with Tuekeha from Silver Sneakers (LR) 1:30 Crap Table Game (AR) 3:00 Happy Hour with Live Entertainment – Marc Bosserman 6:00 World News Tonight (LR)</p>	<p>10:00 Restorative Meditation with Crystal from Silver Sneakers (LR) 10:30 Bingo with Tyron (AR) 1:00 Movie Matinee (LR) "Mary Poppins Returns" 3:00 Blackjack 6:00 World News Tonight (LR)</p>
<p>9:30 Catholic Services 9:45 Transportation to Church 11:00 Table Activity with Veronica (AR) 2:30 Shopping Outing 3:30 Oscars 2020 (LR) 6:00 Movie Night "Limitless"</p>	<p>Happy Birthday Marva H! 10:00 Exercise with HEIDI (LR) 11:15 Walking Club 1:00 Sit and be Fit with Tuekeha from Silver Sneakers (LR) 2:00 Bingo (AR) 3:30 Movie Matinee (LR) 6:00 - Jazz Duo w/ Danny & Jon (LR)</p>	<p>10:00 Sit and be Fit with Tuekeha from Silver Sneakers (LR) 10:30 Famous African American Who am I? (AR) 11:15 TED Talk Video about Black History Month (LR) 2:00 Resident Council Meeting (AR) 3:00 Blackjack (AR) 6:00 World News Tonight (LR)</p>	<p>10:00 Sit and be Fit with Tuekeha from Silver Sneakers (LR) 10:00 Resident Outing: California African American Museum 2:00 Bingo with Tara (AR) 3:30 Music Therapy with Josh (LR) 6:00 World News Tonight (LR)</p>	<p>10:00 Sit and be Fit with Tuekeha from Silver Sneakers (LR) 10:30 Aromatherapy and Hand Massages (AR) 1:00 Traveling the Underground Railroad Slideshow (AR) 2:00 Blackjack (AR) 4:45 Family and Friends Valentine's Day Dinner with Live Entertainment - Stan Ayeroff (DR) 6:00 Movie Night (LR) "Lincoln" <small>Valentine's Day</small></p>	<p>Happy Valentine's Day 10:00 Exercise with HEIDI (LR) 10:30 Nails and Music (AR) 1:00 Sit and be Fit with Tuekeha from Silver Sneakers (LR) 1:30 Black History Biographies 3:00 Happy Hour (LR) 6:00 World News Tonight (LR)</p>	<p>10:00 Restorative Meditation with Crystal from Silver Sneakers (LR) 10:30 Bingo with Tyron (AR) 11:15 Bible Study (AR) 1:30 Chair Exercise (LR) 2:30 Big Word, Little Word (AR) 6:00 World News Tonight (LR)</p>
<p>9:30 Catholic Services 9:45 Transportation to Church 11:00 Table Activity with Veronica (AR) 2:30 Shopping Outing 6:00 Movie Night "World Trade Center"</p>	<p>Happy Birthday Eugene G! 10:00 Exercise with HEIDI (LR) 11:15 Walking Club 1:00 Sit and be Fit with Tuekeha from Silver Sneakers (LR) 2:00 Bingo (AR) 3:30 Movie Matinee (LR) 6:00 World News Tonight (LR) <small>Presidents' Day (US)</small></p>	<p>National Drink Wine Day 10:00 Sit and be Fit with Tuekeha from Silver Sneakers (LR) 10:30 Arts and Craft (AR) "Velvet Art" 2:00 Activity Planning Meeting (AR) 3:00 Blackjack (AR) 3:30 Wine and Cheese Social with Music (AR) 6:00 World News Tonight (LR)</p>	<p>10:00 Sit and be Fit with Tuekeha from Silver Sneakers (LR) 10:00 Resident Outing: The Getty Villa 2:00 Bingo with Tara (AR) 3:30 Music Therapy with Josh (LR) 6:00 World News Tonight (LR)</p>	<p>10:00 Sit and be Fit with Tuekeha from Silver Sneakers (LR) 10:30 Aromatherapy and Hand Massages (AR) 1:30 Netflix Documentary (LR) 2:00 Blackjack (AR) 3:30 Wii Games Are you Smarter than a 5th Grader (LR) 6:00 Movie Night (LR) "Barry"</p>	<p>10:00 Exercise with HEIDI (LR) 10:30 Nails and Music (AR) 1:00 Sit and be Fit with Tuekeha from Silver Sneakers (LR) 1:30 Crap Table Game (AR) 3:00 Happy Hour with Live Entertainment – Mara Joyce 6:00 World News Tonight (LR)</p>	<p>National Margarita Day 10:00 Restorative Meditation Yoga with Crystal from Silver Sneakers (LR) 10:30 Bingo with Tyron (AR) 11:15 Bible Study (AR) 1:30 Mardi Gras Bead Making (AR) 2:00 Margarita, Chips and Salsa Social (AR) 6:00 World News Tonight (LR)</p>
<p>9:30 Catholic Services 9:45 Transportation to Church 11:00 Table Activity (AR) 3:00 Ice Cream Sundae Social with Care Staff (DR) 6:00 Movie Night "Grease"</p>	<p>10:00 Exercise with HEIDI (LR) 11:15 Walking Club 1:00 Sit and be Fit with Tuekeha from Silver Sneakers (LR) 2:00 Bingo (AR) 3:30 Movie Matinee (LR) 6:00 - Jazz Duo w/ Danny & Jon (LR)</p>	<p>10:00 Sit and be Fit with Tuekeha from Silver Sneakers (LR) 10:30 What is Mardi Gras? (AR) 2:00 Blackjack (AR) 2:45 Fat Tuesday Social with Live Entertainment – Laurie & Stu (LR) 6:00 World News Tonight (LR) <small>Mardi Gras</small></p>	<p>10:00 Sit and be Fit with Tuekeha from Silver Sneakers (LR) 10:00 Resident Outing: Lunch at J Nichols Kitchen 2:00 Bingo with Tara (AR) 3:00 Bingo Store with Tara (AR) 3:30 Music Therapy with Josh (LR) 6:00 World News Tonight (LR) <small>Ash Wednesday</small></p>	<p>10:00 Sit and be Fit with Tuekeha from Silver Sneakers (LR) 10:30 Aromatherapy and Hand Massages (AR) 1:30 Netflix Documentary (LR) 2:00 Blackjack (AR) 3:30 Wii Games Jeopardy (LR) 6:00 Movie Night (LR) "Marriage Story"</p>	<p>10:00 Exercise with HEIDI (LR) 10:30 Nails and Music (AR) 1:00 Sit and be Fit with Tuekeha from Silver Sneakers (LR) 1:30 Crap Table Game (AR) 3:00 Happy Hour/Birthday Celebration with Live Entertainment - Jan Abrams 6:30 Shabbat Services (AR)</p>	<p>10:00 Restorative Meditation with Crystal from Silver Sneakers (LR) 10:30 Bingo with Tyron (AR) 11:15 Bible Study (AR) 1:30 Jewelry Making with Volunteer Aniyah (AR) 3:00 Painting Class (AR) 6:00 World News Tonight (LR) <small>Leap Day</small></p>