


**ASSISTED LIVING
INDEPENDENT LIVING**

February 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>LOCATION KEY: C=Commons W=West Living Room D=Dining Room E=East Living Room CA=Café CR= Conference Room ACR=Arts & Crafts Room</p>	<p>CR= Conference Room CY=Courtyard IL = Independent Living</p> <p>DURATION OF ACTIVITIES: Each activity lasts for 30 minutes unless noted otherwise. (1) = 1 hour</p>	<p>1 10:00 Exercise with Weights C 10:30 Black History Trivia C 2:00 Mike Haywood (1) C 3:30 Jigsaw Puzzles ACR 7:00 TV Game Show W</p>	<p>2 Groundhog Day 10:00 Cornhole (1) C 11:00 Groundhog Day Trivia C 1:00 Bus Ride: Yorktown (1) 2:00 Coffee & Chat C 3:30 Yoga & Meditation C</p>	<p>3 10:00 Daily Chronicle & Puzzle 11:00 Ring Toss C 1:30 Bingo with Sheryl (1) D 3:00 Visit by the Fireplace W 6:00 Puzzles, Games or Art Sheets In Arts & Craft Room</p>
		<p>4 10:00 Morning Devotion ACR 10:30 Visit by the Fireplace W 2:00 Worship with World Outreach Church (1) W 3:00 Crossword Puzzle ACR 6:00 Puzzles or Games ACR</p>	<p>5 10:00 Yoga & Meditation C 10:30 Linked Sr. Games (1) C 2:00 Resident Rights Review (for Assisted Living) C 3:30 IL Prayer Group (1) CA 3:30 Handbell Practice C</p>	<p>6 10:00 Exercise with Weights C 10:00 Catholic Communion CR 10:30 Fit Minds (1) C 1:30 Visit with "River & JB" C 3:30 AL Prayer Group (1) W 3:30 Book Club (45 min) CR</p>	<p>7 10:00 Life Group (1) C 10:00 Wal-Mart (90 min) 1:30 Bingo (1) D 1:30 Knit Pickers (45min) (loom knitting) CR 3:00 Chair Aerobics C 3:30 Visit with "Skipper" C</p>	<p>8 10:00 Exercise with Weights C 10:30 Black History— Who Am I? C 2:00 Mike Haywood (1) C 3:30 Crossword Puzzle ACR 7:00 TV Game Show W</p>
<p>11 10:00 Worship & Communion with Shawn (1)W 2:00 Victory Life Church (1) D 3:00 Art Sheets ACR 6:00 Puzzles or Games ACR</p>	<p>12 10:00 Yoga & Meditation C 10:30 Linked Sr. Games (1) C 2:00 Candy's Baking Club (1) ACR 3:30 IL Prayer Group (1) CA 3:30 Handbell Practice C</p>	<p>13 10:00 Leslie & Kittens (1) W 10:00 Catholic Communion CR 11:00 Poetry Reading W 1:30 Bingo (1) D 3:30 AL Prayer Group (1) W 3:30 Book Club (45 min) CR</p>	<p>14 Valentine's Day 10:00 Coffee & Chat (For Independent Living) 10:00 Life Group (1) C 2:00 Valentine's Social with BILLY MITCHELL (1) D 3:00 Chair Aerobics C 3:30 Visit with "Skipper" C</p>	<p>15 10:00 Exercise with Weights C 10:30 Fit Minds (1) C 2:00 Mike Haywood (1) C 3:30 Art Sheets ACR 7:00 TV Game Show W</p>	<p>16 10:00 Cornhole (1) C 11:00 Jeopardy Trivia C 1:00 Bus Ride: Newport New Park (1) 2:00 SENTIMENTAL JOURNEYS (1) D 3:30 Visit by the Fireplace W</p>	<p>17 10:00 Daily Chronicle & Puzzle 11:00 Volleyballon C 1:30 Bingo with Sheryl (1) D 3:00 Visit by the Fireplace W 6:00 Puzzles, Games or Art Sheets In Arts & Craft Room</p>
<p>18 10:00 Worship with Shawn (1)W 2:00 Worship with World Outreach Church (1) W 3:00 Crossword Puzzle ACR 6:00 Puzzles or Games ACR</p>	<p>19 10:00 Yoga & Meditation C 10:30 Linked Sr. Games (1) C 2:00 Menowood Belles Perform for Comfort Cove C 3:00 Painting w/Purpose (1) ACR 3:30 IL Prayer Group (1) CA</p>	<p>20 10:00 Austin's Health Seminar (1) C 10:00 Catholic Communion CR 2:00 Activity/Menu Planning C 3:30 AL Prayer Group (1) W 3:30 Book Club (45 min) CR</p>	<p>21 10:00 Life Group (1) C 10:00 Shop at PopShelf (90 min) 10:00 Penny Ante (1) ACR 1:30 Bingo (1) D 3:30 Visit with "Skipper" C 6:00 Chat by the Fireplace W</p>	<p>22 10:00 Exercise with Weights C 10:30 Fit Minds (1) C 2:00 Mike Haywood (1) C 3:30 Jigsaw Puzzle ACR 7:00 TV Game Show W</p>	<p>23 10:00 Bowling (1) C 11:00 Wacky Wordies C 1:00 Bus Ride: Poquoson (1) 2:00 Monthly Celebration with ROBERTO (1) D 3:30 Yoga & Meditation C</p>	<p>24 10:00 Daily Chronicle & Puzzle 11:00 Ring Toss C 1:30 Bingo with Sheryl (1) D 3:00 Visit by the Fireplace W 6:00 Puzzles, Games or Art Sheets In Arts & Craft Room</p>
<p>25 10:00 Worship with Shawn (1)W 2:00 Worship with World Outreach Church (1) W 3:00 Crossword Puzzle ACR 6:00 Puzzles or Games ACR</p>	<p>26 10:00 Yoga & Meditation C 10:30 Linked Sr. Games (1) C 2:00 LCR Dice Game (1) ACR 3:30 IL Prayer Group (1) CA 3:30 Penny Ante ACR</p>	<p>27 10:00 Exercise with Weights C 10:00 Catholic Communion CR 10:30 Fit Minds (1) C 2:00 Men's Club (1) E 3:30 AL Prayer Group (1) W 3:30 Book Club (45 min) CR</p>	<p>28 10:00 Coffee & Chat (For Independent Living) 10:00 Life Group (1) C 1:30 Bingo (1) D 1:30 Craft with Suzanne (1) ACR 3:00 Chair Aerobics C 3:30 Visit with "Skipper" C 6:00 Chat by the Fireplace W</p>	<p>29 10:00 Exercise with Weights C 10:30 Where Am I? C 2:00 Mike Haywood (1) C 3:30 Word Search ACR 7:00 TV Game Show W</p>	<p>ALL ACTIVITIES ARE SUBJECT TO CHANGE SUPPLIES ARE ACCOUNTED FOR AND STORED AFTER EACH ACTIVITY</p> 