

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2025



February 2025								1
10:00am Exercise with Staff 11:00am Sing Along 3:30pm Games with Staff 3:45pm Vigil Mass 5:45pm Visual Art Exhibition								
2	10:00am Exercise with Trish 11:00am Peaceful reading with Trish 2:00pm Social with Trish 3:30pm Games with Trish 5:45pm Arm Chair Travel <small>Groundhog Day</small>		3	10:00am Morning Mass 10:30am Exercise with Trish 1:30pm Peaceful Puzzling 3:00pm Crafting with Trish 5:45pm Our Planet Docuseries		4	10:00am Music & Motion 10:30am Guest Speaker 10:45am Art 101 1:30pm Peaceful Puzzling 2:00 Drumming Circle 3:30pm Balloon Volleyball with Trish 5:45pm Movie Classics	
5	10:00am Morning Mass 10:30am Exercise with Trish 1:30pm Peaceful Puzzling 2:00pm Social with Trish 3:00pm Bowling 5:45pm Turner Classic Film		6	10:00am Music & Motion 10:30am Guest Speaker 10:45am Art 101 2:00pm Guess that smell with Trish 3:30pm Social Hour* 5:45pm Comedy Classics		7	10:00am Exercise with Staff 11:00am Group Activities 2:30pm Craft Corner 3:30pm Games with Staff 5:45pm Friday Film	
8	10:00am Exercise with Staff 11:00am Sing Along 3:30pm Games with Staff 3:45pm Vigil Mass 5:45pm Visual Art Exhibition		9	10:00am Exercise with Trish 11:00am Peaceful reading with Trish 2:00pm Social with Trish 3:30pm Games with Trish 5:45pm Arm Chair Travel		10	10:00am Morning Mass 10:30am Exercise with Trish 1:30pm Peaceful Puzzling 3:00pm Crafting with Trish 5:45pm Our Planet Docuseries	
11	10:00am Music & Motion 10:30am Guest Speaker 10:45am Art 101 1:30pm Peaceful Puzzling 2:30pm Balloon Volleyball with Trish 5:45pm Movie Classics		12	10:00am Morning Mass 10:30am Exercise with Trish 1:30pm Peaceful Puzzling 2:00pm Social with Trish 3:00pm Bowling 5:45pm Turner Classic Film <small>Tu B'Shevat Begins</small>		13	10:00am Music & Motion 10:30am Guest Speaker 10:45am Art 101 2:00pm Alphabet game with Trish 3:30pm Social Hour* 5:45pm Comedy Classics	
14	10:00am Exercise with Staff 11:00am Group Activities 1:30pm Valentine's Day Party with The Capital City Reflections* 3:30pm Games with Staff 5:45pm Friday Film <small>Valentine's Day</small>		15	10:00am Exercise with Staff 11:00am Sing Along 3:30pm Games with Staff 3:45pm Vigil Mass 5:45pm Visual Art Exhibition		16	10:00am Exercise with Trish 11:00am Peaceful reading with Trish 2:00pm Social with Trish 3:30pm Games with Trish 5:45pm Arm Chair Travel	
17	10:00am Morning Mass 10:30am Exercise with Trish 1:30pm Peaceful Puzzling 3:00pm Crafting with Trish 5:45pm Our Planet Docuseries <small>Presidents' Day (U.S.)</small>		18	10:00am Music & Motion 10:30am Guest Speaker 10:45am Art 101 1:30pm Peaceful Puzzling 2:00 Drumming Circle 3:30pm Balloon Volleyball with Trish 5:45pm Movie Classics		19	10:00am Morning Mass 10:30am Exercise with Trish 1:30pm Organ with Marc* 1:30pm Peaceful Puzzling 2:00pm Social with Trish 3:00pm Bowling 5:45pm Turner Classic Film	
20	10:00am Music & Motion 10:30am Guest Speaker 10:45am Art 101 1:15pm Music with Alvin 3:30pm Social Hour* 5:45pm Comedy Classics		21	10:00am Exercise with Staff 11:00am Group Activities 2:30pm Craft Corner 3:30pm Games with Staff 5:45pm Friday Film		22	10:00am Exercise with Staff 11:00am Sing Along 3:30pm Games with Staff 3:45pm Vigil Mass 5:45pm Visual Art Exhibition	
23	10:00am Exercise with Trish 11:00am Peaceful reading with Trish 2:00pm Social with Trish 3:30pm Games with Trish 5:45pm Arm Chair Travel		24	10:00am Morning Mass 10:30am Exercise with Trish 1:30pm Peaceful Puzzling 3:00pm Crafting with Trish 5:45pm Our Planet Docuseries		25	10:00am Music & Motion 10:30am Guest Speaker 10:45am Art 101 1:30pm Peaceful Puzzling 2:30pm Balloon Volleyball with Trish 5:45pm Movie Classics	
26	10:00am Morning Mass 10:30am Exercise with Trish 10:30am Violin with Antonio 1:30pm Peaceful Puzzling 2:00pm Social with Trish 2:30pm Birthday Celebration 3:00pm Bowling 5:45pm Turner Classic Film		27	10:00am Music & Motion 10:30am Guest Speaker 10:45am Art 101 2:00pm Guess the ice cream flavor with Trish 3:30pm Social Hour* 5:45pm Comedy Classics		28	10:00am Exercise with Staff 11:00am Group Activities 2:30pm Craft Corner 3:30pm Games with Staff 5:45pm Friday Film <small>Ramadan Begins</small>	
								



Activities are subject to change

Alison Craig (916) 733-6524

Activities marked (*) are located downstairs in the Family Room