

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February 2025

												<p>9:30 - Morning Exercise 1 10:00 - Reptiles Trivia 1:00 - What is the Scariest Reptile You Can Think Of? 2:00 - Daily Chronicle Reading 3:00 - Balloon Toss Game 5:30 - Brain Games</p> <p style="text-align: center;">National Serpent Day</p>
<p>9:30 - Morning Coffee and Chronicles 2 10:00 - Water Time 10:15 - Obie Games 1:00 - What is Groundhog Day? 2:30 - Groundhog Day Movie 5:30 - Brain Games</p> <p style="text-align: center;">Groundhog Day</p>	<p>9:30 - Sit and Fit 3 10:00 - Water Break 10:15 - Whiteboard Game Hour 1:00 - Jenga Game 2:00 - <b>Paradoc's Performance</b> 3:00 - Love Tree Making 5:30 - Brain Games</p> <p style="text-align: center;">National Carrot Cake Day</p>	<p>9:30 - Chair Exercise 4 10:00 - Hydration Station 10:15 - Jeopardy Game Hour 1:00 - Daily Chronicle Readin 2:00 - <b>Homemade Tomato Soup Snack</b> 3:00 - Music Request Hour 5:30 - Brain Games</p> <p style="text-align: center;">National Homemade Soup Day</p>	<p>9:30 - Sit and Stretch 5 10:00 - Drink Some Water!! 10:15 - Let's Make A Craft 1:00 - One on One Visits 2:00 - What is Your Favorite Thing to Dip in Chocolate? 3:00 - <b>Happy Hour Music (TS)</b> 5:30 - Brain Games</p> <p style="text-align: center;">Chocolate Fondue Day</p>	<p>9:30 - Coffee and Trivia 6 10:00 - <b>Piano Music with David</b> 1:00 - Make Sure to Give Someone a Compliment!! 2:00 - Puzzle Making Time 3:00 - February Trivia 5:30 - Brain Games</p> <p style="text-align: center;">Pay A Compliment Day</p>	<p>9:30 - Chair Yoga 7 10:00 - Water Break 10:15 - Art Project 1:00 - Make Sure to Always Stay Smiling!!! 2:00 - <b>Birthday Bash</b> 3:00 - Valentines Card Makin 5:30 - Brain Games</p> <p style="text-align: center;">Send A Card to a Friend Day</p>	<p>9:30 - Morning Music with a Healthy Snack 8 10:00 - Lets Watch Heartland 1:00 - Matching Game Hour on the Obie 2:00 - Iowa State Trivia 3:00 - Indoor Dart Throwing 5:30 - Brain Games</p> <p style="text-align: center;">National Iowa Day</p>						
<p>9:30 - Sit and Stretch 9 10:00 - <b>Drinks and Bagels Social</b> 1:00 - What is your Favorite Food to Eat for Breakfast 2:00 - Craft Hour with Tanya 3:00 - Manicures Hour 5:30 - Brain Games</p> <p style="text-align: center;">National Bagel &amp; Lox Day</p>	<p>9:30 - Morning Exercise 10 10:00 - Water Water Water 10:15 - Name that Tune 1:00 - Word Puzzles 2:00 - Valentines Day Kiss Holder Craft 3:00 - BINGO BINGO BINGO 5:30 - Brain Games</p> <p style="text-align: center;">National Jello Week</p>	<p>9:30 - Chair Yoga 11 10:00 - H2O Break 10:15 - Left Right Center 1:00 - <b>Eldergrow Garden Hour</b> 2:00 - Music Trivia 3:00 - <b>Heart Brownie Decoration</b> 5:30 - Brain Games</p> <p style="text-align: center;">National Guitar Day</p>	<p>9:30 - Chronicle Time 12 10:00 - Valentines Art 1:00 - Afternoon Stretch 1:30 - Water Water 2:00 - Time to Tell Some Jokes 3:00 - <b>Happy Hour Music (TS)</b> 5:30 - Brain Games</p> <p style="text-align: center;">Tu B'Shevat Begins</p>	<p>9:30 - Chair Exercise 13 10:00 - Hydrate Up 10:15 - Fact or Fiction? 1:00 - What is Galantine's Day? 2:00 - Chocolate Heart Game 3:00 - Bouquet Making 5:30 - Brain Games</p> <p style="text-align: center;">Galentines Day</p>	<p>9:30 - Sit and Fit 14 10:00 - Hydration Station 10:15 - Don't Break My Heart Game 1:00 - What is Your Favorite Valentine's Memory? 2:00 - Valentines Trivia 3:00 - <b>Holiday Social</b></p> <p style="text-align: center;">Valentine's Day</p>	<p>9:30 - Morning Stretch 15 10:00 - Water Time 10:15 - Family Feud 1:00 - Word Puzzles 2:00 - Whiteboard Game Hour 3:00 - Movie with Popcorn 5:30 - Brain Games</p> <p style="text-align: center;">Singles Awareness Day</p>						
<p>9:30 - Sit and Fit 16 10:00 - Hydration Station 10:15 - Nails Time for the Ladies 1:00 - Daily Chronicle Readin 2:00 - Obie Game Hour 3:00 - Noodle Hockey 5:30 - Brain Games</p> <p style="text-align: center;">Bird Health Awareness Day</p>	<p>9:30 - Chair Exercise 17 10:00 - Water Break 10:15 - Whiteboard Jeopardy 1:00 - Crossword Puzzles 2:00 - Guess that President by Their Picture 3:00 - Presidents Day Trivia 5:30 - Brain Games</p> <p style="text-align: center;">Presidents' Day (U.S.)</p>	<p>9:30 - Morning Stretch 18 10:00 - Hydration Station 10:15 - Karaoke Hour 1:00 - Daily Chronicle 2:00 - <b>Red Velvet Pazookie Snack</b> 3:00 - Sing Along Time 5:30 - Brain Games</p> <p style="text-align: center;">Thumb Appreciation Day</p>	<p>9:30 - Sit and Stretch 19 10:00 - Water Water Water 10:15 - Chocolate Trivia 1:00 - What's Your Favorite Kind of Chocolate? 2:00 - Joke Telling Time 3:00 - <b>Happy Hour Music (TS)</b> 5:30 - Brain Games</p> <p style="text-align: center;">National Chocolate Mint Day</p>	<p>9:30 - Morning Exercise 20 10:00 - Drink Your Water 10:15 - Yahtzee Game Time 1:00 - What is Your Favorite Kind of Muffin? 2:00 - <b>Blueberry Muffin Treat</b> 3:00 - Button Heart Craft 5:30 - Brain Games</p> <p style="text-align: center;">National Muffin Day</p>	<p>9:30 - Coffee and Chronicle 21 10:00 - <b>Piano Music with Steven</b> 1:00 - Make Sure to Thank the Caregivers for All They Do 2:00 - <b>Pretzel Dipping</b> 3:00 - Horse Racing Game 5:30 - Brain Games</p> <p style="text-align: center;">National Caregivers Day</p>	<p>9:30 - Sit and Fit 22 10:00 - H2O Break 10:15 - Which Came First? 1:00 - Daily Chronicle 2:00 - Jeopardy Game 3:00 - Nature Documentary with Popcorn 5:30 - Brain Games</p> <p style="text-align: center;">National Margarita Day</p>						
<p>9:30 - Morning Exercise 23 10:00 - Water Break 10:15 - Relaxing Music Hour 1:00 - Lets Make A Fun Mad Libs Story 2:00 - Manicures 3:00 - Balloon Toss Game 5:30 - Brain Games</p> <p style="text-align: center;">National Banana Bread Day</p>	<p>9:30 - Sit and Fit 24 10:00 - Drink Some Water 10:15 - What Was the Price? 1:00 - What is the Best Dip for Tortilla Chips? 2:00 - <b>Tortilla Chip Tasting</b> 3:00 - BINGO TIME 5:30 - Brain Games</p> <p style="text-align: center;">National Tortilla Chip Day</p>	<p>9:30 - Chair Yoga 25 10:00 - H2O Time 10:15 - Daily Chronicle Reading and Conversation 1:00 - <b>Eldergrow Garden Hour</b> 2:00 - Trivia Hour!! 3:00 - Left Right Center 5:30 - Brain Games</p> <p style="text-align: center;">National Chocolate Covered Nuts Day</p>	<p>9:30 - Chair Exercise 26 10:00 - Water Break 10:15 - Family Feud 1:00 - What is Your Favorite Fairy Tale? 2:00 - Story Telling Time 3:00 - <b>Happy Hour Music (TS)</b> 5:30 - Brain Games</p> <p style="text-align: center;">Tell a Fairy Tale Day</p>	<p>9:30 - Coffee and Chronicle 27 Reading 10:00 - Music Request Hour 1:00 - What's the best Fruit? 2:00 - Balloon Badminton 3:00 - <b>Chocolate Strawberry Dipping</b> 5:30 - Brain Games</p> <p style="text-align: center;">National Strawberry Day</p>	<p>9:30 - Sit and Stretch 28 10:00 - Hydration Station 10:15 - 1970's Trivia 1:00 - What was the Price? 2:00 - Craft Hour 3:00 - Matching Game on the Obie 5:30 - Brain Games</p> <p style="text-align: center;">Ramadan Begins</p>							

Purple - Food Event   Red - Big/Music Event   Pink - Happy Hour

Activities are subject to change based on the needs of the residents and the staff