

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2025

Heart of Wellness Month

9:30am Coffee in the Bistro **1**
10:30am Resident Led Cards / Bridge / Games
1:00pm February Crossword
2:00pm Resident Choice Movie
3:00pm American Heart Health Month Article Read

American Heart Health Month

9:30am Church Service **2**
10:30am Resident Led Cards / Bridge / Games
1:00pm Movie Matinee: Ground Hog Day
2pm Kings in the Corner
3:00pm Men's Poker

Ground Hog Day

10:30am Exercise with Danielle **3**
1:30pm Heart Health Mindfulness & Meditation
1:30pm Kings in the Corner
2:00pm Decorating for the Superbowl
3:00pm Bible Study: Love

Bring Down Wedding Photos

10:00am Pikes Peak Mobile Library **4**
10:30am Exercise with Paxxon
1:30pm
2:00pm Food Forum/ Town Hall
3:00pm February Birthday Bash
3:45pm Thai Chi

Sweater Day *Wear a Cozy Sweater*

9:00am Walmart/ Target Shopping Trip **5**
10:30am Exercise with Paxxon
11:15am Men's Lunch: Chicken Wings & Burgers
Sign Up
1:15pm World Figure Skater Museum
Sign up in advance
3:30pm Black History Month Presentation

Read Out Loud Day

10:30am Exercise with Danielle **6**
1:00pm Football Building with the Alzheimer Association
1:30pm Denise & Her Famous Dogs
2:30pm Heart Health Workshop: Eating Good Foods with Optimal
3:15pm Heart Crafts: Heart Suncatchers
4:00pm Thai Chi

Optimist Day

10:00am Tea & Story Time **7**
10:30am Exercise with Paxxon
1:30pm Bingo
2:30pm Ice Cream Social/ Superbowl Pool
3:00pm Superbowl Tailgate Party with Lone Wolf

Bubblegum Day

9:30am Coffee in the Bistro **8**
10:30am Resident Led Cards / Bridge / Games
1:00pm February Crossword
2:00pm Resident Choice Movie

Laugh & Get Rich Day

9:30am Church Service **9**
10:00am Superbowl Trivia
1pm Superbowl Games
3:00pm Men's Poker
4:30pm Superbowl LVIII

Super Bowl Sunday

10:30am Exercise with Danielle **10**
1:30pm Go Team Therapy Dogs
1:30pm Kings in the Corner
2:00pm Decorating for Valentine's Day
3:00pm Bible Study: Love

National Umbrella Day

10:00am Coffee Chat with Melissa **11**
10:30am Exercise with Paxxon
1:30pm Color Me Happy!
2:30pm Dark Chocolate Covered Strawberries
3:00pm Name that Love Song
3:45pm Thai Chi

Armed Forces Day

9:00am Walmart/ Target Shopping Trip **12**
10:30am Exercise with Paxxon
11:15am Galentine's Lunch: Western Omelet
Sign Up
1:15pm Scenic Drive: Monument/Palmer Lake
Sign Up
3:00pm Fondue and Chit Chat

Hug Day

10:00am Catholic Communion **13**
10:30am Shall We Dance
1:30pm Veteran's Cafe
2:30pm Heart Health Workshops: Exercise and Lifestyle
3:15pm Heart Crafts: Make Your Neighbor a Valentine
4:00pm Thai Chi

Self Love Day

10:00am Tea & Story Time **14**
10:30am Exercise with Paxxon
1:30pm Bingo
2:30pm Ice Cream Social
3:00pm Valentine's Day with David Hudson

Red Carpet Dress Up Day

Valentine's Day

9:30am Coffee in the Bistro **15**
10:30am Resident Led Cards / Bridge / Games
1:00pm Funny Article: Single Awareness Day
2pm Resident Choice Movie Theater

Single Awareness Day

9:30am Church Service **16**
10:30am Resident Led Cards / Bridge / Games
2pm Kings in the Corner
3:00pm Men's Poker

Brother/Sisterhood Week

10:30am Exercise with Danielle **17**
1:30pm Heart Health Mindfulness & Meditation
1:30pm Kings in the Corner
2:00pm President's Day Trivia
3:00pm Bible Study: Love

President's Day

10:00am Coffee Chat with Melissa **18**
10:30am Exercise with Paxxon
1:30pm Music and Painting
2:30pm Fruit Salad Bar
3:00pm Finish the Phrase
3:45pm Thai Chi

Pluto Day

9:00am Walmart/ Target Shopping Trip **19**
10:30am Exercise with Paxxon
1:15pm Ice Cream Mill***Sign up****
3:00pm Taste & Learn: All About Gumdrops

National Lash Day

10:30am Exercise with Danielle **20**
1:00pm Heart Health Workshops: Managing Stress
2:30pm Heart Health Workshops: Managing Stress
3:00pm Entertainment: Skip Moore
4:00pm Thai Chi

National Comfy Day

10:00am Tea & Story Time **21**
10:30am Exercise with Paxxon
1:30pm Bingo
2:30pm Ice Cream Social
3:00pm Hymns with Gordon

National Caregiver Day

9:30am Coffee in the Bistro **22**
10:30am Resident Led Cards / Bridge / Games
1:00pm All About February Article
2pm Resident Choice Movie

Single Tasking Day

9:30am Church Service **23**
10:30am Resident Led Cards / Bridge / Games
2pm Kings in the Corner
3:00pm Men's Poker

National Banana Bread

10:30am Exercise with Danielle **24**
1:30pm Heart Health Mindfulness & Meditation
1:30pm Kings in the Corner
2:00pm Decorating for March
3:00pm Bible Study: Love

National Tortilla Chip Day

10:00am Coffee Chat with Melissa **25**
10:30am Exercise with Paxxon
2:30pm Fruit Smoothies
3:00pm Jeopardy
3:45pm Thai Chi

Let's Eat Right Day

9:00am Walmart/ Target Shopping Trip **26**
10:30am Exercise with Paxxon
1:15pm Scenic Drive: Downtown & Manitou
3:00pm Show & Tell

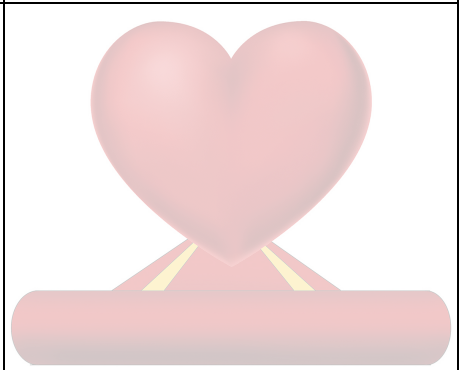
National Pistachio Day

10:30am Shall We Dance **27**
12:00pm Chili Cook Off
1:30pm Piano Hour
2:30pm Heart Health Workshops: The Importance of Sleep
3:15pm Heart Crafts: Salt Dough Hearts
4:00pm Thai Chi

National Chili Day

10:00am Tea & Story Time **28**
10:30am Exercise with Paxxon
1:30pm Bingo
2:30pm Ice Cream Social
3:00pm Entertainment: George Whitesell

National Essay Day



Please note the calendar is subject to change. Look at daily calendar posted in front lobby and elevator for any additional changes.