

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday			
Due to resident preferences, activities are subject to change.		155 East Kellogg Road Bellingham, WA 98226 360-671-1459													
Happy Birthday Ruth! 10:00 Chair yoga for seniors 11:00 Mexican train 2:00 Spiritual Eldercare church service 3:30 Sundae Sunday! Activity ticket raffle basket drawing!		4	Beauty salon open 10:00 Strength & Stretching Exercise 11:00 Blackjack 2:00 Cooking Club 3:30 Penny Ante game	5	Happy Birthday Doris! 10:00 Morning meditation with movement 11:00 Dominos 12:00 Highgate featured Chef lunch 2:00 Resident Activity planning Meeting 3:00 Scenic Drive 6:15 Evening Bingo	6	Dr. Appointment shuttle day 10:00 Bible study 10:45 Artistic Expressions with Maricor 2:00 Monthly Birthday party with Blair! 3:00 Popcorn and trivia 4:00 Catholic Confession with Father Moore 5:45 Hymn sing in the lobby	7	10:00 Stretching with the ISO sticks 11:00 Rummy-O with Randal 2:00 Manicures 3:00 American heart Month TED talk: My heart health journey I Adam Stevens	1	Dr. Appointment shuttle day Groundhog Day	2	10:00 Balance Exercise 11:00 Throw it Away card game 2:00 Bingo 3:30 International YUM- Try a sample of snacks from a different country every month	3	
Superbowl playing in the Lounge 10:00 Chair yoga for seniors 11:00 Mexican train 2:00 Spiritual Eldercare church service 3:30 Superbowl snacks		11	Beauty salon open 10:00 Strength & Stretching Exercise 11:00 Blackjack 2:00 Cooking Club 3:30 Discovery Group	12	10:00 Morning meditation with movement 11:00 Dominos 12:00 Highgate featured Chef lunch- Italian Valentine lunch 1:30 Cooking demonstration with chef David 2:00 Resident Council Meeting 3:00 Scenic Drive	13	Dr. Appointment shuttle day Happy Birthday Gloria! Valentine's Day 10:00 Bible study 10:45 Artistic Expressions with Maricor 3:00 Loved ones Afternoon Tea 5:45 Hymn sing in the lobby	14	10:00 Stretching with the ISO sticks 11:00 Rummy-O with Randal 2:00 Manicures 3:30 Board games	15	Dr. Appointment shuttle day Happy Birthday Roberta! 8:00 Chef's station breakfast 10:00 Seniors chair exercise with Sharon 11:00 Right left center dice game 2:00 Happy Hour with Live music 3:15 Group watch: You are what you eat: A Twin Experiment episode 2	16	10:00 Balance Exercise 11:00 Throw it Away card game 2:00 Bingo 3:30 Simple pleasures with Zilda	17	
10:00 Chair yoga for seniors 11:00 Mexican train 2:00 Spiritual Eldercare church service 3:30 Tea and cookie social		18	Beauty salon open Presidents' Day 10:00 Strength & Stretching Exercise 11:00 Blackjack 2:00 Cooking Club 3:30 Penny Ante game	19	9:00 Chef's station breakfast 10:00 Morning meditation with movement 11:00 Dominos 12:00 Highgate featured Chef lunch 2:00 Resident lead Book club 3:00 Scenic drive 6:00 Family Event: Wine and Cheese pairing	20	Dr. Appointment shuttle day 10:00 Bible study 10:45 Artistic Expressions with Maricor 2:00 Stronger Seniors workout video 3:00 Popcorn and trivia 5:45 Hymn sing in the lobby	21	10:00 Stretching with the ISO sticks 11:00 Rummy-O with Randal 2:00 Manicures 3:30 Board games	22	Dr. Appointment shuttle day Happy birthday Lois!	23	10:00 Balance Exercise 11:00 Throw it Away card game 2:00 Bingo 3:30 Simple pleasures with Zilda	24	
10:00 Chair yoga for seniors 11:00 Mexican train 2:00 Spiritual Eldercare church service 3:30 Best friend social		25	Beauty salon open Happy Birthday Brian! 10:00 Strength & Stretching Exercise 11:00 Blackjack 2:00 Cooking Club 3:30 Discovery Group	26	10:00 Morning meditation with movement 11:00 Dominos 12:00 Highgate featured Chef lunch 1:30 Cooking demonstration with chef David 2:00 Ambassador meeting 3:00 Scenic Drive 6:15 Last gold coin store	27	Dr. Appointment shuttle day 10:00 Bible study 10:45 Artistic Expressions with Maricor 2:00 Stronger Seniors workout video 3:00 Popcorn and trivia 5:45 Hymn sing in the lobby	28	10:00 Stretching with the ISO sticks 11:00 Rummy-O with Randal 2:00 Manicures 3:00 Adventures with Jeff	29					