

February 2025  
Poway Gardens



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday															
<div>POWAY GARDENS</div> <div>SENIOR LIVING</div>				<div><div><div></div><div>Cognitive</div></div><div><div></div><div>Creative</div></div><div><div></div><div>Physical</div></div><div><div></div><div>Purposeful</div></div><div><div></div><div>Sensory</div></div><div><div></div><div>Social</div></div><div><div></div><div>Spiritual</div></div></div>		<div>Mission Statement</div> <div>We genuinely foster bonds between those that live and serve in our communities, just like family.</div>						<div><div>9:00</div><div>Coffee / This Day in History</div></div> <div><div>10:15</div><div>Toss 'N Talk</div></div> <div><div>11:00</div><div><div></div>Table Games</div></div> <div><div>1:00</div><div>Pictionary</div></div> <div><div>3:00</div><div>Refuel Rendezvous / Signature Snacks with Friends</div></div> <div><div>4:00</div><div>Music and Movement</div></div> <div><div>6:00</div><div>Sensory Hour</div></div>		1													
<div>Groundhog Day</div> <div>9:30 <div></div> Coffee / This Day in History</div> <div>10:15 Toss 'N Talk</div> <div>10:30 <div></div> Chair Exercises</div> <div>11:00 <div></div> Table Games</div> <div>1:00 <div></div> Word Association</div> <div>2:30 <div></div> Stretch &amp; Balance</div> <div>3:00 Refuel Rendezvous / Signature Snacks with Friends</div> <div>4:00 <div></div> Sensory Hour</div> <div>6:00 <div></div> Hallmark Movies</div>		2		<div>9:30 <div></div> Coffee / This Day in History</div> <div>10:15 Toss 'N Talk</div> <div>10:30 <div></div> Chair Exercises</div> <div>11:00 <div></div> Table Games</div> <div>1:00 Piano / Music and Movement</div> <div>2:30 <div></div> Chair Volley Ball</div> <div>3:00 Refuel Rendezvous / Signature Snacks with Friends</div> <div>4:00 <div></div> BINGO</div> <div>6:00 <div></div> Puzzles</div>		3		<div>9:30 <div></div> Chair Exercises</div> <div>10:15 Toss 'N Talk</div> <div>10:30 <b>Farmer's Market</b></div> <div>11:00 <div></div> Table Games</div> <div>1:00 <div></div> Trivia / Table Talk</div> <div>1:30 Domino Challenge</div> <div>2:30 <b>Floral Arrangement</b></div> <div>3:00 Refuel Rendezvous / Signature Snacks with Friends</div> <div>4:00 <div></div> Tea &amp; Conversation</div> <div>6:00 <div></div> Crossword puzzles</div>		4		<div>9:30 <div></div> Coffee / This Day in History</div> <div>10:15 Toss 'N Talk</div> <div>10:30 <div></div> Chair Exercises</div> <div>10:45 <div></div> <b>Scenic Drive</b></div> <div>11:00 <div></div> Table Games</div> <div>1:00 Piano / Music and Movement</div> <div>2:30 <div></div> Making Bird Feeders</div> <div>3:00 Refuel Rendezvous / Signature Snacks with Friends</div> <div>4:00 <div></div> Sort &amp; Match</div> <div>6:00 <div></div> Table Talk</div>		5		<div>9:30 <div></div> Coffee / This Day in History</div> <div>10:00 <div></div> <b>Church Service with St. Michael's</b></div> <div>10:15 Toss 'N Talk</div> <div>10:30 <div></div> Chair Exercises</div> <div>10:45 <b>Horticulture Therapy</b></div> <div>11:00 <div></div> Table Games</div> <div>1:00 <div></div> Butterfly Watching / Bird Watching</div> <div>2:30 <div></div> Word Association</div> <div>3:00 Refuel Rendezvous / Signature Snacks with Friends</div> <div>4:00 <div></div> Random Trivia</div> <div>6:00 <div></div> Crossword puzzles</div>		6		<div>9:00 <div></div> Coffee / This Day in History</div> <div>10:15 Toss 'N Talk</div> <div>10:45 <b>Horticulture Therapy</b></div> <div>11:00 <div></div> Table Games</div> <div>2:30 <div></div> Parachute</div> <div>3:00 Refuel Rendezvous / Signature Snacks with Friends</div> <div>4:00 <div></div> Magazine Collage</div> <div>6:00 <div></div> Chair Volley Ball</div>		7		<div>9:00</div> <div>Coffee / This Day in History</div> <div><div>10:15</div><div>Toss 'N Talk</div></div> <div><div>11:00</div><div><div></div>Table Games</div></div> <div><div>1:00</div><div>Pictionary</div></div> <div><div>3:00</div><div>Refuel Rendezvous / Signature Snacks with Friends</div></div> <div><div>4:00</div><div>Music and Movement</div></div> <div><div>6:00</div><div>Sensory Hour</div></div>		8	
<div>9:30 <div></div> Coffee / This Day in History</div> <div>10:15 Toss 'N Talk</div> <div>10:30 <div></div> Chair Exercises</div> <div>11:00 <div></div> Table Games</div> <div>1:00 <div></div> Word Association</div> <div>2:30 <div></div> Stretch &amp; Balance</div> <div>3:00 Refuel Rendezvous / Signature Snacks with Friends</div> <div>4:00 <div></div> Sensory Hour</div> <div>6:00 <div></div> Hallmark Movies</div>		9		<div>9:30 <div></div> Coffee / This Day in History</div> <div>10:15 Toss 'N Talk</div> <div>10:30 <div></div> Chair Exercises</div> <div>11:00 <div></div> Table Games</div> <div>1:00 Piano / Music and Movement</div> <div>2:30 <div></div> Chair Volley Ball</div> <div>3:00 Refuel Rendezvous / Signature Snacks with Friends</div> <div>4:00 <div></div> BINGO</div> <div>6:00 <div></div> Puzzles</div>		10		<div>9:30 <div></div> Chair Exercises</div> <div>10:15 Toss 'N Talk</div> <div>10:30 <b>Farmer's Market</b></div> <div>11:00 <div></div> Table Games</div> <div>1:00 <div></div> Trivia / Table Talk</div> <div>1:30 Domino Challenge</div> <div>2:30 <b>Floral Arrangement</b></div> <div>3:00 Refuel Rendezvous / Signature Snacks with Friends</div> <div>4:00 <div></div> Tea &amp; Conversation</div> <div>6:00 <div></div> Crossword puzzles</div>		11		<div>9:30 <div></div> Coffee / This Day in History</div> <div>10:15 Toss 'N Talk</div> <div>10:30 <div></div> Chair Exercises</div> <div>10:30 <b>Garden Club</b></div> <div>11:00 <div></div> Table Games</div> <div>1:00 Piano / Music and Movement</div> <div>2:30 <b>DIY Valentine Cards</b></div> <div>3:00 Refuel Rendezvous / Signature Snacks with Friends</div> <div>4:00 <div></div> Sort &amp; Match</div> <div>6:00 <div></div> Table Talk</div>		12		<div>9:30 <div></div> Coffee / This Day in History</div> <div>10:00 <div></div> <b>Church Service with St. Michael's</b></div> <div>10:15 Toss 'N Talk</div> <div>10:30 <div></div> Chair Exercises</div> <div>10:45 <b>Master Gardeners</b></div> <div>11:00 <div></div> Table Games</div> <div>1:00 <div></div> Butterfly Watching / Bird Watching</div> <div>2:30 <b>Sweethearts Dance</b></div> <div>3:00 Refuel Rendezvous / Signature Snacks with Friends</div> <div>4:00 <div></div> Random Trivia</div> <div>6:00 <div></div> Crossword puzzles</div>		13		<div><b>Valentine's Day</b></div> <div>9:00 <div></div> Coffee / This Day in History</div> <div>10:15 Toss 'N Talk</div> <div>10:45 <b>Horticulture Therapy</b></div> <div>11:00 <div></div> Table Games</div> <div>2:30 <div></div> Parachute</div> <div>3:00 Refuel Rendezvous / Signature Snacks with Friends</div> <div>4:00 <div></div> Magazine Collage</div> <div>6:00 <div></div> Chair Volley Ball</div>		14		<div>9:00</div> <div>Coffee / This Day in History</div> <div><div>10:15</div><div>Toss 'N Talk</div></div> <div><div>11:00</div><div><div></div>Table Games</div></div> <div><div>1:00</div><div>Pictionary</div></div> <div><div>3:00</div><div>Refuel Rendezvous / Signature Snacks with Friends</div></div> <div><div>4:00</div><div>Music and Movement</div></div> <div><div>6:00</div><div>Sensory Hour</div></div>		15	
<div>9:30 <div></div> Coffee / This Day in History</div> <div>10:15 Toss 'N Talk</div> <div>10:30 <div></div> Chair Exercises</div> <div>11:00 <div></div> Table Games</div> <div>1:00 <div></div> Word Association</div> <div>2:30 <div></div> Stretch &amp; Balance</div> <div>3:00 Refuel Rendezvous / Signature Snacks with Friends</div> <div>4:00 <div></div> Sensory Hour</div> <div>6:00 <div></div> Hallmark Movies</div>		16		<div><b>Presidents' Day</b></div> <div>9:30 <div></div> Coffee / This Day in History</div> <div>10:15 Toss 'N Talk</div> <div>10:30 <div></div> Chair Exercises</div> <div>11:00 <div></div> Table Games</div> <div>1:00 Piano / Music and Movement</div> <div>2:30 <div></div> Chair Volley Ball</div> <div>3:00 Refuel Rendezvous / Signature Snacks with Friends</div> <div>4:00 <div></div> BINGO</div> <div>6:00 <div></div> Puzzles</div>		17		<div>9:30 <div></div> Chair Exercises</div> <div>10:15 Toss 'N Talk</div> <div>10:30 <b>Farmer's Market</b></div> <div>11:00 <div></div> Table Games</div> <div>1:00 <div></div> Trivia / Table Talk</div> <div>1:30 Domino Challenge</div> <div>2:30 <b>Floral Arrangement</b></div> <div>3:00 Refuel Rendezvous / Signature Snacks with Friends</div> <div>4:00 <div></div> Tea &amp; Conversation</div> <div>6:00 <div></div> Crossword puzzles</div>		18		<div>9:30 <div></div> Coffee / This Day in History</div> <div>10:15 Toss 'N Talk</div> <div>10:30 <div></div> Chair Exercises</div> <div>10:45 <div></div> <b>Scenic Drive</b></div> <div>11:00 <div></div> Table Games</div> <div>1:00 Piano / Music and Movement</div> <div>2:30 <b>Heart Health</b></div> <div>3:00 Refuel Rendezvous / Signature Snacks with Friends</div> <div>4:00 <div></div> Sort &amp; Match</div> <div>6:00 <div></div> Table Talk</div>		19		<div>9:30 <div></div> Coffee / This Day in History</div> <div>10:00 <div></div> <b>Church Service with St. Michael's</b></div> <div>10:15 Toss 'N Talk</div> <div>10:30 <div></div> Chair Exercises</div> <div>10:45 <b>Horticulture Therapy</b></div> <div>11:00 <div></div> Table Games</div> <div>1:00 <div></div> Butterfly Watching / Bird Watching</div> <div>2:30 <div></div> Word Association</div> <div>3:00 Refuel Rendezvous / Signature Snacks with Friends</div> <div>4:00 <div></div> Random Trivia</div> <div>6:00 <div></div> Crossword puzzles</div>		20		<div>9:00 <div></div> Coffee / This Day in History</div> <div>10:15 Toss 'N Talk</div> <div>10:45 <b>Horticulture Therapy</b></div> <div>11:00 <div></div> Table Games</div> <div>2:30 <div></div> Parachute</div> <div>3:00 Refuel Rendezvous / Signature Snacks with Friends</div> <div>4:00 <div></div> Magazine Collage</div> <div>6:00 <div></div> Chair Volley Ball</div>		21		<div>9:00</div> <div>Coffee / This Day in History</div> <div><div>10:15</div><div>Toss 'N Talk</div></div> <div><div>11:00</div><div><div></div>Table Games</div></div> <div><div>1:00</div><div>Pictionary</div></div> <div><div>3:00</div><div>Refuel Rendezvous / Signature Snacks with Friends</div></div> <div><div>4:00</div><div>Music and Movement</div></div> <div><div>6:00</div><div>Sensory Hour</div></div>		22	
<div>9:30 <div></div> Coffee / This Day in History</div> <div>10:15 Toss 'N Talk</div> <div>10:30 <div></div> Chair Exercises</div> <div>11:00 <div></div> Table Games</div> <div>1:00 <div></div> Word Association</div> <div>2:30 <div></div> Stretch &amp; Balance</div> <div>3:00 Refuel Rendezvous / Signature Snacks with Friends</div> <div>4:00 <div></div> Sensory Hour</div> <div>6:00 <div></div> Hallmark Movies</div>		23		<div>9:30 <div></div> Coffee / This Day in History</div> <div>10:15 Toss 'N Talk</div> <div>10:30 <div></div> Chair Exercises</div> <div>11:00 <div></div> Table Games</div> <div>1:00 Piano / Music and Movement</div> <div>2:30 <div></div> Chair Volley Ball</div> <div>3:00 Refuel Rendezvous / Signature Snacks with Friends</div> <div>4:00 <div></div> BINGO</div> <div>6:00 <div></div> Puzzles</div>		24		<div>9:30 <div></div> Chair Exercises</div> <div>10:15 Toss 'N Talk</div> <div>10:30 <b>Garden Club</b></div> <div>11:00 <div></div> Table Games</div> <div>1:00 <div></div> Trivia / Table Talk</div> <div>1:30 Domino Challenge</div> <div>2:30 <b>Floral Arrangement</b></div> <div>3:00 Refuel Rendezvous / Signature Snacks with Friends</div> <div>4:00 <div></div> Tea &amp; Conversation</div> <div>6:00 <div></div> Crossword puzzles</div>		25		<div>9:30 <div></div> Coffee / This Day in History</div> <div>10:15 Toss 'N Talk</div> <div>10:30 <div></div> Chair Exercises</div> <div>10:45 <div></div> <b>Scenic Drive</b></div> <div>11:00 <div></div> Table Games</div> <div>1:00 Piano / Music and Movement</div> <div>2:30 <div></div> <b>Birthday Bash</b></div> <div>3:00 Refuel Rendezvous / Signature Snacks with Friends</div> <div>4:00 <div></div> Sort &amp; Match</div> <div>6:00 <div></div> Table Talk</div>		26		<div>9:30 <div></div> Coffee / This Day in History</div> <div>10:00 <div></div> <b>Church Service with St. Michael's</b></div> <div>10:15 Toss 'N Talk</div> <div>10:30 <div></div> Chair Exercises</div> <div>10:45 <b>Horticulture Therapy</b></div> <div>11:00 <div></div> Table Games</div> <div>1:00 <div></div> Butterfly Watching / Bird Watching</div> <div>2:30 <div></div> Word Association</div> <div>3:00 Refuel Rendezvous / Signature Snacks with Friends</div> <div>4:00 <div></div> Random Trivia</div> <div>6:00 <div></div> Crossword puzzles</div>		27		<div>9:00 <div></div> Coffee / This Day in History</div> <div>10:15 Toss 'N Talk</div> <div>10:45 <b>Horticulture Therapy</b></div> <div>11:00 <div></div> Table Games</div> <div>2:30 <div></div> Parachute</div> <div>3:00 Refuel Rendezvous / Signature Snacks with Friends</div> <div>3:00 Resident Council with Celia</div> <div>4:00 <div></div> Magazine Collage</div> <div>6:00 <div></div> Chair Volley Ball</div>		28					