

February 2021  
February Monthly Theme is "Embrace Love,  
Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Monthly Activities

<div></div> <div>WWW.SENIORLIFESTYLE.COM Activities are subject to change</div> <div></div> <div><div><div><div><div></div></div><div>*BOOKMARKS</div></div><div><div><div></div></div><div>*ESSENCE</div></div><div><div><div></div></div><div>*SPARK</div></div><div><div><div></div></div><div>*THYMELESS</div></div><div><div><div></div></div><div>Connect</div></div><div><div><div></div></div><div>Contribute</div></div><div><div><div></div></div><div>Feel</div></div><div><div><div></div></div><div>Grow</div></div><div><div><div></div></div><div>Move</div></div><div><div><div></div></div><div>Reflect</div></div></div></div>	<div></div> <div>Happy First Day Of February! Today is National Freedom Day 10:15 ● AM Exercise Class 10:30 🍷 Hydration Program: Featuring Thymeless TV 11:00 ● Baking Club: Celebrating Hot Coco Day!- Hot Coco Creme Brulee 11:30 ● Java Cafe' : Chronicle Paper 1:30 ● Craft Corner 2:30 🍷 Thymeless Snack Program 3:00 ● Sitcom Social Hour: Gilmore Girls 5:30 ● Evening Puzzle's 6:00 ● Classic TV Monday's 8:00 ● Monday Night Football- ESPN</div>	<div>1</div> <div>Groundhog Day 10:15 ● Let's Get Physical 10:30 🍷 Hydration Program 11:00 ● Artist's Studio: Wooden Heart Magnets 11:30 ● Mocha Memories: News Reading 1:30 ● Mind Fitness- Getting to know you: Let's Chat 2:30 🍷 Thymeless Snack Program 3:00 ● Social Hour 4:00 📖 February Fables: Bookclub- Aesop's Fables [Audiobook] 5:30 ● Tuesday Night Sports TV 6:00 ● Classic Frosty Feature: Groundhog Day</div>	<div>2</div> <div>10:15 ● Wellness Walk: Morning Stroll 10:30 ● Relaxation Program: Karaoke Sing-a-Long 11:00 ● Documentary Hour: Inside the secret world of Koi   Japan Documentary 1:30 ● Water Color Wednesday's- Seasonal Inspirations 2:30 🍷 Thymeless Social Hour Snack Program 3:00 📖 Wednesday CHED Talk: Week 1- Discussing Love and Loss: What it means to you 4:00 ● Virtual Speaker: Mandy Len Catron- What We Don't Talk About When We Talk About Love 6:00 ● Festive Feature -Movie Night Free Choice</div>	<div>3</div> <div>Today is Rosa Parks Birthday! 10:15 ● Let's Kick it up! Light Chair Kick Boxing 10:30 🍷 Hydration Program: History 101- Mighty Times 11:30 ● Daily Chronicle and Morning Check In 1:30 📖 February Flash To the Past: Reminisce Program "What did it cost?" 2:30 🍷 Thymeless Social Hour Snack Program 4:00 ● Winter Classic's: Sitcom TV 5:30 ● Evening Activity- Table Game Fun! 6:00 ● Historic Cinema Feature: The Rosa Parks Story</div>	<div>4</div> <div>Today is National Wear Red Day For Healthy Hearts 10:15 ● Movement/ Meditation: Healthy Heart Cardio Walk 10:30 🍷 Hydration Program 10:45 ● Morning News Reading 11:00 ● Documentary Hour: Only Yesterday: The Carpenters' Story 1:30 ● Artist's Studio: Valentine Pop up Cards 2:30 🍷 Thymeless Social Hour Snack Program 4:00 ● Evening Documentary 5:30 ● Song Reminisce- Karaoke Night 6:00 ● Classic TV</div>	<div>5</div> <div>10:30 ● Movement/ Meditation 11:00 ● Morning Chronicle Reading — ● Soulful Saturday: Afternoon Cinema Feature- Letters to God 2:30 🍷 Thymeless Social Hour Snack Program 4:00 ● Celebrity TV 4:00 ● Saturday Sports TV 5:30 ● Table Tactic Entertainment 6:00 ● Classic Film</div>	<div>6</div> <div>10:15 ● Morning Movement- Community Walk 10:30 ● Daily Chronicle and Morning Check In 1:30 ● Cranium Crunches 2:30 🍷 Thymeless Social Hour Snack Program 4:00 ● Evening Virtual Classical Concert: Itzhak Perlman – Beethoven: Violin Concerto 5:30 ● Evening Activity- Table Game Fun! 6:00 ● Night at the Cinema 10:30 🍷 Hydration Program</div>	<div>7</div> <div>10:15 ● Morning Movement 10:30 🍷 Hydration Program 10:45 ● Morning News Reading 11:00 ● Morning Documentary: Winterwatch, The Big Freeze of 1963 1:30 ● Artist's Studio: Paper Quilling 2:30 🍷 Thymeless Social Hour Snack Program 4:00 ● Evening Documentary 5:30 ● Song Reminisce- Karaoke Night 6:00 ● Classic TV</div>	<div>8</div> <div>10:15 ● Morning Movement- Community Walk 10:30 ● Daily Chronicle and Morning Check In 1:30 ● Cranium Crunches 2:30 🍷 Thymeless Social Hour Snack Program 4:00 ● Classic Comedy Special: Best Carol Burnett 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— John Boswell</div> <div></div> <div>February Monthly Theme is "Embrace Love, Compassion and Kindness"</div> <div>Upcoming Events: Valentine's Day Celebration! "Sweet Heart Dance" Date: 2/14 Time: 2:30- 4:30 pm Location: Embrace</div> <div></div>
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