February 2021

February Monthly Theme is "Embrace Love,

Monthly Activities



WWW.SENIORLIFESTYLE.COM Activities are subject to change



your life, your style

- ***ESSENCE**
- ★SPARK

- Connect
- Contribute
- Grow
- Move
- Reflect



10:00 Community Walk: To Resident

10:30 • Live Stream Church Service

1:30

Bible Study: Rosary Club

2:30 Thymeless Snack Program

3:00 • CHV Virtual Entertainment

5:30 • Sunday TV Sports Game's

10:30 Morning TedTalk: 11:30 Morning News Reading

Sunday

lappy First Day Of February!

- 10:15 AM Exercise Class 10:30 🍴 Hydration Program: Featuring
- 1:00 Baking Club: Celebrating Hot Coco Day!- Hot Coco Creme Brulee'

Monday

- 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

Tuesday 10:15 • Wellness Walk: Morning Strol

- 10:15 Let's Get Physical
- I 1:00 Artist's Studio: Wooden Heart Magnets 1:30 Mocha Memories: News Reading 1:30 • Mind Fitness- Getting to know you: Let's Cha
- 2:30 11 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

Wednesday

- Sing-a-Long Documentary Hour: Inside the secret world of Koi
- 1:30 Water Color Wednesday's- Seasonal Inspirations 2:30 | Thymeless Social Hour Snack Program
- Wednesday CHED Talk: Week 1- Discussing Love and Loss: What it means to you Virtual Speaker: Mandy Len Catron- What Woon't Talk About When We Talk About Love Festive Feature - Movie Night Free Choice

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

Thursday

4:00 Winter Classic's: Sitcom TV 5:30 • Evening Activity- Table Game Fun! 6:00 Historic Cinema Feature: The Rosa Parks

Today is National Wear Red Day For 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

Friday

4:00 • Evening Documentary 5:30 Song Reminisce- Karaoke Night

6:00 Classic TV

10:30 Movement/ Meditation 11:00 Morning Chronicle Reading Soulful Saturday: Afternoor Cinema Feature- Letters to 2:30 | Thymeless Social Hour Snack Program 4:00 Celebrity TV

Saturday

4:00 Saturday Sports TV 5:30 Table Tactic Entertainment

6:00 Classic Film

- *BOOKMARKS
- *THYMELESS

- Feel
 - 5:30 Sunday TV Sports Game's
 - 6:00 Classic Sitcom Sunday's: The Lucy Show

Today is National Card Reading Day

10.15 🗐 Bookmarks Reading Group

10:30 Live Stream Church Service

2:30 | Thymeless Snack Program

3:00 CHV Virtual Entertainment

5:30 Sunday TV Sports Game's

11:30 Morning News Reading

1:30 Bible Study: Rosary Club

10:00 • Community Walk: To Resident

Library Location: (AL 3

2:00 Soul Surfers- Bible Study Karaoke

10:30 AM Relaxation: Scenery Music Stimulation

6:00 • Classic Sitcom Sunday's: The Lucy Show

10:30 🍴 Hydration Program: SWD vs 11:00 • Baking Club 11:30 • North Pole Chronicles

10:15 Fitness Class: Monday March

- Library Location: (AL 3 neighborhood) 10:15 rembrace Reading Group: February Monthly
 - 1:30 Craft Corner 2:30 | Thymeless Social Hour Snack Program 4:00 • Evening Entertainment: The Beatles - NME 1965 + Awards
 - 5:30 Evening Puzzle's

10:15 Monday Mini Golf On The

Presidents' Day

1:00 Baking Club

6:00 Classic TV Monday's 8:00 Monday Night Football- ESPN

Today is National Chocolate Kiss Day! 10:15 • Let's Get Physical 10:30 Thymeless TV Featuring History 101: History of

- Chocolate & How It's Made 10:35 🍴 Hydration Program 1:00 Artist's Studio: Valentine Flower Cards
- 1:30 Morning Chronicle Reading 1:30 / Bookmarks Reading Group: Mars Bars 2:30 Thymeless Social Hour Snack Program 4:00 February Fables: Bookclub- Aesop's Fable
- 4:00 Ted Talk Tv: The Chocolate Therapist & Changing The Way We Think About Choco
- 5:30 Tuesday Night Sports TV 6:00 • Classic Film: Rio Lobo | WESTERN Movie | John Wayne I

Todav is Heart-2-Heart Day

- 10:15 Wellness Cardio Walk: Morning Heart Fitness Stroll Relaxation Hydration Program 11:00 • Virtual Museum Walking Tour: Inside Lou
- Paris, Mona Lisa Water Color Wednesday's- Loving Heart Painting 2:30 | Thymeless Social Hour Snack Program
- Wednesday CHED Talks: Week 2 Group Talk Everyone Loves and Cares Differently Ted Talk Seminar: How to love and be loved Rilly Ward I 4:00 • Classic TV Feature
- 6:00 Festive Feature -Movie Night Free Choice

Today is Don't Cry Over Spilt Milk Day

- 0:15 Morning Movemen Community Walk 1:30 • 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

0:15 Morning Movemen

10:15 Morning Movemen Community Walk

1:30 • Cranium Crunches: Trivia

4:00 Winter Classic's: Sitcom TV

6:00 Night at the Cinema

5:30 • Evening Activity- Table Game Fun!

Daily Chronicle and Morning

2:30 Thymeless Social Hour Snack Program

11:30 Daily Chronicle and Morning

0:30 W Hydration Program 10:45 Morning News Reading

10:15 • Morning Movement

10:15 Morning Movement

8

- 1:00 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

10:30 Movement/ Meditation 11:00 • Morning Chronicle Reading Afternoon Cinema Feature:

- 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

10:30 Movement/ Meditation

2:30 Thymeless Social Hour

4:00 Saturday Sports TV

4:00 • Celebrity TV

6:00 • Classic Filn

Snack Program

5:30 • Table Tactic Entertainment

11:00 • Morning Chronicle Reading

Afternoon Cinema Feature:

Valentine's Day

10:00 Community Walk: To Resident Library Location: (AL 3

6:00 Classic Sitcom Sunday's: The Lucy Show

neighborhood) 10:15 🧧 Bookmarks Reading Group: Mars Bars

2:00 CHV Pen Pals- Letters to Families and Friend

- 10:30 Live Stream Church Service 10:30 • The Story of God 11:30 Morning News Reading
- 1:30 Resident Party Set Up 2:30 • Sweetheart Valentines Day Dance 2:30 Thymeless Snack Program
- 3:00 CHV Virtual Entertainment 3:00 | Thymeless Snack Program: Chocolate Covered Strawberries

11:30 North Pole Chronicles 1:30 Craft Corner

Today is George Washington's Birthday!

10:15 • Find Washington! Presidentia

Birth of a Nation| Biography

2:30 | Thymeless Social Hour Snack Program

Scavenger Hunt

10:30 History 101: George

11:30 North Pole Chronicles

1:00 Baking Club

1:30 • Craft Corner

5:30 • Evening Puzzle's

6:00 • Classic TV Monday's

8:00 Monday Night Football- ESPN

2:30 | Thymeless Social Hour Snack Program 5:30 • Evening Puzzle's 6:00 Classic TV Monday's

Washington: America's First President & the

- 8:00 Monday Night Football- ESPN
 - 1:30 AM Chatter Brain Exercises- Group Talk: Kindness Class "Positive Motivation 2:30 | Thymeless Social Hour Snack Program 3:00 Social Hour in New Orleans: Mardi Gras
 - [Audiobook] 5:30 • Tuesday Night Sports TV 6:00 Olassic Frosty Feature

11:00 Artist's Studio: Sunflower Art Print

1:30 • Contribute: International Dog Biscuit

2:30 | Thymeless Social Hour Snack Program

4:00 • Tuesday Evening Tennis Match: Dominic

4:00 February Fables: Bookclub- Aesop's Fables

Appreciation Day- Dog Treats for our shelte

Thiem vs Novak Diokovic | Australian Open

11:30 • Morning Chronicle Reading

Today is National Tennis and World Bartender Day!

10:15 Let's Get Physical: Music

10:35 | Hydration Program

2020 Final 5:30 Tuesday Night Sports TV 6:00 Classic Frosty Feature 11:00 History 101: Spirit of Wimbledon

Today is Mardi Gras Day! Today is National Random Acts of

- 10:15 Let's Get Physical 10:30 History 101: Mardi Gras Around The World
- 10:35 | Hydration Program 11:00 • Artist's Studio: Mardi Gras Mask Making 11:30 Morning Chronicle Reading
- 4:00 February Fables: Bookclub- Aesop's Fables
 - 5:30

oday is National First Lady Day 10:15 Wellness Walk: Morning Strol 10:30 • Relaxation Hydration

5:30 • Evening Documentary

- Program: "Mozart Bio" 11:00 • Morning Reminisce 1:15 • Music Expression: Karaoke
- 11:30 News Buzz: Chronicle Reading 1:30 Water Color Wednesday's- Seasona Inspirations
- 2:30 | Thymeless Social Hour Snack Program 3:00 P Wednesday CHED Talks: Week 3- "Lead with your heart 4·nn (Sentimental Seminar: You are contagious | Vanessa Van Edwards
- Essence Hour: Relaxation Program 5:30 Fvening Documentary 6:00 • Festive Feature - First Lady

10:15 • Wellness Walk: Morning Stroll

10:30 Relaxation Hydration Program

1:30 Water Color Wednesday's

Styles "Heart values

1:00

Classic TV: What's My Line? -

2:30 | Thymeless Social Hour Snack Program: W/

Wednesday CHED Talk: Week 4 -Senior Life

Classic TV Feature: I Dream of Jeannie Pilot

Resident Counsel and Food Committee

6:00 • Classic Film: The Adventures of Huckleberry

- 1:30 Cranium Crunches 2:30 Thymeless Social Hour Snack Program 4:00 • Classic Comedy Special: Best Carol Burnett Show Blooners
- 5:30 Evening Activity- Table Game Fun!
- 10:30 👭 Hydration Program 0:45 Morning News Reading 1:00 Morning Musical Expression Laureates of the International Nutcracket
- 1:30 Artist's Studio: Winter Birds on a Branch 2:30 | Thymeless Social Hour Snack Program 4:00 • Evening Documentary: Planet Earth
- 5:30 Song Reminisce- Karaoke Night

- 6:00 Classic TV

Ball Toss

10:30 🍴 Hydration Program

6:00 Classic TV

0:45 Morning News Reading

11:00 Morning Trivia Challenge: National Parks Around The World

5:30 Song Reminisce- Karaoke Night

1:30 Artist's Studio: Make an owl workshop

2:30 Thymeless Social Hour Snack Program

4:00 • TV Reminisce: George Burns & Gracie Aller

- 10:15 Morning Movement: Musical 10:30 • Movement/ Meditation 11:00 Morning Chronicle Reading Afternoon Cinema Feature:
 - 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: This Can't Be Love (1994)

- 10:00 Community Walk: To Resident neighborhood)
- 10:15 🧧 Bookmarks Reading Group 10:30 Live Stream Church Service 10:30 • The Story of God
- 11:30 Morning News Reading 1:30 • Bible Study: Rosary Club 2:00 Soul Surfers- Bible Study Karaoke
- 2:30 | Thymeless Snack Program 3:00 • CHV Virtual Entertainment: 4:00 • Evening Relaxation Program: Rest and Relax
- 5:30 Sunday TV Sports Game's 6:00 • Classic Sitcom Sunday's: The Lucy Show
- Senior Life Styles "HEART"Values
 - **H-** Hospitality **E-** Excellence
 - **A-** Appreciation **R-** Respect

T- Teamwork

"Winter, a lingering season, is a time to embark upon a enjoy every idle hour."

gather golden moments, sentimental journey, and

John Boswell



February Monthly Theme is **"Embrace** Love, Compassion and Kindness"

Upcoming Events: Valentine's Day

Celebration!

"Sweet Heart Dance **Date: 2/14 Time:**

2:30- 4:30 pm **Location:** Embrace

