

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Assisted Living

February 2024

<p>9:15 SilverSneakers Fitness Class - RA 10 Catholic Communion-GR 10-Live Stream Christian Church 1:00 Bingo Game - B 2:30 Armchair Concert - B 5:30 Resident's Choice Movie - B</p>	<p>9:30 StrongerU Senior Weight Training - RA 10:00 Songs that Tell a Story, Piano & Sing-along w/ Cathy-B 1:00 Bingo Game - B 3:00 Texas Hold'em Poker Game - GR 5:30 Classic Comedy Night with Popcorn - B</p>	<p>9:30 Health and Wellness Exercise w/ Devon-RA 1:00 Food & Demo Nutrition Class w/ Rachel - B 2:30 Bingo Game - B 3:45 Movers and Shakers Walking Club - CY 5:30 Poker Game Night - GR</p>	<p>9:30 StrongerU Aerobics Workout and Meditation-RA 10:10 Aromatherapy and Hand Pampering w/ Elle - B 1:30 Catholic Communion-GR 2:00 Bingo Game - B 5:30 Evening Bible Study John/Mark, Jeanine on Piano</p>	<p>9:30 Aerobics & Flexibility 1 10:00 Calm Meditation - Ra 10:15 Shopping Day: Dollar Tree/Walmart - BT 1:00 Resident Council Meeting 2:00 Bingo Game - B 3:00 Nature Documentary-B 5:30 Word Puzzle Challenge-B</p>	<p>9:30 Gentle Chair Yoga-RA 2 10:00 Guided Meditation-RA 10:10 Senior Topics Class By Mary Frances - B 1:00 Bingo - B 3:00 Fun Friday! Happy Hour Live Entertainment by Cate-RA 5:30 Netflix Movie Night - B</p>	<p>9:30 StrongerU Sr. Fitness 3 Cardio & Core Exercise-B 10:00 Calm Meditation 10:30 Senior Trivia - B 1:00 Bingo - B 3:00 VC Star Youth Mini Concert (String/Piano)-RA 5:30 LCR Card Game with Friends - GR</p>
<p>9:15 SilverSneakers Fitness Class - RA 10 Catholic Communion-GR 10-Live Stream Christian Church 1:00 Bingo Game - B 2:30 Armchair Concert - B 5:30 Resident's Choice Movie - B</p>	<p>9:30 StrongerU Senior Weight Training - RA 10:00 iPad Fun & Games - B 1:00 Bingo Game - B 3:00 Texas Hold'em Poker Game - GR 5:30 Classic Comedy Night with Popcorn - B</p>	<p>9:30 Health and Wellness Exercise w/ Devon-RA 1:00 Food & Demo Nutrition Class w/ Rachel - B 2:30 Bingo Game - B 3:45 Movers and Shakers Walking Club - CY 5:30 Poker Game Night - GR</p>	<p>9:30 StrongerU Aerobics Workout and Meditation-RA 10:10 Aromatherapy and Hand Pampering w/ Elle - B 1:30 Catholic Communion-GR 2:00 Bingo Game - B 5:30 Evening Bible Study John/Mark, Jeanine on Piano</p>	<p>9:30 Aerobics & Flexibility 8 10:00 Calm Meditation - Ra 10:00 Mystery Scenic Drive 1:00 Bingo Game - B 2:30 Flower Arranging -B 5:30 Word Puzzle Challenge-B</p>	<p>9:30 Gentle Chair Yoga-RA 9 10:00 Guided Meditation-RA 10:10 Senior Topics Class By Mary Frances - B 1:00 Bingo - B 3:00 Fun Friday! Pizza and Country Music with Tom on Banjo/Guitar - RA 5:30 Netflix Movie Night - B</p>	<p>9:30 StrongerU Sr. Fitness 10 Cardio & Core Exercise 10:00 Calm Meditation 10:30 Pet Therapy - CY/RA 1:00 Bingo - B 3:30 Valencia High MUSIC club - RA 5:30 Four Kings in a Corner Game with Friends - GR</p>
<p>9:15 SilverSneakers Fitness Class - RA 10 Catholic Communion-GR 10-Live Stream Christian Church 1:00 Bingo Game - B 3:30 Super Bowl Party - B 5:30 Table Games with Friend's Church - GR</p>	<p>9:30 StrongerU Senior Weight Training - RA 10:00 iPad Fun & Games - B 1:00 Bingo Game - B 3:00 Texas Hold'em Poker Game - GR 5:30 Classic Comedy Night with Popcorn - B</p>	<p>9:30 Health and Wellness Exercise w/ Devon-RA 1:00 Food & Demo Nutrition Class w/ Rachel - B 2:30 Bingo Game - B 3:45 Movers & Shakers Walking Club - CY 5:30 Poker Game Night - GR</p>	<p>9:30 StrongerU Aerobics Workout and Meditation-RA 10:10 Art for All Ages Class-B 11-Valentine's Day Luncheon Live Entertainment by Ron-RA 1:00 Bingo Game - B 3- Alex & Dani Valentine Duet 5:30 Evening Bible Study John/Mark, Jeanine on Piano</p>	<p>9:30 Aerobics & Flexibility 15 10:00 Calm Meditation - Ra 10:15 Errand Day - BT 1:00 Bingo Game - B Bonus: Random Act of Kindness Bingo 2:15 Activity Chat - B (Input Appreciated) 3:00 Animal Documentary-B 5:30 Word Puzzle Challenge-B</p>	<p>9:30 Gentle Chair Yoga 16 10:00 Guided Meditation-RA 10:10 Sr Topics Class By Mary Frances - B 1:00 Bingo - B 2:15 Satin & Pampered Hands with Zitlali of Mary Kay-GR 3:00 Fun Friday! Cocktails with Cupid, Perry on Piano - RA 5:30 Netflix Movie Night - B</p>	<p>9:30 StrongerU Sr. Fitness 17 Cardio & Core Exercise 10:00 Calm Meditation 10:30 Senior Trivia - B 1:00 Bingo - B 2:10 Armchair Opera Music: "Bizet:Carmen"- B 5:30 LCR Card Game with Friends - GR</p>
<p>9:15 SilverSneakers Fitness Class - RA 10 Catholic Communion-GR 10:00 Devotional Gathering with Dave - B 1:00 Bingo Game - B 2:30 Armchair Concert - B 5:30 Resident's Choice Movie - B</p>	<p>9:30 StrongerU Senior Weight Training - RA 10:00 Songs that Tell a Story, Piano & Sing-along w/ Cathy-B 1:00 Bingo Game - B 3:00 Texas Hold'em Poker Game - GR 5:30 Classic Comedy Night with Popcorn - B</p>	<p>9:30 Health and Wellness Exercise w/ Devon-RA 1:00 Food & Demo Nutrition Class w/ Rachel - B 2:30 Bingo Game - B 3:45 Movers & Shakers Walking Club - CY 5:30 Poker Game Night - GR</p>	<p>9:30 StrongerU Aerobics Workout and Meditation-RA 10:10 Doc Talk w/ Dr. Steve Le "Heart Healthy Tips & Disease Prevention" Q&A after - B 10:30 Catholic Mass w/ Fr Nick 1:00 Bingo Game - B 2:15 Dining Menu Chat w/Kim 5:30 Evening Bible Study - RA</p>	<p>9:30 Aerobics & Flexibility 22 10:00 Calm Meditation - Ra 11:00 Library Trip: Placentia - BT 1:00 Bingo Game - B 2:30 Craft Corner: Decoupage-B 5:30 Word Puzzle Challenge-B</p>	<p>9:30 Gentle Chair Yoga-RA 23 10:00 Guided Meditation-RA 10:10 Senior Topics Class By Mary Frances - B 1:00 Bingo - B 3:00 February Celebrant Birthday Bash w/ Mathew-RA 5:30 Netflix Movie Night - B</p>	<p>9:30 StrongerU Sr. Fitness 24 Cardio & Core Exercise 10:00 Calm Meditation 10:30 Pet Therapy - CY/RA 1:00 Bingo - B 2:10 Armchair Opera Music: "Puccini: Madama Butterfly"-B 5:30 Four Kings in a Corner Game with Friends-GR</p>
<p>9:15 SilverSneakers Fitness Class - RA 10 Catholic Communion-GR 10-Live Stream Christian Church 1:00 Bingo Game - B 2:30 Armchair Concert - B 5:30 Table Games with Friend's Church - GR</p>	<p>9:30 StrongerU Senior Weight Training - RA 10:00 iPad Fun & Games - B 1:00 Bingo Game - B 3:00 Texas Hold'em Poker Game - GR 5:30 Classic Comedy Night with Popcorn - B</p>	<p>9:30 Health and Wellness Exercise w/ Devon-RA 1:00 Food & Demo Nutrition Class w/ Rachel - B 2:30 Bingo Game - B 3:45 Movers & Shakers Walking Club - CY 5:30 Poker Game Night - GR</p>	<p>9:30 StrongerU Aerobics Workout and Meditation-RA 10:10 Art for All Ages Class-B 10:30 Travelling Fashion Boutique - RA 1:00 Bingo Game - B 5:30 Evening Bible Study John/Mark, Jeanine on Piano</p>	<p>9:30 Aerobics & Flexibility 29 10:00 Calm Meditation - Ra 10:15 Out to Lunch: Resident's Choice - BT 1:00 Bingo Game - B 3:00 Science Documentary-B 5:30 Word Puzzle Challenge-B</p>	<p>Legend: DR-Dining Rm CY-Courtyard BT-Bus RA-Receiving Area B-Bistro GR-Game Room</p> 	