

# February 2024 Vitality Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:30 Reading &amp; Puzzles-GR **</p> <p>8:30 Sing Along-MS *</p> <p>9:15 Daily Chronicles-MS/GR</p> <p>9:30 Moving &amp; Counting-MS *</p> <p>9:30 Sit &amp; Be Fit-GR **</p> <p>10:30 Balloon Parachute Game-MS *</p> <p>10:30 Balloon Tennis-GR **</p> <p>10:30 Color by numbers-MS **</p> <p>1:00 Flower Arrangement-MS/GR</p> <p>1:30 Watercolor Project-MS/GR</p> <p>2:30 Balloon Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 "Documentary"-VT</p>	<p>8:30 Reminisce w/ Pictures &amp; Music-MS *</p> <p>8:30 Word Search &amp; Color by Num. -GR **</p> <p>9:15 News &amp; Views-MS/GR</p> <p>9:30 Dance &amp; Stretching-MS *</p> <p>9:30 Morning Fitness-GR **</p> <p>10:30 Balloon Baseball-MS **</p> <p>10:30 Bean Bag Toss-GR **</p> <p>1:00 Finish The Line-MS/GR</p> <p>1:30 Craft Project-MS/GR **</p> <p>1:30 Sing Along- MS *</p> <p>2:30 Balloon Tennis-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 Classical Movies-VT</p>	<p>8:30 Sing Along w/ Frank Sinatra-MS *</p> <p>8:30 Word Search &amp; Crosswords-GR **</p> <p>9:15 Daily Chronicles-MS/GR</p> <p>9:30 Moving &amp; Counting-MS *</p> <p>9:30 Sit &amp; Be Fit-GR **</p> <p><b>10:00 Vet to Vet with Apreva-GR</b></p> <p>10:30 Balloon Tennis-MS/GR</p> <p>1:00 Card Decoration-MS/GR **</p> <p>1:00 Flower Arrangement-MS *</p> <p>2:00 BINGO- MS/GR</p> <p>3:00 Bowling Game-GR **</p> <p>3:00 Music &amp; Instruments Circle-MS *</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p>	<p>8:30 Reading &amp; Puzzles-GR **</p> <p>8:30 Sing Along-MS *</p> <p>9:15 News &amp; Views-MS/GR</p> <p>9:30 Dance &amp; Stretching-MS *</p> <p>9:30 Sit &amp; Be Fit- MS/GR **</p> <p>10:30 Basketball Game-MS *</p> <p>10:30 Volleyball Game-GR **</p> <p>1:00 Canvas Creation-GR **</p> <p><b>1:00 SPA Day-MS *</b></p> <p>2:00 Red Cup Surprise Game-MS *</p> <p>2:00 Rummikub &amp; Dominoes-GR **</p> <p>3:00 Balloon Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p>	<p>8:30 Reminisce w/ Pictures &amp; Music-MS *</p> <p>8:30 Word Search &amp; Color by Num.-GR **</p> <p>9:15 Daily Chronicles-MS/GR</p> <p>9:30 Dance &amp; Stretching-MS *</p> <p>9:30 Morning Fitness-GR **</p> <p>9:30 Music Memories &amp; Big Dice Game-TP</p> <p>10:30 Balloon Toss-MS/GR</p> <p>1:00 Craft Project-GR **</p> <p>1:00 Watercolor Project-MS *</p> <p><b>1:30 Scenic Drive to Mission Bay-MS **</b></p> <p>2:00 BINGO- MS/GR</p> <p>3:00 Sing Along-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p>	<p>8:30 Sing Along w/ Frank Sinatra-MS *</p> <p>8:30 Word Search &amp; Crosswords-GR **</p> <p>9:15 News &amp; Views-MS/GR</p> <p>9:30 Moving &amp; Counting-MS *</p> <p>9:30 Sit &amp; Be Fit- GR **</p> <p>10:30 Basketball Game-MS *</p> <p>10:30 Volleyball Balloon Game-GR **</p> <p>1:00 Craft Project-GR **</p> <p>1:00 Flower Arrangement-MS *</p> <p>2:00 Cards &amp; Dominoes-GR **</p> <p>2:00 Red Cup Surprise Game-MS *</p> <p>3:00 Balloon Toss-MS/GR</p> <p>6:00 Wind Down-GR</p>	<p>8:30 Reading &amp; Puzzles-GR **</p> <p>8:30 Sing Along- MS *</p> <p>9:15 News &amp; Views-MS/GR</p> <p>9:30 Dance &amp; Stretching-MS*</p> <p>9:30 Sit &amp; Be Fit-GR **</p> <p>10:30 Bean Bag Toss-GR **</p> <p>10:30 Bowling Game-MS *</p> <p>1:00 Famous Faces &amp; Places-MS *</p> <p>1:00 Finish the Line-GR **</p> <p><b>1:30 Scenic Drive to Harbor Drive-MS</b></p> <p><b>2:00 Christian Service w/Ed Equid-C</b></p> <p>2:00 Pop Corn Social-MS/GR</p>
<p>8:30 Reading &amp; Puzzles-GR **</p> <p>8:30 Sing Along-MS *</p> <p>9:15 Daily Chronicles-MS/GR</p> <p>9:30 Moving &amp; Counting-MS *</p> <p>9:30 Sit &amp; be Fit-GR **</p> <p>10:30 Balloon Parachute Game-MS *</p> <p>10:30 Balloon Tennis-GR **</p> <p>10:30 Color by numbers-MS **</p> <p>1:00 Flower Arrangement-MS/GR</p> <p>1:30 Watercolor Project-MS/GR</p> <p>2:30 Balloon Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 "Documentary"-VT</p>	<p>8:30 Reminisce w/ Pictures &amp; Music-MS *</p> <p>8:30 Word Search &amp; Color by Num.-GR **</p> <p>9:15 News &amp; Views-MS/GR</p> <p>9:30 Dance &amp; Stretching-MS*</p> <p>9:30 Morning Fitness-GR **</p> <p>10:30 Balloon Baseball-MS *</p> <p>10:30 Bean Bag Toss-GR **</p> <p>1:00 Finish The Line-MS/GR</p> <p>1:30 Craft Project-MS/GR **</p> <p>1:30 Sing Along- MS *</p> <p>2:30 Balloon Tennis-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 Classical Movies-V</p>	<p>8:30 Sing Along w/ Frank Sinatra-MS *</p> <p>8:30 Word Search &amp; Crosswords-GR **</p> <p>9:15 Daily Chronicles-MS/GR</p> <p>9:30 Matching Cards &amp; Watercolor-TP</p> <p>9:30 Moving &amp; Counting-MS *</p> <p>9:30 Sit &amp; Be Fit-GR **</p> <p>10:30 Balloon Tennis-MS/GR</p> <p>1:00 Card Decoration-GR **</p> <p>1:00 Flower Arrangement-MS *</p> <p><b>1:30 Scenic Drive to Seaport Village-MS **</b></p> <p>2:00 BINGO- MS/GR</p> <p>3:00 Bowling Game-GR **</p> <p>3:00 Music &amp; Instruments Circle-MS *</p> <p>5:00 Evening Stroll-MS</p>	<p>8:30 Reading &amp; Puzzles-GR **</p> <p>8:30 Sing Along-MS *</p> <p>9:15 News &amp; Views-MS/GR</p> <p>9:30 Dance &amp; Stretching-MS *</p> <p>9:30 Sit &amp; Be Fit- MS/GR **</p> <p>10:30 Basketball Game-MS *</p> <p>10:30 Volleyball Game-GR **</p> <p>1:00 Canvas Creation-GR **</p> <p><b>1:00 SPA Day-MS *</b></p> <p>2:00 Red Cup Surprise Game-MS *</p> <p>2:00 Rummikub &amp; Dominoes-GR **</p> <p>3:00 Balloon Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p>	<p>8:30 Reminisce w/ Pictures &amp; Music-MS *</p> <p>8:30 Word Search &amp; Color by Numb.-GR **</p> <p>9:15 Daily Chronicles-MS/GR</p> <p>9:30 Dance &amp; Stretching-MS *</p> <p>9:30 Morning Fitness-GR **</p> <p>9:30 Music Memories &amp; Big Dice Game-TP</p> <p>10:30 Balloon Toss-MS/GR</p> <p>1:00 Craft Project-GR **</p> <p>1:00 Watercolor Project-MS *</p> <p><b>2:00 Valentine's Day Social-GR</b></p> <p>3:00 Sing Along-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 "Comedy Movies"-VT</p>	<p>8:30 Sing Along w/ Frank Sinatra-MS *</p> <p>8:30 Word Search &amp; Crosswords-GR **</p> <p>9:15 News &amp; Views-MS/GR</p> <p>9:30 Moving &amp; Counting-MS *</p> <p>9:30 Sit &amp; Be Fit- GR **</p> <p>10:30 Basketball Game-MS *</p> <p>10:30 Volleyball Balloon Game-GR **</p> <p>1:00 Craft Project-GR **</p> <p>1:00 Flower Arrangement-MS *</p> <p>2:00 Cards &amp; Dominoes-GR **</p> <p>2:00 Red Cup Surprise Game-MS *</p> <p>3:00 Balloon Toss-MS/GR</p>	<p>8:30 Reading &amp; Puzzles-GR **</p> <p>8:30 Sing Along- MS *</p> <p>9:15 News &amp; Views-MS/GR</p> <p>9:30 Dance &amp; Stretching-MS*</p> <p>9:30 Sit &amp; Be Fit-GR **</p> <p>10:30 Bean Bag Toss-GR **</p> <p>10:30 Bowling Game-MS *</p> <p>1:00 Famous Faces &amp; Places-MS *</p> <p>1:00 Finish the Line-GR **</p> <p><b>1:30 Scenic Drive to Imperial Beach-MS **</b></p> <p><b>2:00 Christian Service w/Ed Equid-C</b></p> <p>2:00 Pop Corn Social-MS/GR</p> <p>5:00 Evening Stroll-MS</p>
<p>8:30 Reading &amp; Puzzles-GR **</p> <p>8:30 Sing Along-MS *</p> <p>9:15 Daily Chronicles-MS/GR</p> <p>9:30 Moving &amp; Counting-MS *</p> <p>9:30 Sit &amp; be Fit-GR **</p> <p>10:30 Balloon Parachute Game-MS *</p> <p>10:30 Balloon Tennis-GR **</p> <p>10:30 Color by numbers-MS **</p> <p>1:00 Flower Arrangement-MS/GR</p> <p>1:30 Watercolor Project-MS/GR</p> <p>2:30 Balloon Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 "Documentary"-VT</p>	<p>8:30 Reminisce w/ Pictures &amp; Music-MS *</p> <p>8:30 Word Search &amp; Color by Num. -GR **</p> <p>9:15 News &amp; Views-MS/GR</p> <p>9:30 Dance &amp; Stretching-MS*</p> <p>9:30 Morning Fitness-GR **</p> <p>10:30 Balloon Baseball-MS **</p> <p>10:30 Bean Bag Toss-GR **</p> <p>1:00 Finish The Line-MS/GR</p> <p>1:30 Craft Project-MS/GR **</p> <p>1:30 Sing Along- MS *</p> <p>2:30 Balloon Tennis-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 Classical Movies-VT</p>	<p>8:30 Sing Along w/ Frank Sinatra-MS *</p> <p>8:30 Word Search &amp; Crosswords-GR **</p> <p>9:15 Daily Chronicles-MS/GR</p> <p>9:30 Matching Cards &amp; Watercolor-TP</p> <p>9:30 Moving &amp; Counting-MS *</p> <p>9:30 Sit &amp; Be Fit-GR **</p> <p>10:30 Balloon Tennis-MS/GR</p> <p>1:00 Card Decoration-GR **</p> <p>1:00 Flower Arrangement-MS *</p> <p>2:00 BINGO- MS/GR</p> <p>3:00 Bowling Game-GR **</p> <p>3:00 Music &amp; Instruments Circle-MS *</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p>	<p>8:30 Reading &amp; Puzzles-GR **</p> <p>8:30 Sing Along-MS *</p> <p>9:15 News &amp; Views-MS/GR</p> <p>9:30 Dance &amp; Stretching-MS *</p> <p>9:30 Sit &amp; Be Fit- GR **</p> <p>10:30 Basketball Game-MS *</p> <p><b>10:30 Virtual Reality Experience w/ Anchor Health-VT</b></p> <p>1:00 Canvas Creation-GR **</p> <p><b>1:00 SPA Day-MS *</b></p> <p>2:00 Red Cup Surprise Game-MS *</p> <p>2:00 Rummikub &amp; Dominoes-GR **</p> <p>3:00 Balloon Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p>	<p>8:30 Reminisce w/ Pictures &amp; Music-MS *</p> <p>8:30 Word Search &amp; Color by Num.-GR **</p> <p>9:15 Daily Chronicles-MS/GR</p> <p>9:30 Dance &amp; Stretching-MS *</p> <p>9:30 Morning Fitness-GR **</p> <p>9:30 Music Memories &amp; Big Dice Game-TP</p> <p>10:30 Balloon Toss-MS/GR</p> <p>1:00 Craft Project-GR **</p> <p>1:00 Watercolor Project-MS *</p> <p><b>2:00 Birthday Celebration Social-GR</b></p> <p>3:00 Sing Along-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 "Comedy Movies"-VT</p>	<p>8:30 Sing Along w/ Frank Sinatra-MS *</p> <p>8:30 Word Search &amp; Crosswords-GR **</p> <p>9:15 News &amp; Views-MS/GR</p> <p>9:30 Moving &amp; Counting-MS *</p> <p>9:30 Sit &amp; Be Fit- GR **</p> <p>10:30 Basketball Game-MS *</p> <p>10:30 Volleyball Balloon Game-GR **</p> <p>1:00 Craft Project-GR **</p> <p>1:00 Flower Arrangement-MS *</p> <p>2:00 Cards &amp; Dominoes-GR **</p> <p>2:00 Red Cup Surprise Game-MS *</p> <p>3:00 Balloon Toss-MS/GR</p>	<p>8:30 Reading &amp; Puzzles-GR **</p> <p>8:30 Sing Along- MS *</p> <p>9:15 News &amp; Views-MS/GR</p> <p>9:30 Chicken Soup for the Soul &amp; Picture Trivia-TP</p> <p>9:30 Dance &amp; Stretching-MS*</p> <p>9:30 Sit &amp; Be Fit-GR **</p> <p>10:30 Bean Bag Toss-GR **</p> <p>10:30 Bowling Game-MS *</p> <p>1:00 Famous Faces &amp; Places-MS *</p> <p>1:00 Finish the Line-GR **</p> <p><b>1:30 Scenic Drive to Coronado-MS **</b></p> <p><b>2:00 Christian Service w/Ed Equid-C</b></p> <p>2:00 Pop Corn Social-MS/GR</p>
<p>8:30 Reading &amp; Puzzles-GR **</p> <p>8:30 Sing Along-MS *</p> <p>9:15 Daily Chronicles-MS/GR</p> <p>9:30 Moving &amp; Counting-MS *</p> <p>9:30 Sit &amp; be Fit-GR **</p> <p>10:30 Balloon Parachute Game-MS *</p> <p>10:30 Balloon Tennis-GR **</p> <p>10:30 Color by numbers-MS **</p> <p>1:00 Flower Arrangement-MS/GR</p> <p>1:30 Watercolor Project-MS/GR</p> <p>2:30 Balloon Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 "Documentary"-VT</p>	<p>8:30 Reminisce w/ Pictures &amp; Music-MS *</p> <p>8:30 Word Search &amp; Color by Num. -GR **</p> <p>9:15 News &amp; Views-MS/GR</p> <p>9:30 Dance &amp; Stretching-MS*</p> <p>9:30 Morning Fitness-GR **</p> <p>10:30 Balloon Baseball-MS *</p> <p>10:30 Bean Bag Toss-GR **</p> <p>1:00 Finish The Line-MS/GR</p> <p>1:30 Craft Project-MS/GR **</p> <p>1:30 Sing Along- MS *</p> <p>2:30 Balloon Tennis-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 Classical Movies-VT</p>	<p>8:30 Sing Along w/ Frank Sinatra-MS *</p> <p>8:30 Word Search &amp; Crosswords-GR **</p> <p>9:15 Daily Chronicles-MS/GR</p> <p>9:30 Matching Cards &amp; Watercolor-TP</p> <p>9:30 Moving &amp; Counting-MS *</p> <p>9:30 Sit &amp; Be Fit-GR **</p> <p>10:30 Balloon Tennis-MS/GR</p> <p>1:00 Card Decoration-GR **</p> <p>1:00 Flower Arrangement-MS *</p> <p>2:00 BINGO- MS/GR</p> <p>3:00 Bowling Game-GR **</p> <p>3:00 Music &amp; Instruments Circle-MS *</p> <p>5:00 Evening Stroll-MS</p>	<p>8:30 Reading &amp; Puzzles-GR **</p> <p>8:30 Sing Along-MS *</p> <p>9:15 News &amp; Views-MS/GR</p> <p>9:30 Dance &amp; Stretching-MS *</p> <p>9:30 Sit &amp; Be Fit- MS/GR **</p> <p>10:30 Basketball Game-MS *</p> <p>10:30 Volleyball Game-GR **</p> <p>1:00 Canvas Creation- GR **</p> <p><b>1:00 SPA Day-MS *</b></p> <p>2:00 Red Cup Surprise Game-MS *</p> <p>2:00 Rummikub &amp; Dominoes-GR **</p> <p>3:00 Sing Along-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p>	<p>8:30 Reminisce w/ Pictures &amp; Music-MS *</p> <p>8:30 Word Search &amp; Color by Num.-GR **</p> <p>9:15 Daily Chronicles-MS/GR</p> <p>9:30 Dance &amp; Stretching-MS *</p> <p>9:30 Morning Fitness-GR **</p> <p>9:30 Music Memories &amp; Big Dice Game-TP</p> <p>10:30 Balloon Toss-MS/GR</p> <p>1:00 Craft Project-GR **</p> <p>1:00 Watercolor Project-MS *</p> <p><b>1:30 Scenic Drive to Ocean Beach-MS</b></p> <p>2:00 BINGO- MS/GR</p> <p>3:00 Balloon Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p>	<p>Activities Difficulty level</p> <p>Easy *                      Medium **</p> <p>GR: Great Room</p> <p>MS: Main St.</p> <p>CC: Cultural Center</p> <p>C: Chapel</p> <p>VT: Village Theater</p> <p>TP: Torrey Pines</p>	