

REFLECTIONS - FEBRUARY 2025

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1
10:30 Light Weights
11:00 This Day in History
1:30 SingAlong All About Love
2:00 Prize BINGO
2:30 Discussion: Then and Now
3:30 Saturday Social Hour
4:00 Self Care Saturday
4:30 Saturday Stretch
6:00 Stress-Less Sessions

2
10:00 Stretch & Flexibility
10:30 Spiritual Studies
11:15 Bowling League
1:30 Move to the Music
2:00 Beginner Crossword
2:30 Sunday Spa
3:30 Sunday Soiree
4:00 Cardio Movement
6:00 Relaxation Session

3
10:00 Barre Fitness Class
10:30 Scenic Outing
10:30 Crafts: Heart Shaped Bird Feeders
1:30 Sing along to the Oldies
1:45 Motivational Mondays
3:00 Low Intensity Workout
3:30 Neighborhood Get Together
6:00 Mindful Coloring- Gingham

4
10:15 Resistance Band Training
10:45 Tuesday Trivia
11:15 Knitting/Crocheting Club
1:30 Discussion: Famous Love Letters
2:00 Museum to You w/ Darby
3:00 Cardio Movement
3:30 Wine & Cheese Social
4:15 Gratitude Journaling
6:00 Healthy Habits

5
10:15 Light Weights
10:30 Wednesday Wisdom
10:45 Armchair Travel
1:30 Mindful Breathwork
1:45 Tai Chi for Balance
2:30 Communion Service
3:00 Teas of the World
4:00 Documentary Series
6:00 Virtual Classical Concert

6
10:15 TheraBands
10:30 Flower Arranging w/ Allie
11:00 Online Trivia Game
11:30 Hand Massage
1:30 Art: String Painting
2:30 Cardio Partners
3:30 Hot Cocoa Bar Social
6:00 Listening Group: Audio Book Club

7
10:15 Yoga Flow
10:30 Positive News Reports
10:45 Easy Listening Music
11:30 Chicken Soup for the Soul
1:30 Send a Card to a Friend
2:30 Range of Motion Therapy
3:30 Pizza Party Happy Hour
4:00 Our Gang Memories YouTube
6:00 Calming Colors & Music

8
10:30 Light Weights
11:00 This Day in History
1:30 Love Songs Through the Decades
2:00 Prize BINGO
2:30 Discussion: Then and Now
3:30 Saturday Social Hour
4:00 Self Care Saturday
4:30 Saturday Stretch
6:00 Stress-Less Sessions

9
10:00 Stretch & Flexibility
10:30 Spiritual Studies
11:15 Bowling League
1:30 Move to the Music
2:00 Beginner Crossword
2:00 Puppy Bowl
2:30 Sunday Spa
3:30 Sunday Soiree
4:00 Cardio Movement
6:00 Relaxation Session

10
10:00 Barre & Balance w/Sue
10:30 Scenic Outing
11:00 Love Story Shorts
1:30 Karaoke Love Song Classic
1:45 Motivational Mondays
3:00 Endurance Exercises
3:30 Neighborhood Get Together
6:00 Mindful Coloring- Paisley

11
10:15 Resistance Band Training
10:45 Art Therapy with Sophie
11:15 Knitting/Crocheting Club
11:30 Council Meeting
1:30 Decorate Heart Cookies
2:00 Penny Pinchers
3:00 Frank Porto Band
3:30 Wine & Cheese Social
4:15 Gratitude Journaling
6:00 Healthy Habits

12
10:15 Light Weights
10:45 Valentine's Day Trivia
1:30 Mindful Breathwork
1:45 Tai Chi for Balance
2:00 Albert, Live on Violin
2:30 Communion Service
3:30 Winter Mixer
4:00 Mind Stretch Word Challenge
6:00 Virtual Classical Concert

13
10:15 TheraBands
11:00 Online Trivia Game
11:30 Hand Massage
1:30 Paint Demo: 3D Pigeons
2:30 Cardio Partners
3:00 PBS Passport to Learning
3:30 Hot Cocoa Bar Social
4:00 Poetry Partners
6:00 Listening Group: Audio Book Club

14 Valentine's Day
10:15 Yoga Flow
10:30 Positive News Reports
10:45 Story Telling with Sandy
11:30 Easy Listening Music
1:30 Music with Tess
2:30 Range of Motion Therapy
3:30 Pizza Party Happy Hour
4:00 Our Gang Memories YouTube
6:00 Calming Colors & Music

15
10:30 Light Weights
11:00 This Day in History
1:30 Sing Along Saturday
2:00 Prize BINGO
2:30 Discussion: Then and Now
3:30 Saturday Social Hour
4:00 Self Care Saturday
4:30 Saturday Stretch
6:00 Stress-Less Sessions

16
10:00 Stretch & Flexibility
10:30 Spiritual Studies
11:15 Bowling League
1:30 Move to the Music
2:00 Beginner Crossword
2:30 Sunday Spa Day
3:30 Sunday Soiree
4:00 Cardio Movement
6:00 Relaxation Session

17 President's Day
10:00 Barre & Balance
10:30 Scenic Outing
11:00 Drawing Class
1:30 Sing along to the Oldies
1:45 Motivational Mondays
3:00 Low Intensity Workout
3:30 Neighborhood Get Together
6:00 Mindful Coloring- Mandala

18
10:15 Resistance Band Training
10:45 Tuesday Trivia
11:15 Knitting/Crocheting Club
1:30 Culinary: Yogurt Parfaits
2:00 Tom Sansone Saxophone
3:00 Cardio Movement
3:30 Wine & Cheese Social
4:15 Gratitude Journaling
6:00 Healthy Habits Conversation

19
10:15 Light Weights
10:30 Wednesday Wisdom
10:45 Armchair Travel
1:30 Mindful Breathwork
1:45 Tai Chi for Balance
2:30 Communion Service
3:00 Teas of the World
4:00 Documentary Series
6:00 Virtual Classical Concert

20
10:15 TheraBands
11:00 Online Trivia Game
1:30 Paint Watercolor & Salt
2:30 Open Art Session
2:30 Cardio Partners
3:00 PBS Passport to Learning
3:30 Hot Cocoa Bar Social
4:00 Music Listening Hour: Broadway
6:00 Listening Group: Audio

21
9:00 Easy Listening Music
10:15 Yoga Flow
10:30 Positive News Reports
11:30 Chicken Soup for the Soul
1:30 Discussion Famous Couples
2:30 Range of Motion Therapy
3:30 Pizza Party Happy Hour
4:00 Our Gang Memories YouTube
6:00 Calming Colors & Music

22
10:30 Light Weights
11:00 This Day in History
1:30 Spa Experience
1:30 Sing Along Saturday
2:00 Prize BINGO
2:30 Discussion: Then and Now
3:30 Saturday Social Hour
4:00 Self Care Saturday
4:30 Saturday Stretch
6:00 Stress-Less Sessions

23
10:00 Stretch & Flexibility
10:30 Spiritual Studies
11:15 Bowling League
1:30 Move to the Music
2:00 Beginner Crossword
2:30 Sunday Spa Day
3:00 Creative Arts: Collage
3:30 Sunday Soiree
4:00 Cardio Movement
6:00 Relaxation Session

24
10:00 Barre & Balance
10:30 Scenic Outing
11:00 Drawing Class
1:30 Sing along to the Oldies
1:45 Motivational Mondays
3:00 Endurance Exercises
3:30 Neighborhood Get Together
6:00 Mindful Coloring- Floral

25
10:15 Resistance Band Training
10:45 Tuesday Trivia
11:15 Knitting/Crocheting Club
1:30 Crafting:Mardi Gras Masks
2:00 Penny Pinchers
2:30 Over Easy Perform
3:00 Cardio Movement
3:30 Wine & Cheese Social
4:15 Gratitude Journaling
6:00 Healthy Habits

26
10:15 Light Weights
10:30 Wednesday Wisdom
10:45 Armchair Travel
1:30 Mindful Breathwork
1:45 Tai Chi for Balance
2:30 Communion Service
3:30 Winter Mixer
4:00 Mind Stretch Word Challenge
6:00 Virtual Classical Concert

27
10:15 TheraBands
11:00 Online Trivia Game
11:30 Hand Massage
1:30 Tissue Paper Hearts
2:00 Warren Bloom
3:00 PBS Passport to Learning
3:30 Hot Cocoa Bar Social
4:00 Poetry Partners
6:00 Listening Group: Audio Book Club

28
9:00 Easy Listening Music
10:15 Yoga Flow
10:30 Positive News Reports
11:30 Easy Listening Music
1:30 Music with Tess
2:30 Range of Motion Therapy
3:30 Pizza Party Happy Hour
4:00 Our Gang Memories YouTube
6:00 Calming Colors & Music



Reflections News

“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.” — Martin Luther King, Jr.

February Birthdays

Sandy W. 2/21

Our engagement program is built upon both our residents' interests and our Five Principles for Vitality.

By providing quality and choice, we hope to encourage socialization and well-being for mind, body, and spirit.

Continued Learning
Arts & Culture
Physical Fitness
Community Connections
Wellness & Self-Care