

# February 2023

## The Seasons Assisted Living— Traditional Activity Weekly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11
<b>9:15</b> <b>Virt. Catholic Mass (YT)</b>	<b>10:00</b> <b>Walking Club</b>	<b>10:00</b> <b>Walking Club</b>	<b>10:00</b> <b>Walking Club</b>	<b>10:00</b> <b>Walking Club</b>	<b>9:45</b> <b>Errand Run: Wal-Greens</b>	<b>10:00</b> <b>Walking Club</b>
<b>10:15</b> <b>Communion w/ OLM</b>	<b>11:00</b> <b>Exercise Group</b>	<b>11:00</b> <b>Exercise Group</b>	<b>11:00</b> <b>Exercise Group</b>	<b>11:00</b> <b>Exercise w/ Jill</b>	<b>10:00</b> <b>Walking Club</b>	<b>11:15</b> <b>Exercise Group</b>
<b>11:15</b> <b>Exercise Group</b>	<b>1:45</b> <b>Quarter Bingo</b>	<b>1:30</b> <b>Crafting with Connie:</b>	<b>1:45</b> <b>Quarter Bingo</b>	<b>1:30</b> <b>Exercise Bike/ Nail Care</b>	<b>11:00</b> <b>Exercise Group</b>	<b>1:30</b> <b>Classic Series: (AP) “Mary Tyler-Moore Show”</b>
<b>2:15</b> <b>Balloon Bash</b>	<b>3:15</b> <b>Activity/Ambassador’s Meeting</b>	<b>3:00</b> <b>Fireside Chat (social grp)</b>	<b>3:00</b> <b>Chaplain Chat w/ Cathy</b>	<b>3:00</b> <b>Menu Chat w/ Paul</b>	<b>1:30</b> <b>Shopping Trip: Garden City</b>	<b>2:15</b> <b>Floor Target Practice</b>
<b>3:00</b> <b>Sunday Matinee (NF) Twins (1988 1:46)</b>	<b>4:00</b> <b>Happy Hour</b>	<b>6:00</b> <b>Paint Pour Night w/ Pretzels &amp; Beer</b>	<b>4:00</b> <b>Happy Hour</b>	<b>4:00</b> <b>Music w/ Mike Coletta</b>	<b>1:45</b> <b>Quarter Bingo</b>	<b>2:00</b> <b>Bridge Club</b>
<b>6:00</b> <b>Resident Choice Movie (NF) Eat Pray Love (2010 2:20)</b>	<b>6:15</b> <b>Hi-Lo Jack</b>		<b>6:15</b> <b>Mid-Week Movie (NF) Grease (1978 1:51)</b>	<b>6:15</b> <b>Docuseries (NF) Explained (2018-2021) (S1: E7-8 1:10)</b>	<b>3:00</b> <b>Shopping Trip: Garden City</b>	<b>3:30</b> <b>Dominos</b>
					<b>4:00</b> <b>Trivia Pub</b>	<b>6:00</b> <b>High Stakes Bingo</b>
					<b>6:15</b> <b>Historical Drama (NF) The Crown (S4:E6) “Terra Nullus”</b>	<b>6:00</b> <b>Repeat Movie: (HM) Elvis (2022 2:25)</b>

Activities are Subject to Change—Please refer to Daily Hand-outs

All Outings are Weather Permitting