


February 2024

Alderwood Neighborhood



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|---|--|--|
|  |  | | | 1 09:15 Bingo 09:45 You & Me. 10:00 For the Fun of Fit 12:00 Meal Assistance 02:30 Circle of Friends | 2 Ground Hog Day 09:15 Musical movements 09:45 Express Yourself: Ground-hog Art 12:00 Meal Assistance 02.30 Dominoes | 3 09:15 Stepping out 10:00 Brains & Banter 12:00 Meal Assistance 02:30 Express yourself 03:30 You & Me |
| 4 09:15 Soothing Sensations 09:30 Fellowship Service 12:00 Meal Assistance 02:00 Music Therapy 02:30 In The Kitchen 03:30 Circle of Friends | 5 09:30 For The Fit of Fun 10:00 Stepping Out 12:00 Meal Assistance 02:30 Java Memory 03:30 You & Me 6:30 Documentary | 6 09:15 Express Yourself 10:00 Ladder Ball Target 10:30 In the Kitchen 02:00 Outing: Walmart 02:30 In The Kitchen 03:30 For The Soul | 7 09:00 Horticulture Therapy 10:45-11:30 Music Therapy 12:00 Meal Assistance 02:30 Circle of Friends 03:30 Ball Toss 04:00 Family Feud | 8 09:00 Black History Quiz 09:45 Ring Toss 10:00 Express Yourself 12:00 Meal Assistance 02:30 Hymn Sing 3:30 Soothing Sensations | 9 09:30 Musical Moments 10:45 You & Me 12:00 Meal Assistance 2:30 Entertainment: Filipa 03:45 For The Fun of Fit | 10 Chinese New Year 09:15 Express Yourself: Dragon Craft 09:45 It's Never Too Late 12:00 Meal Assistance 02:30 Chinese New Year Social 03:30 You & Me |
| 11 Superbowl Sunday 09:15 Bingo 09:30 Fellowship Service 12:00 Meal assistance 02:30 Soothing Sensations 03:30 In The Kitchen | 12 09:15 For The Fit of Fun 09:45 Brains & Banter 12:00 Lunch 02:30 Book Club 03:30 Dominoes Game 05:00 Dinner | 13 Mardi Gras 09:15 Stepping out 10:00 Mardi Gras Social 12:00 Lunch 02:00 Spiritual Service 02:30 Bingo 03:30 Musical Moments | 14 Valentine's Day 9:00 Horticulture Therapy 10:45-11:30 Music Therapy 09:45 Circle of Friends 12:00 Meal Assistance 2:30 Valentine's Day Ent: Elvis 04:00 Express Yourself | 15 09:00 Ring Toss 10:00 Java Music 12:00 Meal Assistance 2:15 Bingo 03:00 Resident Council 04:00 Meditation | 16 09:15 Brains & Banter 09:45 You & Me 12:00 Meal Assistance 02:30 Circle of Friends 03:30 In The Kitchen: Soul Food Cooking Black History Month | 17 09:30 For The Fun of Fit 10:30 Circle of Friends 12:00 Lunch 02:30 Brain & Banters 03:30 Musical Moments 04:00 It's Never Too Late |
| 18 09:15 Stepping Out 9:30 Fellowship Service 12:00 Meal Assistance 01:00 Documentary: Black History Month 02:30 Circle of Friends | 19 Family Day 09:15 Circle of Friends 09:45 Soothing Sensations 02:30 Family Festivities 02:30 Entertainment: Tim Godfrey 04:00 You & Me | 20 09:15 Stepping Out 09:45 Brains & Banter 12:00 Meal Assistance 02:30 Dominoes 03:30 Express Yourself | 21 09:00 Horticulture Therapy 10:00 Celebration of Life 10:45-11:30 Music Therapy 12:00 Meal Assistance 02:30 Italian Treats/Music 03:30 In the Kitchen | 22 09:15 Stepping Out 10:00 Java Music 11:00 Express Yourself 12:00 Meal Assistance 02:30 Black History Social 03:00 Treat Trolley | 23 09:30 Musical Moments 10:45 For The Fun of Fit 1:30 Outing: Hocky Hall of Fame 02:30 Bingo 03:45 Express Yourself 06:15 Brains & Banters | 24 09:15 For The Fun of Fit 09:45 Stepping Out 12:00 Meal Assistance 02:30 Circle of Friends 03:30 Dominoes 04:00 It's Never Too Late |
| 25 09:15 Stepping Out 09:30 Fellowship Service 12:00 Meal Assistance 02:30 Wine & Cheese 03:30 Brains & Banter | 26 09:15 For the fun of fit 09:45 Ring Toss 12:00 Meal Assistance 02:30 Java Music 04:00 family Feud 05:00 Dinner | 27 09:15 Stepping out 10:15 Soothing Sensations 02:00 Spiritual Service 02:30 Birthday Entertainment: Emilio 03:30 It's Never Too Late | 28 Pink Shirt Day 09:00 Horticulture Therapy 10:00-11:30 Music Therapy 09:45 Brains & Banter 12:00 Meal Assistance 02:30 Circle of Friends 03:30 Express Yourself | 29 09:00 Stepping Out 10:00 Concerts in Care 11:00 Bingo 12:00 Meal Assistance 02:30 Ladder Ball Target 03:30 You & Me |  | |