



# FEBRUARY 2025

## Saturday February 1st

### Harlem Renaissance Day

9:30 - Morning Meditation (CY)  
 10:00 - Total Body Conditioning (AR)  
 11:00- Daily Newsletter (AR)  
 1:30 – Poetry Slam Session (AR)  
 2:30 - Months Facts and Celebration of February (AR)  
 3:30-Test Your February IQ (AR)  
 4:00-Heart Health Challenge (AR)  
 7:00- Movie Night (TR)

## Sunday February 2nd

### Groundhog Day/Honor WWII Veterans Day

9:30 – Count Your Steps Cardio Walking Club (CY)  
 10:00 – Lower Body Conditioning (AR)  
 10:30-Manicures Session  
 11:00- First Baptist Church Service (TR)  
 11:30- Daily Newsletter  
 1:30-Scenic Drive (AR)  
 2:30 Bingo (AR)  
 4:00 Lay Servant Bible Study (TR)  
 6:30-Movie Night (LR)

## Monday February 3rd

### Norman Rockwell Day

9:30-Morning Meditation (CY)  
 10:00 -Lower Body Conditioning (CY)  
 10:30- Daily Newsletter (AR)  
 11:00-Bible Study (AR)  
 12:00-Ambassador Lunch (CT)  
 1:30 -Floriography: Rose Potpourri (LR)  
 3:00- History Talks /Norman Rockwell (AR)  
 4:00 – Stretch Band Fitness (AR)  
 7:00-Movie Night (TR)

## Tuesday February 4th

### World Cancer Day

9:30-Morning Meditation (CY)  
 10:00-Seated Yoga Class w/ Karla (LR)  
 11:00- Daily Newsletter (AR)  
 1:30-The Basic of Sign Language (AR)  
 2:30- Month of February Facts & Celebration (AR)  
 3:30-Walking Meditation (CY)  
 4:00-Bible Study w/Caroline (AR)  
 7:30-Movie Night (TR)

## Wednesday February 5th

### Chocolate Fondue Day

9:30-Morning Meditation (CY)  
 10:00-Balance Life Exercise (AR)  
 11:00-Piano Music with Mary  
 11:30- Daily Newsletter (AR)  
 1:30- Tai Chi with Kevin (AR)  
 2:30-Fondue Tasting Table (AR)  
 3:30-StoryWise: Sharing Your Story (TR)  
 4:00-Cardio Drumming (AR)  
 7:00-Movie Night (TR)

## Thursday February 6th

### National Frozen Yogurt Day

9:30- Morning Meditation (CY)  
 10:00- Monthly Communion (AR)  
 10:30- Daily Newsletter (AR)  
 11:00-Trivia Table (AR)  
 11:00-Resident Council Meeting (LR)  
 2:30- No Bake Cooking Class /Frozen Yogurt (AR)  
 3:30- Mandatory Monthly Wellness Check (LR)  
 4:00-Posture Stretch Balance (AR)  
 7:00-Movie Night (TR)

## Friday February 7th

### Wear Red Day

9:30-Morning Meditation (CY)  
 10:00- Barre Exercise (LR)  
 11:00-Bible Study (AR)  
 1:00- Wii Bowling League (AR)  
 1:30- Crafting Table /Mosaic Heart Pins (AR)  
 2:30-Engaged Life Meeting (AR)  
 4:00- Total Body Conditioning (LR)  
 7:00-Movie Night (TR)

## Saturday February 8th

9:30-Morning Meditation (CY)  
 10:00-Cardio Drumming (AR)  
 11:00- Manicures Social (AR)  
 1:30- Crating Table: Heart Garland Creation (AR)  
 2:30-Documentary & Discussion (LR)  
 3:00- Bingo (TR)  
 4:00-Cardio Exercise  
 7:00-Movie Night (TR)

## Sunday February 9th

### Super Bowl /National Pizza Day

9:30-Morning Meditation (CY)  
 10:00 – Flow Yoga (AR)  
 11:00- Daily Newsletter (AR)  
 1:30- Music History  
 2:30-Brain Game; Football (AR)  
 3:00-Piano Music with Mary (CT)  
 4:00 – Lay Servant Bible Study (AR)  
 6:00-Super Bowl Watch Party  
 7:00-Movie Night (TR)

## Monday February 10th

9:30-Morning Meditation (CY)  
 10:00 – The Basic of Static Boxing (AR)  
 10:30- Daily Newsletter (AR)  
 11:00- Bible Study (AR)  
 1:30- Shopping Trip Walgreens (AR)  
 2:30- Walking Meditation (AR)  
 4:00-The History of Heart Candy (AR)  
 7:00-Movie Night (TR)

## Tuesday February 11th

9:30-Morning Meditation (CY)  
 10:00-Upper Body Conditioning (AR)  
 10:30- Daily Newsletter (AR)  
 1:00-History and Origins of Valentine's Day (AR)  
 2:30-PositiviTea: Love (LR)  
 3:30-Brain Exercise: (AR)  
 4:30- Weight Workout (AR)  
 6:30-Movie Night (TR)

## Wednesday February 12th

### Abraham Lincoln's Birthday

9:00-Morning Meditation (CY)  
 10:00-Total Body Conditioning (AR)  
 10:30- Daily Newsletter (AR)  
 11:00-First Baptist Church Service (TR)  
 1:30- Abe Day /History Discussion (AR)  
 2:30- Brain Game Riddle Trivia (LR)  
 3:30- Music Appreciation: Blues & Soul  
 4:00-The Basic of Static Boxing (AR)  
 6:30-Movie Night (AR)

## Thursday February 13th

9:30-Morning Meditation (CY)  
 10:00-Monday Marching Fitness (AR)  
 10:30- Daily Newsletter (AR)  
 11:00- Dance Fitness: Electric Slide (AR)  
 1:30- Crafting Table Bedazzled Heart Creation (AR)  
 3:00- Literacy Appreciation: Love Stories (AR)  
 4:00- Flexing Fitness (AR)  
 6:30-Movie Night (TR)

## Friday February 14th

### Valentine's Day

9:30-Morning Meditation (CY)  
 10:00-Total Body Fitness (CY)  
 10:30- Daily Newsletter (AR)  
 11:00-Bible Study (MC)  
 1:30-Music History: Famous Love Songs (LR)  
 2:30-Valentines Day Party/ Music with Walter and ED (LR)  
 3:30-Cardio Drumming (AR)  
 4:00-First Presidential Photograph (AR)  
 6:30- Movie Night (TR)

## Saturday February 15th

### Flag Day (Canada)

9:30-Morning Meditation (CY)  
 10:30: Daily Newsletter (AR)  
 10:00- Total Body Fitness (AR)  
 11:00-Morning Manicures (AR)  
 1:30- Scenic Drive (LR)  
 2:30- Bingo (AR)  
 3:00-Canada Flag Creation (AR)  
 4:00- Stretch Band Fitness (TR)  
 6:30- Movie Night (TR)

## Sunday February 16th

### NBA All-Star Game

9:30-Morning Meditation (CY)  
 10:00 Pool Noddle Volley Ball (AR)  
 10:30- Daily Newsletter (AR)  
 11:00-First Baptist Church Service (TR)  
 11:30-Manicure Social (AR)  
 1:30- Upper Body Exercise (AR)  
 2:30- Reminiscing: Winter Vacation (LR)  
 3:00- Music Bingo (LR)  
 4:00 -Lay Servant Bible Study (AR)  
 6:30-Movie Night (TR)

## Monday February 17th

### Presidents' Day

9:00- Morning Meditation (CY)  
 10:00-Strength & Balance (AR)  
 10:30- Daily Newsletter (AR)  
 11:00- Footloose 40th Anniversary (AR)  
 1:30 History Round Table Talk Presidents' Day (AR)  
 2:00-Food for thought (AR)  
 3:30- Teacher To Teacher Share: PTA Founders Day (LR)  
 4:00-Total Body Fitness (AR)  
 6:30-Movie Night (TR)

## Tuesday February 18th

9:30-Morning Meditation (CY)  
 10:00- Seated Yoga With/ Karla (AR)  
 11:00-Daily Newsletter (LR)  
 1:30-Midday Matinee Saturday Night Fever / Happy Birthday, John Travolta (AR)  
 4:00- Dance Movement (AR)  
 5:45-Forest Lake Manor Bridge Card Games Night  
 6:30-Movie Night (TR)

## Wednesday February 19th

9:30-Morning Meditation (CY)  
 10:00-Flexing balance (AR)  
 10:30- Daily Newsletter (AR)  
 11:00-Morning Trivia (TR)  
 1:30- Bingo Auction (AR)  
 2:30-Laughter therapy: Jokes (AR)  
 4:00- Total Body Fitness (AR)  
 7:30-Movie Night (TR)

## Thursday February 20th

### Sidney Poitier's Birth Anniversary

9:30-Morning Meditation (CY)  
 10:00- Flow Yoga (AR)  
 10:30- Daily Newsletter (AR)  
 11:00- Daughter of Kings Communion (AR)  
 1:30- Icon History: Sidney Poitier (AR)  
 3:00- This Day in History: What happened (LR)  
 4:00-Total body Fitness (AR)  
 6:30-Movie Night (TR)

## Friday February 21st

### Caregivers Day

9:30-Morning Meditation (CY)  
 10:30-Weight Workout (AR)  
 10:40- Daily Newsletter (AR)  
 11:00-Care Givers Gift Bag Creation (AR)  
 12:00- Ambassador Lunch Hosting for Caregivers  
 1:30- Brain Games Name that Sitcom (AR)  
 3:30- This Day in History: First Ladies Day – (LR)  
 4:00- Lower Body Conditioning (LR)  
 6:30-Movie Night (TR)

## Saturday February 22nd

9:30-Morning Meditation (CY)  
 10:00-Pool Noddle Volley Ball (LR)  
 10:30- Daily Newsletter (AR)  
 11:00-Morning Manicures (AR)  
 1:30-Piano Music with Mary (LR)  
 2:30- Zodiac & Horoscope February (AR)  
 3:00- Baking Cooking Class Sweet Potatoes Souffles (AR)  
 4:00-Stretch Band Fitness (AR)  
 6:30-Movie Night (TR)

## Sunday February 23rd

9:30-Morning Meditation (CY)  
 10:00-Posture And Stretch (CY)  
 11:00- Daily Newsletter (AR)  
 1:30- Scenic Drive (LR)  
 2:00-Bingo (LR)  
 3:30-Food Science: Fruits (AR)  
 4:00 -Lay Servant Bible Study (AR)  
 6:30-Movie Night (TR)

## Monday February 24th

9:30-Morning Meditation (CY)  
 10:00-Weight Workout Challenge (CY)  
 11:00- Daily Newsletter (AR)  
 1:30-Piano Music with Mary  
 2:30-Virtual Travels: National Monuments (CT)  
 3:30-Afternoon Card table (LR)  
 4:00-Total Body Fitness (LR)  
 6:30-Movie Night (TR)

## Tuesday February 25th

9:30-Morning Meditation (CY)  
 10:00-Dance Fitness (AR)  
 11:00- Daily Newsletter (LR)  
 1:30 Chicken Soup for the Soul: Story Times (LR)  
 3:00-Afternoon Coffee Chat (AR)  
 4:00-Bible Study with Caroline (TR)  
 4:30-Total Body Conditioning (HW)  
 6:30-Movie Night (TR)

## Wednesday February 26th

### Letter To An Elderly Day

9:30-Morning Meditation (CY)  
 10:00- Flow Yoga (AR)  
 10:30- Daily Newsletter (A)  
 11:00-First Baptist Church Service (LR)  
 1:30- Letters Of Appreciation Day (CT)  
 3:00-Crafting Table: Wet Terrarium (LR)  
 4:00-Lower Body Conditioning (LR)  
 6:30-Movie Night (TR)

## Thursday February 27th

### Forest Lake Manor Birthday Party

9:30-Morning Meditation (CY)  
 10:00- Stretch And Flexing (CY)  
 10:30-Event Newsletter (LR)  
 11:00-Tech Learning: Smart TV's (TR)  
 1:30-Laughter Therapy: Riddles (LR)  
 2:00-Resident And Staff Birthday Party (CT)  
 2:30-Live Music with Chip (LR)  
 4:00-Barre Exercise Class (LR)  
 6:30-Movie Night (TR)

## Friday February 28th

### Ramadan

9:30-Morning Meditation (CY)  
 10:00-Flex & Stretch (AR)  
 11:00-Bible Study (LR)  
 2:30- Crafting table: Floral Design Day  
 3:00-Community Choir (LR)  
 3:30-Total Body Workout (AR)  
 4:00-Bingo  
 6:30-Movie Night (TR)