

WELLINGTON MANOR JACKSON

FEBRUARY 2025

Saturday, February 1st

10:00 – Reach & Stretch
10:30 – Word Games
1:00 – Adult Coloring
2:00 – Snack & Chat
3:00 – E-Z Trivia

Sunday, February 2nd

10:00 – Seniorcise
10:30 – Devotional Hymns
& Sing Along
1:00 – Reminiscing Past
Days
2:00 – Sweet Sunday Social
3:00 – Western Movies

Monday, February 3rd

10:00 – Moving to Music
10:30 – EZ Music-Who Sang
It
1:00 – Crafty Corner
2:00 – Carrot Cake Social
3:00 – Can U Picture This

Tuesday, February 4th

10:00 – Infinite Rehab &
Wellness
10:30 – Short Stories & Dis-
cussion
1:00 – Valentine Greeting
Cards
2:00 – Soups On Social
3:00 – Not Like the Others

Wednesday, February 5th

10:00 – Wednesday Workout
10:30 – Current Events
1:00 – Candy Phrases/Finish
the Line
2:00 – Cheese & Cracker
Social
3:00 – Spelling Bee

Thursday, February 6th

10:00 – Groovin' & Movin'
10:30 – Maple Leaf Collage
1:00 – Bingo for Prizes
2:00 – Frozen Yogurt Social
3:00 – Songs with Friends

Friday, February 7th

Irene Lloyd

10:00 – Friday Fitness
10:30 – It's Trivial
1:00 – Little House on the
Prairie

2:00 – Superbowl Social
3:00 – What Am I?

Saturday, February 8th

10:00 – Reach & Stretch
10:30 – Word Games
1:00 – Adult Coloring
2:00 – Snack & Chat
3:00 – E-Z Trivia

Sunday, February 9th

10:00 – Seniorcise
10:30 – Devotional Hymns
& Sing Along
1:00 – Superbowl Detective
2:00 – Sunday Sweet Social
5:30 – Superbowl Sunday

Monday, February 10th

10:00 – Moving to Music
10:30 – “Sense”- ational Can-
dy Sorting
1:00 – Crafty Corner
2:00 – Brownie Social
3:00 – Heart-2-Heart

Tuesday, February 11th

10:00 – Infinite Rehab &
Wellness
10:30 – Make A Friend Day
1:00 – Valentine Coloring
Sheets
2:00 – Tuesday Treat Social/
Michelle
3:00 – Friendly Feud

Wednesday, February 12th

10:00 – Wednesday Workout
10:30 – Current Events
1:00 – Touring the City
2:30 – Jell-O Pudding Social
3:00 – Not Like the Others

Thursday, February 13th

10:00 – Zumba Chair Fitness
10:30 – Magazine Reading
1:00 – Bingo for Prizes
2:00 – Snack & Chat
3:00 – Songs with Friends

Friday, February 14th

10:00 – Friday Fitness
10:30 – Valentine Day
Family Feud
12:00 – Be My Valentine
Lunch
3:00 – Romances to
Remember
5:30 – Songs with Friends

Saturday, February 15th

10:00 – Reach & Stretch
10:30 – Word Games
1:00 – Adult Coloring
2:00 – Snack & Chat
3:00 – E-Z Trivia

Sunday, February 16th

10:00 – Seniorcise
10:30 – Devotional Hymns
& Sing Along
1:00 – Remembering Past
Times
2:00 – Sweet Sunday Social
3:00 – Western Movies

Monday, February 17th

10:00 – Moving to Music
10:30 – Presidents Day T
rivia
1:00 – Crafty Corner
2:00 – Marvelous Monday
Social
3:00 – Shooting Hoops

Tuesday, February 18th

10:00 – Infinite Rehab &
Wellness
10:30 – Finish The Phrase
1:00 – Foods We Like
2:00 – “Got Milk” Social
3:00 – Who Am I?

Wednesday, February 19th

10:00 – Wednesday Workout
10:30 – Bible Study/Ora
1:00 – Magazine Scavenger
Hunt
2:00 – Cracker Jacks Social
3:00 – The History of
Cracker Jacks

Thursday, February 20th

10:00 – Groovin' & Movin'
10:30 – Collage Detective
1:00 – Bingo for Prizes
2:00 – Cherry Pie Social
3:00 – Cherry Fun Facts

Friday, February 21st

10:00 – Friday Fitness
10:30 – It's Trivial
1:00 – Bake with Me
2:00 – TGIF Social
3:00 – Plop, Plop, Fizz, Fizz
Day

Saturday, February 22nd

10:00 – Reach & Stretch
10:30 – Word Games
1:00 – Adult Coloring
2:00 – Snack & Chat
3:00 – EZ Trivia

Sunday, February 23rd

10:00 – Seniorcise
10:30 – Devotional Hymns
& Sing Along
1:00 – Remembering Past
Times
2:00 – Sweet Sunday Social
3:00 – Western Movies

Monday, February 24th

10:00 – Moving to Music
10:30 – Fairy Tale Trivia
1:00 – The Movie (Babe)
2:00 – Pigs In a Blanket
Social
3:00 – Read Out Loud

Tuesday, February 25th

10:00 – Infinite Rehab &
Wellness
10:30 – Sing Along with
Friends
1:00 – The Beverly Hillbillies
2:00 – Pancake Social
3:00 – Who Am I?

Wednesday, February 26th

10:00 – Wednesday Workout
10:30 – Current Events
1:00 – Adult Coloring
2:00 – Chips & Dip Social
3:00 – Tell A Fairy Tale Day

Thursday, February 27th

10:00 – Groovin' & Movin'
10:30 – Bingo for Prizes
1:00 – Foods Starting with
The Letter S
2:00 – Caribbean Party Day
3:00 – Candy Phrases

Friday, February 28th

10:00 – Friday Fitness
10:30 – Short Phrases
1:00 – Bake With Me
2:00 – Monthly B/D
Celebration
3:00 – Sing Along