

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday


Saturday



February 2025

Harmony Recreation Calendar



<p>2</p> <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Group Fitness Class/ Spring Predictions <i>2pm: Family Feud</i> 3:30pm: Snacks & Chats 4pm: Music and Movement Room Visits</p> <p>Groundhog Day</p>	<p>3</p> <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Ribbon Fun Fitness <i>2:15pm: Cranium Crunches</i> 3:30pm: Snacks & Chats 4pm: Music & Movement 6pm: Social Hour w /Jamie</p>	<p>4</p> <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Group Fitness Class <i>2:15pm: Ageless Artists Crinkle Heart Art</i> 3:30pm: Snacks & Chats 4pm: Music & Movement 6pm: Relaxation w /Shannon</p>	<p>5</p> <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Jukebox Fitness <i>2:15pm: Harmony Bowling</i> 3:30pm: Snacks & Chats 4pm: Finish the Line 6pm: Social Hour w /Jamie</p>	<p>6</p> <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Fab* Fit* Fun* <i>2:15pm: Is All Chocolate the Same?</i> 3:30pm: Conversations from the Heart 6pm: Nail Care w/ Jessica</p>	<p>7</p> <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Sentimental Journey <i>2pm: Go RED For Heart Health</i> 4pm: Today in History 6pm: Evening Relaxation w/ Shannon</p>	<p>1</p> <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Group Fitness Class <i>2pm: Music and Art</i> 3:30pm: Snacks & Chats 4pm: Classic Sitcoms Room Visits</p>
<p>9</p> <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Group Fitness Class <i>2pm: Super Bowl Highlights And Tailgates</i>  <i>Chiefs vs. Eagles</i></p>	<p>10</p> <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Ribbon Fun Fitness <i>2:15pm: Honoring Black History: Firsts</i> 3:30pm: Snacks & Chats 4pm: Music & Movement 6pm: Social Hour w /Jamie</p>	<p>11</p> <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Group Fitness Class <i>2:15pm: Ageless Artists Valentine Heart Cards</i> 3:30pm: Snacks & Chats 4pm: Music & Movement 6pm: Relaxation w /Shannon</p>	<p>12</p> <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Jukebox Fitness <i>2:15pm: Harmony Bowling</i> 3:30pm: Snacks & Chats 4pm: Would You Rather? 6pm: Social Hour w /Jamie</p> <p>Tu B'Shevat Begins</p>	<p>13</p> <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Fab* Fit* Fun* <i>2:15pm: Baking with Chocolate</i> 3:30pm: Conversations from the Heart 6pm: Nail Care w/ Jessica</p>	<p>14</p> <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Sentimental Journey <i>2pm: Have a HEART Happy Hour</i> 4pm: Music of the Golden Era 6pm: Evening Relaxation w/Shannon</p> <p>Valentine's Day</p>	<p>15</p> <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Group Fitness Class <i>3pm: Music of Gregory Peters</i> 3:30pm: Snacks & Chats 4pm: Room Visits</p>
<p>16</p> <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Group Fitness Class <i>2pm: In the Kitchen</i> 3:30pm: Snacks & Chats 4pm: Music & Movement Room Visits</p>	<p>17</p> <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Ribbon Fun Fitness <i>2:15pm: Name that Tune</i> 3:30pm: Snacks & Chats 4pm: Music & Movement 6pm: Social Hour w /Jamie</p> <p>Presidents' Day (U.S.)</p>	<p>18</p> <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Group Fitness Class <i>2:15pm: Ageless Artists Mason Jar Sun Catchers</i> 3:30pm: Snacks & Chats 4pm: Music & Movement 6pm: Relaxation w /Shannon</p>	<p>19</p> <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Jukebox Fitness <i>2:15pm: Harmony Bowling</i> 3:30pm: Snacks & Chats 4pm: Karaoke 6pm: Social Hour w /Jamie</p>	<p>20</p> <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Fab* Fit* Fun* <i>2:15pm: Calling All Bakers</i> 3:30pm: Conversations from the Heart 6pm: Nail Care w/ Jessica</p>	<p>21</p> <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Sentimental Journey <i>2pm: New Resident Social</i> 4pm: Music of Perry Como 6pm: Evening Relaxation With Shannon</p>	<p>22</p> <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Group Fitness Class <i>2pm: Music and Art</i> 3:30pm: Snacks & Chats 4pm: Classic Sitcoms Room Visits</p>
<p>23</p> <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Group Fitness Class/ <i>2pm: Afternoon Matinee "You've Got Mail"</i> 3:30pm: Snacks & Chats 4pm: Music and Movement Room Visits</p>	<p>24</p> <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Ribbon Fun Fitness <i>2:15pm: Honoring Black History: Art & Music</i> 3:30pm: Music with Heather 4pm: Music & Movement 6pm: Social Hour w /Jamie</p>	<p>25</p> <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Group Fitness Class <i>2:15pm: Ageless Artists Tea Bag Paper Cards</i> 3:30pm: Snacks & Chats 4pm: Music & Movement 6pm: Relaxation w /Shannon</p>	<p>26</p> <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Jukebox Fitness <i>2:30pm Birthday Party</i> 3:30pm: Snacks & Chats 4pm: February Trivia 6pm: Social Hour w /Jamie</p>	<p>27</p> <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Fab* Fit* Fun* <i>2:15pm: Calling All Bakers</i> 3:30pm: Conversations from the Heart 6pm: Nail Care w/ Jessica</p>	<p>28</p> <p>9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Sentimental Journey <i>2pm: Arm Chair Travels Paris 'City of Love'</i> 4pm: Music of Love 6pm: Evening Relaxation With Shannon</p> <p>Ramadan Begins</p>	