

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February 2025

## Harmony



8-9:30 Breakfast Bunch  
 9:30 Morning Greeting  
 11:15 Morning Stretch  
 11:45 Lunch with Friends!  
 2:15 Saturday Matinee  
 6:00 Living Room Leisure and Tabletop Games

**1**

8-9:30 Breakfast Bunch  
**10:00 Catholic Mass & Sister of Notre Dame Vow Renewal**  
 11:15 Morning Stretch  
 11:45 Lunch with Friends  
 2:15 Trivia  
 2:45 Ice Cream Social  
 6:00 Living Room Leisure and Tabletop Games

**2**

8-9:30 Breakfast Bunch  
 10:30 Catholic Mass  
 11:15 Morning Stretch  
 11:45 Lunch with Friends  
 2:00 Bingo  
 3:30 Rosary  
 6:00 Living Room Leisure and Tabletop Games

**3**

8-9:30 Breakfast Bunch  
 10:30 Catholic Mass  
 11:15 Morning Stretch  
 11:45 Lunch with Friends  
**1:15 Bible Study**  
 2:15 Balloon Tennis  
 3:30 Walking Group  
 6:00 Living Room Leisure and Tabletop Games

**4**

8-9:30 Breakfast Bunch  
 10:30 Catholic Mass  
 11:15 Morning Stretch  
 11:45 Lunch with Friends  
**2:15 Boppin' for the Brain with Robin**  
 3:30 Walking Group  
 6:00 Living Room Leisure and Tabletop Games

**5**

8-9:30 Breakfast Bunch  
 10:30 Catholic Mass  
 11:15 Morning Stretch  
 11:45 Lunch with Friends  
**2:15 Valentine Craft**  
 3:30 Concert on TV  
 6:00 Living Room Leisure and Tabletop Games

**6**

**Wear Red for Women's Heart Health!**

8-9:30 Breakfast Bunch  
 10:30 Catholic Mass  
 11:15 Morning Stretch  
 11:45 Lunch with Friends  
**2:15 Community Connections**  
 3:30 Musical Memories  
 6:00 Living Room Leisure and Tabletop Games

**7**

8-9:30 Breakfast Bunch  
 9:30 Morning Greeting  
 11:15 Morning Stretch  
 11:45 Lunch with Friends!  
**2:15 Musical Performance by Robert Cartagena**  
 6:00 Living Room Leisure and Tabletop Games

**8**

Groundhog Day

8-9:30 Breakfast Bunch  
**10:00 Catholic Mass**  
 11:15 Morning Stretch  
 11:45 Lunch with Friends  
 2:30 " Superbowl Tailgate Snackin'" and Trivia  
 6:00 Living Room Leisure and Tabletop Games

**9**

8-9:30 Breakfast Bunch  
 10:30 Catholic Mass  
 11:15 Morning Stretch  
 11:45 Lunch with Friends  
**1:45 Enhabit Health Talk with Traditional: Heart Health**  
 3:30 Rosary  
 6:00 Living Room Leisure-

**10**

8-9:30 Breakfast Bunch  
 10:30 Catholic Mass  
 11:15 Morning Stretch  
 11:45 Lunch with Friends  
**1:15 Bible Study**  
 2:15 Bingo  
 3:30 Walking Group  
 6:00 Living Room Leisure a

**11**

8-9:30 Breakfast Bunch  
 10:30 Catholic Mass  
 11:15 Morning Stretch  
 11:45 Lunch with Friends  
**2:15 Short Story Book Club!**  
 3:30 Walking Group  
 6:00 Living Room Leisure and Tabletop Games

**12**

8-9:30 Breakfast Bunch  
 10:30 Catholic Mass  
 11:15 Morning Stretch  
 11:45 Lunch with Friends  
 2:15 Card Game  
 3:30 Walking Group  
**6:15 Entertainment with David C.**

**13**

8-9:30 Breakfast Bunch  
 10:30 Catholic Mass  
 11:15 Morning Stretch  
 11:45 Lunch with Friends  
**2:15 Have a Heart Mocktail Hour with Flute music by Sarah**  
 3:30 Musical Memories  
 6:00 Living Room Leisure and Tabletop Games

**14**

Valentine's Day

8-9:30 Breakfast Bunch  
 9:30 Morning Greeting  
 11:15 Morning Stretch  
 11:45 Lunch with Friends!  
 2:00 Saturday Matinee  
 6:00 Living Room Leisure and Tabletop Games

**15**

8-9:30 Breakfast Bunch  
**10:00 Catholic Mass**  
 11:15 Morning Stretch  
 11:45 Lunch with Friends  
 2:15 Trivia  
 2:45 Ice Cream Social  
 6:00 Living Room Leisure and Tabletop Games

**16**

**Random Acts of Kindness Day!**

8-9:30 Breakfast Bunch  
 10:30 Catholic Mass  
 11:15 Morning Stretch  
 11:45 Lunch with Friends  
 2:00 Bingo  
 3:30 Rosary

**17**

Presidents' Day (U.S.)

8-9:30 Breakfast Bunch  
 10:30 Catholic Mass  
 11:15 Morning Stretch  
 11:45 Lunch with Friends  
**1:15 Bible Study**  
 2:15 Creative Time  
 3:30 Walking Group  
 6:00 Living Room Leisure and Tabletop Games

**18**

8-9:30 Breakfast Bunch  
 10:30 Catholic Mass  
 11:15 Morning Stretch  
 11:45 Lunch with Friends!  
**2:15 Boppin' for the Brain with Robin**  
 3:30 Categories Word Game  
 6:00 Living Room Leisure and Tabletop Games

**19**

8-9:30 Breakfast Bunch  
**9:15 Wellness Yoga with Beth**  
 10:30 Catholic Mass  
 11:15 Morning Stretch  
 11:45 Lunch with Friends  
**2:15 Prayer Service**  
 3:30 Walking Group  
 6:00 Living Room Leisure and Tabletop Games

**20**

8-9:30 Breakfast Bunch  
 10:30 Catholic Mass  
 11:15 Morning Stretch  
 11:45 Lunch with Friends  
 2:00 Card Games  
 3:30 Walking Group  
**6:15 Greg Peters Performs!**

**21**

8-9:30 Breakfast Bunch  
 9:30 Morning Greeting  
 11:15 Morning Stretch  
 11:45 Lunch with Friends!  
 2:00 Saturday Matinee  
 6:00 Living Room Leisure and Tabletop Games

**22**

8-9:30 Breakfast Bunch  
**10:00 Catholic Mass**  
 11:15 Morning Stretch  
 11:45 Lunch with Friends  
 2:15 Trivia  
 2:45 Ice Cream Social  
 6:00 Living Room Leisure and Tabletop Games

**23**

8-9:30 Breakfast Bunch  
 10:30 Catholic Mass  
 11:15 Morning Stretch  
 11:45 Lunch with Friends  
 2:00 Bingo  
 3:30 Rosary  
 6:00 Living Room Leisure

**24**

8-9:30 Breakfast Bunch  
 10:30 Catholic Mass  
 11:15 Morning Stretch  
 11:45 Lunch with Friends  
**1:15 Bible Study**  
**2:15 Harmony Birthday Party with music by P.E. James**  
 6:00 Living Room Leisure and Tabletop Games

**25**

8-9:30 Breakfast Bunch  
 10:30 Catholic Mass  
 11:15 Morning Stretch  
 11:30 Men's Lunch  
 11:45 Lunch with Friends!  
**2:15 Armchair Travel: Dubai**  
 3:30 Walking Group  
 6:00 Living Room Leisure and Tabletop Games

**26**

8-9:30 Breakfast Bunch  
 10:30 Catholic Mass  
 11:15 Morning Stretch  
 11:45 Lunch with Friends  
**2:15 Harmony Resident Meeting & Social**  
 3:30 Walking Group  
 6:00 Living Room Leisure and Tabletop Games

**27**

8-9:30 Breakfast Bunch  
 10:30 Catholic Mass  
 11:15 Morning Stretch  
 11:45 Lunch with Friends  
**1:45 Birthday Party with Traditional**  
 6:00 Living Room Leisure and Tabletop Games

**28**

Ramadan Begins



\*\* Person Centered Activities happen throughout the day. \*\*

**"February is the border between winter and spring." -Terri Guillemets**