

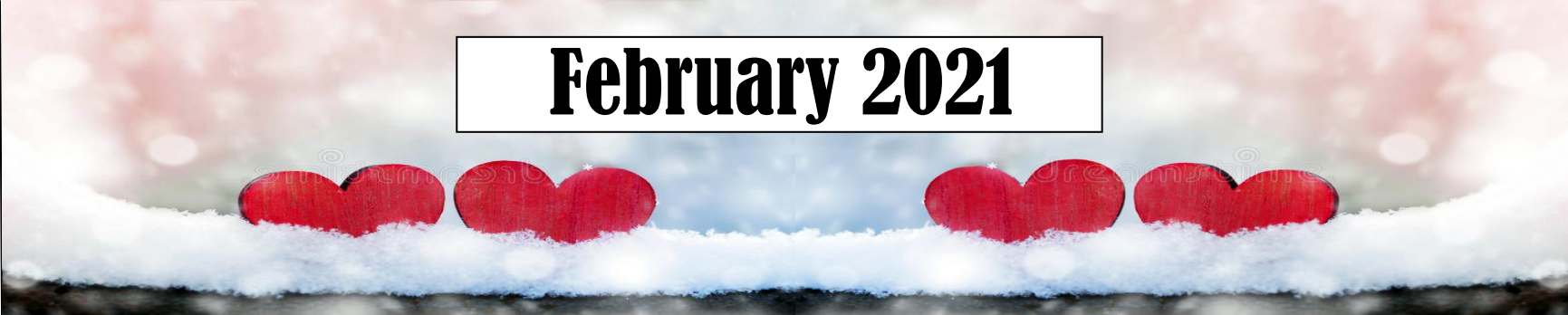



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>Please remember to <a href="#">fill out your Resident Satisfaction Survey no later than 2/12</a> to be entered in a special raffle!</b></p> <p><b>See a member of the Celebrations (Activity) team for assistance.</b></p>	<p>10 Guided Imagery- A 1 Walk with Nature 2<sup>nd</sup> fl Theatre 10:30 Relax &amp; Rejuvenate 1<sup>st</sup> Fl Lounge <b>11:30 Downshift for a Healthier You 3<sup>rd</sup> fl</b> 1:30 Hollywood Spot Light on Clark Gable 2<sup>nd</sup> fl Theatre 2:30 Bingo 3<sup>rd</sup> fl Lounge 4 Air Tails Toss 1<sup>st</sup> fl Lounge</p>	<p>2 10 Exercise 2<sup>nd</sup> fl. Theatre 10:30 Exercise 1<sup>st</sup> fl Lounge 11 Stretch &amp; Flex 3<sup>rd</sup> fl Lounge 1:30 Silhouette Art 2<sup>nd</sup> fl Activity Area 2:30 Weather or Knot 3<sup>rd</sup> fl Lounge 4 Scruples 1<sup>st</sup> fl Lounge <b>Groundhog Day</b></p>	<p>3 10 Stretch &amp; Flex 2<sup>nd</sup> fl. Activity Side 10:30 Chair Yoga 1<sup>st</sup> fl Lounge 11 Stretch &amp; Flex 3<sup>rd</sup> fl. Lounge 1:30 Country Favorites 3<sup>rd</sup> fl. <b>1:30-3. Hammered Acrylic Heart Art Project 1<sup>st</sup> &amp; 3<sup>rd</sup> fls.</b> 4 Man Caves &amp; She Sheds Gone Wild 1st fl Lounge</p>	<p>4 10 Exercise 1<sup>st</sup> fl. Lounge 10:30 Exercise 2<sup>nd</sup> fl. Activity Area 11 Exercise 3<sup>rd</sup> fl. Lounge 1:30 Manicures, Music &amp; Hand Massages 2nd fl Theatre 2:30 Leisure Cart 1<sup>st</sup> &amp; 2<sup>nd</sup> fls 4 Password 3<sup>rd</sup> fl Lounge</p>	<p>5 10 Easy Cardio 2<sup>nd</sup> fl. Theatre 10:30 Sit &amp; Be Fit 1<sup>st</sup> fl. Lounge 11 Stretch &amp; Flex 3<sup>rd</sup> fl. Lounge 1:30 Words In A Word Challenge 1<sup>st</sup>, 2<sup>nd</sup> &amp; 3<sup>rd</sup> fls 2:30-3:30 Face Time/Skype 1<sup>st</sup> &amp; 2<sup>nd</sup> fls. 4 Mandalas &amp; Music 3<sup>rd</sup> fl Evening Movie: TBA <b>National Wear Red Day</b></p>	<p>6 <b>10-11:30 Armchair Travels &amp; Taste to Venice, Italy Coming to You 1<sup>st</sup>, 2<sup>nd</sup> &amp; 3<sup>rd</sup> fls</b> 1:30 Distribution of Amateur Astronomy &amp; Whittling Wonders 1<sup>st</sup>, 2<sup>nd</sup> &amp; 3<sup>rd</sup> fls. 2:30-3:30 Saturday Snack Cart on Wheels 1<sup>st</sup>, 2<sup>nd</sup> &amp; 3<sup>rd</sup> fls Evening Movie: TBA</p>
<p>7 10:30-11:45 Worship &amp; Praise Packets 1<sup>st</sup>, 2<sup>nd</sup> &amp; 3<sup>rd</sup> fls. 1:30 Mailbox Pigskin Picks &amp; Film Fest Favorites 1<sup>st</sup>, 2<sup>nd</sup>, &amp; 3<sup>rd</sup> fls. 3 Family Worship Center Services on tv Ch. 193 <b>6 Super Bowl LV Kickoff Pep Rally 2<sup>nd</sup> fl Activity Area</b> <b>Super Bowl Sunday</b></p>	<p>8 10 Mindful Meditation 2<sup>nd</sup> fl Theatre 10:30 Hatha Yoga 1<sup>st</sup> fl Lounge 11:30 Make &amp; Take Inspirational Stones 3<sup>rd</sup> fl Lounge 1:30 Wii Sports Challenge 2<sup>nd</sup> fl Theatre 2:30 Bingo 3<sup>rd</sup> fl Lounge 4 Roll &amp; Remember 1<sup>st</sup> fl Lounge</p>	<p>9 10 Exercise 2<sup>nd</sup> fl. Theatre 10:30 Exercise 1<sup>st</sup> fl Lounge 11 Stretch &amp; Flex 3<sup>rd</sup> fl Lounge <b>Gourmet pizza lunch today</b> 1:30 Stress Busters 3<sup>rd</sup> fl 2:30 Story Behind the Music-Vivaldi's Four Seasons 2<sup>nd</sup> fl Activity Area 4 You Talkin' Tah Me (Easy Italian) 1<sup>st</sup> fl Lounge <b>National Pizza Day</b></p>	<p>10 10 Stretch &amp; Flex 2<sup>nd</sup> fl. Activity Side 10:30 Chair Yoga 1<sup>st</sup> fl Lounge 11 Stretch &amp; Flex 3<sup>rd</sup> fl. Lounge 1:30 Smooth Jazz 2<sup>nd</sup> fl Lounge 1:30-3 Art Expression: Pollock Style Painting 2<sup>nd</sup> &amp; 3<sup>rd</sup> fls 4 Who Dunn It 2<sup>nd</sup> fl Lounge</p>	<p>11 10 Exercise 1<sup>st</sup> fl. Lounge 10:30 Exercise 2<sup>nd</sup> fl. Theatre 11 Exercise 3<sup>rd</sup> fl. 1:30 Manicures, Music &amp; Hand Massages 3rd fl Lounge <b>2:30 Make &amp; Take: Cupid's Cracker Crunch 2<sup>nd</sup> fl Activity Area</b> 4 Traveling Titles 1<sup>st</sup> &amp; 3<sup>rd</sup> fls</p>	<p>12 10 Easy Tai Chi 2<sup>nd</sup> fl Activity Area 10:30 Chair Boxing 1<sup>st</sup> fl Lounge 11 Marching Madness 3<sup>rd</sup> fl <b>Special Chinese lunch today</b> 1:30 The Search for Hoongbow 1<sup>st</sup> fl Lounge 2:30 Tray of Togetherness Tradition 2<sup>nd</sup> fl Theatre 4 Chopstick Challenge 1<sup>st</sup> fl Lounge <b>Chinese New Year Begins</b></p>	<p>13 <b>10-11:30 Creative Crafting on The Go! 1<sup>st</sup>, 2<sup>nd</sup>, &amp; 3<sup>rd</sup> fls.</b> 1:30 Distribution of All That Magic &amp; Rebus Round Up 1<sup>st</sup>, 2<sup>nd</sup> &amp; 3<sup>rd</sup> fls. 2:30-3:30 Saturday Snack Cart on Wheels 1<sup>st</sup>, 2<sup>nd</sup> &amp; 3<sup>rd</sup> fls Evening Movie: TBA</p>
<p>14 10:30-11:45 Chicken Soup for The Soul 1<sup>st</sup>, 2<sup>nd</sup> &amp; 3<sup>rd</sup> fls. 1:30 Love Lines &amp; Sentimental Stories 2:30-3:30 Valentine's Day Party Cart Coming to You 1<sup>st</sup>, 2<sup>nd</sup> &amp; 3<sup>rd</sup> fls Movie TBA <b>Valentine's Day</b></p>	<p>15 10 Guided Imagery- A Walk with Nature 1<sup>st</sup> fl Lounge 10:30 Relax &amp; Rejuvenate 2<sup>nd</sup> fl Theatre 11:30 Kaleidoscope Therapy 3<sup>rd</sup> fl Lounge 1:30 Cool Cal &amp; Uncle Abe 2<sup>nd</sup> fl Theatre 2:30 Bingo 3<sup>rd</sup> fl Lounge 4 Frisbee Can Slam 1<sup>st</sup> fl Lounge <b>President's Day</b></p>	<p>16 <b>Shrove/Fat Tuesday Pancake Breakfast &amp; Donut Day</b> 10 Exercise 2<sup>nd</sup> fl. Theatre 10:30 Exercise 1<sup>st</sup> fl Lounge 11 Stretch &amp; Flex 3<sup>rd</sup> fl Lounge 1:30 New Orleans News &amp; Crews 3<sup>rd</sup> fl Lounge 2:30 Bead Brawl 2<sup>nd</sup> fl Theatre 4 Who's Behind The Mask 1<sup>st</sup> fl Lounge</p>	<p>17 10 Stretch &amp; Flex 2<sup>nd</sup> fl. Activity Side 10:30 Chair Yoga 1<sup>st</sup> fl Lounge 11 Stretch &amp; Flex 3<sup>rd</sup> fl. Lounge 1:30 Songs of Faith 3<sup>rd</sup> fl. 1:30-3 String Art Paint Designs 1<sup>st</sup> &amp; 3<sup>rd</sup> fls. <b>4 Pay It Forward</b> 1st fl Lounge</p>	<p>18 10 Exercise 1<sup>st</sup> fl. 10:30 Exercise 2<sup>nd</sup> fl. Activity Area 11 Exercise 3<sup>rd</sup> fl. 1:30 Manicures, Music &amp; Hand Massages 1st fl Lounge 2:30 Leisure Cart 2<sup>nd</sup> &amp; 3<sup>rd</sup> fls 4 Left, Center, Right Game 1<sup>st</sup> fl Lounge</p>	<p>19 10 Exercise 2<sup>nd</sup> fl. Theatre 10:30 Sit &amp; Be Fit 1<sup>st</sup> fl. Lounge 11 Stretch &amp; Flex 3<sup>rd</sup> fl. Lounge 1:30 Puzzler Packets 1<sup>st</sup>, 2<sup>nd</sup> &amp; 3<sup>rd</sup> fls 2:30-3:30 Face Time/Skype 1<sup>st</sup> &amp; 2<sup>nd</sup> fls. 4 Mandalas &amp; Music 3<sup>rd</sup> fl Evening Movie: TBA</p>	<p>20 <b>10-11:30 Collectors Corner Traveling Display 1<sup>st</sup>, 2<sup>nd</sup>, &amp; 3<sup>rd</sup> fls.</b> 1:30 Distribution of The Study of Zen &amp; Spiny Friends 1<sup>st</sup>, 2<sup>nd</sup> &amp; 3<sup>rd</sup> fls. 2:30-3:30 Saturday Snack Cart on Wheels Featuring Cherry Jubilee 1<sup>st</sup>, 2<sup>nd</sup> &amp; 3<sup>rd</sup> fls Evening Movie: TBA <b>Cherry Pie Day</b></p>
<p>21 10:30-11:45 Songs of Praise- Hymn Sing 1<sup>st</sup>, 2<sup>nd</sup> &amp; 3<sup>rd</sup> fls 1:30 Mailbox Mind Benders &amp; Ham Radio Reflections 1<sup>st</sup>, 2<sup>nd</sup> &amp; 3<sup>rd</sup> fls. 3 Family Worship Center Services on tv Ch. 193 Movie TBA</p>	<p>22 <b>10 Where Is Your Happy Place 1<sup>st</sup> fl Lounge</b> 10:30 Hatha Yoga 3<sup>rd</sup> fl Lounge 11:30 Make &amp; Take Wipe Out Worry Tins 2<sup>nd</sup> fl Lounge 3<sup>rd</sup> fl Lounge 1:30 Memories &amp; Mementos 2:30 Bingo 3<sup>rd</sup> fl Lounge 4 That's It 1<sup>st</sup> fl Lounge</p>	<p>23 10 Exercise 2<sup>nd</sup> fl. Theatre 10:30 Exercise 1<sup>st</sup> fl Lounge 11 Stretch &amp; Flex 3<sup>rd</sup> fl Lounge 1:30-2:30 FaceTime/Skype 1<sup>st</sup>, 2<sup>nd</sup> &amp; 3<sup>rd</sup> fls. 2 50's Favorites 2<sup>nd</sup> fl Activity Area <b>2:30-3:30 Mocktail Monday On the Move 1<sup>st</sup>, 2<sup>nd</sup> &amp; 3<sup>rd</sup> fls</b> 4 Traveling Titles</p>	<p>24 10 Stretch &amp; Flex 2<sup>nd</sup> fl. Activity Side 10:30 Chair Yoga 1<sup>st</sup> fl Lounge 11 Stretch &amp; Flex 3<sup>rd</sup> fl. Lounge 1:30 Show Tunes 2<sup>nd</sup> fl Lounge 1:30-3 Art Expression: Still Life Drawing 2<sup>nd</sup> &amp; 3<sup>rd</sup> fls 4 You Be the Judge 2<sup>nd</sup> fl Lounge</p>	<p>25 10 Exercise 1<sup>st</sup> fl. 10:30 Exercise 2<sup>nd</sup> fl. Activity Area 11 Exercise 3<sup>rd</sup> fl. 1:30 Manicures, Music &amp; Hand Massages 3rd fl Lounge 2:30 Traveling Titles 1<sup>st</sup> &amp; 2<sup>nd</sup> fls <b>4 The Hamantaschen Tradition 1st Floor Lounge Purim Begins at Sundown</b></p>	<p>26 10 Exercise 2<sup>nd</sup> fl Theatre 10:30 Exercise 1<sup>st</sup> fl Lounge 11 Sittercise 3<sup>rd</sup> fl Lounge 1:30 A Tribute to The Man In Black 2<sup>nd</sup> fl Theatre 2:30 Experimental Sciences 3<sup>rd</sup> fl Lounge 4 Poetry in Motion 1<sup>st</sup> fl Lounge Evening Movie: TBA</p>	<p>10-11:30 Gizmos &amp; Gadgets on The Go 1<sup>st</sup>, 2<sup>nd</sup>, &amp; 3<sup>rd</sup> fls. 1:30 Distribution of Picture The Song &amp; Change a Letter That Belongs 1<sup>st</sup>, 2<sup>nd</sup> &amp; 3<sup>rd</sup> fls. 2:30-3:30 Saturday Snack Cart on Wheels 1<sup>st</sup>, 2<sup>nd</sup> &amp; 3<sup>rd</sup> fls Evening Movie: TBA</p>
<p>28 10:30-11:45 Bible Bits &amp; Devotional Inspirations 1<sup>st</sup>, 2<sup>nd</sup> &amp; 3<sup>rd</sup> fls <b>1:30 Stories &amp; Sonnets</b> 1<sup>st</sup>, 2<sup>nd</sup> &amp; 3<sup>rd</sup> fls. 3 Family Worship Center Services on tv Ch. 193 Movie TBA</p>	 <p><b>HIDDEN MEADOWS ON THE RIDGE</b> By Discovery Senior Living</p>	 <p><b>February 2021</b></p>				 <p><b>CELEBRATIONS</b> ACTIVITIES &amp; EVENTS</p>

Please note: Activities are held in small groups, distanced spaced, in doorways and in room depending on current guidelines. Independent activities and supplies are available upon request. Calendar is subject to change.