

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2025

ASPEN PLACE

							10:00 Sing Along w/ Mary Sue 10:30 Zumba w/ Leilani - M 11:00 Daily Chronicle Reading 11:30 Mind Aerobics (Trivia) 1:30 Games IN2L 2:30 It's Show Time 3:30 Afternoon Social 4:00 Sing Along 4:30 Residents Choice						
10:00 Sing Along w/ Susie Q 10:30 Daily Readings 11:00 Entertainment w/ Bob Clark 1:00 Meditation on IN2L 1:30 IN2L Travel Tour 2:00 Get moving w/ Parachute 2:30 Finish the Phrase/Lyrics 3:30 Afternoon Social & Music 4:00 Ball Toss <small>Groundhog Day</small>	2	10:00 Current Events 10:30 Armchair Exercise-Brandy 11:15 Chronicle Reading 11:30 This day In History 1:00 Rest & Relax 2:00 Monday Movie Miss Evers Boys Popcorn & Drink Provided 4:00 Down Time Residents Choice	3	10:00 Current Events 10:30 Morning Exercise 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Bingo w/ Friends 2:00 Entertainment 3rd FI with Vintage Entertainment 3:00 Afternoon Social 3:30 Resident Chat & Relax 4:30 Residents Choice	4	10:00 Current Events 10:30 Glider Sliders 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Walking Club 1:30 Baking w/Friends - M 2:00 Resident run Rummikub 3:30 National Geographic 4:30 Residents Choice	5	10:00 Prayer Group - M 10:00 Current Events 10:30 Sit & be Fit 11:15 Daily Chronicle Reading 11:30 This Day in History 1:30 Balance Class w/ Vivian 2:00 Virtual Walk – Rome 3:00 Talk & Treat 3:30 Adult Coloring w/ Friends 4:30 Residents Chat & Relax	6	10:00 Current Events 10:30 Boot Camp w/ Weights 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Walking Club 2:00 Sing Along w/ Peter Francis 5th FI Monterey Place 3:00 Simply Seated with Curtis Adams 3:30 Friday Social 4:00 Mindful Meditation	7	10:00 Sing Along w/ Mary Sue 10:30 Morning Exercise - Brandy 11:00 Daily Chronicle Reading 11:30 Mind Aerobics (Trivia) 1:30 Games IN2L 2:30 It's Show Time 3:30 Afternoon Social 4:00 Sing Along – DVD 4:30 Residents Choice	8
10:00 Sing Along w/ Susie Q 10:30 Daily Readings 11:00 Stretch & Flex - Egypt 11:30 Songs of Inspiration & Praise 1:00 Meditation on IN2L 1:30 IN2L Travel Tour 2:00 Get moving w/ Parachute 2:30 Finish the Phrase/Lyrics 3:30 Afternoon Social & Music 4:00 Ball Toss	9	10:00 Current Events 10:30 Armchair Exercise-Brandy 11:15 Chronicle Reading 11:30 This day In History 1:00 Rest & Relax 2:00 Monday Movie Harriet Popcorn & Drink Provided 4:00 Down Time Residents Choice	10	10:00 Current Events 10:30 Morning Exercise 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Bingo w/ Friends 2:00 Entertainment 3rd FI with Charles Lee 3:00 Afternoon Social 3:30 Resident Chat & Relax 4:30 Residents Choice	11	10:00 Current Events 10:30 Glider Sliders 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Walking Club 1:30 Baking w/Friends - M 2:00 Resident run Rummikub 3:30 National Geographic 4:30 Residents Choice	12	10:00 Prayer Group - M 10:00 Current Events 10:30 Sit & be Fit 11:15 Daily Chronicle Reading 11:30 This Day in History 1:30 Balance Class w/ Vivian 2:00 Virtual Walk – London 3:00 Talk & Treat 3:30 Adult Coloring w/ Friends 4:30 Residents Chat & Relax	13	10:00 Current Events 10:30 Boot Camp w/ Weights 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Walking Club 2:00 Valentines Day Party 3:00 Valentines Day Social 3:30 Friday Social 4:00 Mindful Meditation	14	10:00 Sing Along w/ Mary Sue 10:30 Zumba w/ Leilani - M 11:00 Daily Chronicle Reading 11:30 Mind Aerobics (Trivia) 1:30 Games IN2L 2:30 It's Show Time 3:30 Afternoon Social 4:00 Sing Along 4:30 Residents Choice	15
10:00 Sing Along w/ Susie Q 10:30 Daily Readings 11:00 Entertainment w/ Bob Clark 1:00 Meditation on IN2L 1:30 IN2L Travel Tour 2:00 Get moving w/ Parachute 2:30 Finish the Phrase/Lyrics 3:30 Afternoon Social & Music 4:00 Ball Toss	16	10:00 Current Events 10:30 Armchair Exercise-Brandy 11:15 Chronicle Reading 11:30 This day In History 1:00 Rest & Relax 2:00 Monday Movie Ruby Bridges Popcorn & Drink Provided 4:00 Down Time Residents Choice <small>Presidents' Day (U.S.)</small>	17	10:00 Current Events 10:30 Morning Exercise 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Bingo w/ Friends 2:00 Entertainment 3rd FI with Steve Flynn 3:00 Afternoon Social 3:30 Resident Chat & Relax 4:30 Residents Choice	18	10:00 Current Events 10:30 Glider Sliders 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Walking Club 1:30 Baking w/Friends - M 2:00 Resident run Rummikub 3:30 National Geographic 4:30 Residents Choice	19	10:00 Prayer Group - M 10:00 Current Events 10:30 Sit & be Fit 11:15 Daily Chronicle Reading 11:30 This Day in History 1:30 Balance Class w/ Vivian 2:00 Virtual Walk – Hawaii 3:00 Talk & Treat 3:30 Adult Coloring w/ Friends 4:30 Residents Chat & Relax	20	10:00 Current Events 10:30 Boot Camp w/ Weights 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Walking Club 2:00 Chair Yoga 3:00 America's Great Road Trip 3:30 Friday Social 4:00 Mindful Meditation	21	10:00 Sing Along w/ Mary Sue 10:30 Morning Exercise - Brandy 11:00 Daily Chronicle Reading 11:30 Mind Aerobics (Trivia) 1:30 Games IN2L 2:30 It's Show Time 3:30 Afternoon Social 4:00 Sing Along – DVD 4:30 Residents Choice	22
10:00 Sing Along w/ Susie Q 10:30 Daily Readings 11:00 Stretch & Flex - Egypt 11:30 Songs of Inspiration & Praise 1:00 Meditation on IN2L 1:30 IN2L Travel Tour 2:00 Get moving w/ Parachute 2:30 Finish the Phrase/Lyrics 3:30 Afternoon Social & Music 4:00 Ball Toss	23	10:00 Current Events 10:30 Armchair Exercise-Brandy 11:15 Chronicle Reading 11:30 This day In History 1:00 Rest & Relax 2:00 Monday Movie Selma Popcorn & Drink Provided 4:00 Down Time Residents Choice	24	10:00 Current Events 10:30 Morning Exercise 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Bingo w/ Friends 2:00 Get Pampered by Brandy 3:00 Afternoon Social 3:30 Resident Chat & Relax 4:30 Residents Choice	25	10:00 Current Events 10:30 Glider Sliders 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Walking Club 1:30 Baking w/Friends - M 2:00 Resident run Rummikub 3:30 National Geographic 4:30 Residents Choice	26	10:00 Prayer Group - M 10:00 Current Events 10:30 Sit & be Fit 11:15 Daily Chronicle Reading 11:30 This Day in History 1:30 Balance Class w/ Vivian 2:00 Virtual Walk – Ireland 3:00 Talk & Treat 3:30 Adult Coloring w/ Friends 4:30 Residents Chat & Relax	27	10:00 Let's Talk About It 10:30 Boot Camp w/ Weights 11:00 Chronicle Reading 11:30 IN2L Audio Book 1:00 Walking Club 2:00 Get Moving with Positive Music by DJ Randy - M 3:00 Simply Seated with Curtis Adams 3:30 Friday Social 4:00 Mindful Meditation	28	Suggestion Box located on stand; by dining room for movie or activity ideas.	

Residences at Vantage Point – Please note that activities can be change anytime due to resident's preferences

All weekend activities are on Monterey Place **M**=Monterey Place – 5th unless noted