

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



CV February 2025 SOUL Calendar

<p>9:00 Virtual Catholic Mass 9:30 Weights Strength Training 10:15 Daily Step Toward Better Health 11:00 Community Spirit Bingo 1:00 Ground Hog Watch 2:15 Mental Stimulation: Rhyming Words Game 3:30 Family Game Night 6:00 Movie: <i>Taxi Driver</i> <i>Groundhog Day</i></p>	<p>9:00 Coffee & The Chronicle 9:30 Fitness: Strength with Resistance Bands 10:15 Nature's Path to Vitality 11:00 Caring Connections Bingo 1:00 Winter Leaf Photos 2:15 Mental Stimulation: Famous Duos 3:30 70's Sing-Along 6:00 Movie:</p>	<p>9:00 Coffee & The Chronicle 9:30 Drum to the Beat! 10:15 Morning Breeze Walk for Wellness 11:00 Stretch Your Mind: Bingo 1:00 New Resident Happy Hour 2:15 Mental Stimulation: Word Association Game 3:30 Soulful Nail Care 6:00 Movie:</p>	<p>9:00 Coffee & The Chronicle 9:30 Hand-Eye Harmony Exercise 10:15 Morning Stroll for Health 11:00 Caring Connections Bingo 1:00 Live Entertainment: Sharyn Scott! 2:15 Mental Stimulation: Quick Fire Antonym Game 3:30 Bowling Tournament 6:00 Movie:</p>	<p>9:00 Coffee & The Chronicle 9:30 Weights Power Session 10:15 Start the Day with Fresh Air 11:00 Stretch Your Mind: Bingo 1:00 Painting Hearts 2:15 Mental Stimulation: Winter Words Image Quiz 3:30 Waltzing Time! 6:00 Movie:</p>	<p>9:00 Coffee & The Chronicle 9:30 Gentle Seated Cardio Workout 10:15 Wellness Walk for a Brighter Morning 11:00 Brain Booster Bingo 1:00 Outing: Trader Joes Run! 2:15 Mental Stimulation: Riddles 3:30 Self Care: Soul Spa Day 6:00 Movie:</p>	<p>9:00 Coffee & The Chronicle 9:30 Targeted Toss Challenge 10:15 Mindful Mid Morning Stroll 11:00 Sharp Minds Bingo 1:00 Personal Jeweler 2:15 Mental Stimulation: Grocery Ad Scavenger Hunt 3:30 Patio Sip & Paint 6:00 Movie:</p>
<p>9:00 Virtual Catholic Mass 9:30 Wellness Weights Workout 10:15 A Gentle Walk to Awaken the Body 11:00 Stretch your Mind: Bingo 1:00 Return of the Lady Bugs 2:15 Mental Stimulation: Complete the Lyrics 3:30 Board Game Bonding Night 6:00 Movie:</p>	<p>9:00 Coffee & The Chronicle 9:30 Resistance Bands Workout 10:15 Wellness Journey with Every Step 11:00 Brain Booster Bingo 1:00 Yarn "Sweet" Hearts 2:15 Mental Stimulation: Odd Word Out 3:30 Old Times Sing-Along 6:00 Movie:</p>	<p>9:00 Coffee & The Chronicle 9:30 Percussive Movement 10:15 Walking for Heart Health 11:00 Sharp Minds Bingo 1:00 Feb. Birthday Celebrations 2:15 Mental Stimulation: Famous Pairs Game 3:30 Soul Hair Salon 6:00 Movie:</p>	<p>9:00 Coffee & The Chronicle 9:30 Catch and Strengthen Fitness 10:15 Mindful Morning Stroll 11:00 Brain Booster Bingo 1:00 Live Entertainment: Audrey's Acoustics! 2:15 Mental Stimulation: Hangman 3:30 Tu B'Shevat Tree Search 6:00 Movie: <i>Tu B'Shevat</i></p>	<p>9:00 Coffee & The Chronicle 9:30 Longevity Weights Training 10:15 Morning Steps to Longevity 11:00 Sharp Minds Bingo 1:00 Valentines Creations 2:15 Mental Stimulation: Guess the Logo Challenge 3:30 Dance The Macarena! 6:00 Movie:</p>	<p>9:00 Coffee & The Chronicle 9:30 Golden Cardio Moves 10:15 Rise and Walk for Vitality 11:00 Community Spirit Bingo 1:00 Outing: The Grove Market 2:15 Mental Stimulation: In My Handbag Word Search 3:30 Valentines Day Party 6:00 Movie: Valentine's Day</p>	<p>9:00 Coffee & The Chronicle 9:30 Aiming for Wellness Challenge 10:15 Fresh Air Morning Walk 11:00 Brain Booster Bingo 1:00 Board Game Competition 2:15 Mental Stimulation: Odd Word Out 3:30 Patio Sip & Paint 6:00 Movie:</p>
<p>9:00 Virtual Catholic Mass 9:30 Longevity Weights Training 10:15 Crisp Air Morning Walk 11:00 Sharp Minds Bingo 1:00 Build A Parfait Bar 2:15 Mental Stimulation: Roll the Dice, Do the Math 3:30 Family Game Night 6:00 Movie:</p>	<p>9:00 Coffee & The Chronicle 9:30 Resistance Bands Challenge 10:15 Walking Together 11:00 Community Spirit Bingo 1:00 Lady Bug Garden Decor 2:15 Mental Stimulation: Who Am I? 3:30 Family Favorites Sing-Along 6:00 Movie: Presidents' Day (U.S.)</p>	<p>9:00 Coffee & The Chronicle 9:30 Music and Motion: Drumming for Vitality 10:15 A Calm Walk for Clear Minds 11:00 Caring Connections Bingo 1:00 Remember the 80s Party 2:15 Mental Stimulation: Do You Hear What I Hear? 3:30 Mental Detox Spa Hour 6:00 Movie:</p>	<p>9:00 Coffee & The Chronicle 9:30 Balls for Balance and Focus 10:15 Energizing Walk to Start the Day 11:00 Community Spirit Bingo 1:00 Trail Mix Creations 2:15 Mental Stimulation: Opposite Words Challenge 3:30 Pass the Ball Prize Powwow 6:00 Movie:</p>	<p>9:00 Coffee & The Chronicle 9:30 Weights Lifting Hour! 10:15 Vital Steps for a Vibrant Life 11:00 Caring Connections Bingo 1:00 Flowers In Bloom 2:15 Mental Stimulation: Riddles 3:30 Golden Oldies Dance Party 6:00 Movie:</p>	<p>9:00 Coffee & The Chronicle 9:30 Cardio with Curtis 10:15 Vital Steps for a Vibrant Life 11:00 Stretch your Mind: Bingo 1:00 Outing: Coffee & Tea at Flowin Cafe 2:15 Mental Stimulation: Coffee Word Search 3:30 Massage & Meditate 6:00 Movie:</p>	<p>9:00 Coffee & The Chronicle 9:30 Precision Throwing for Agility 10:15 Step Forward in Wellness 11:00 Community Spirit Bingo 1:00 Name That Movie/Show 2:15 Mental Stimulation: Vintage Photos Reminiscing 3:30 Patio Sip & Paint 6:00 Movie:</p>
<p>9:00 Virtual Catholic Mass 9:30 Weights Lifting Hour! 10:15 Savor the Stillness Morning Walk 11:00 Caring Connections Bingo 1:00 Fruit Kebab Workshop 2:15 Mental Stimulation: Have You Ever Game 3:30 Board Game Bonding Night 6:00 Movie:</p>	<p>9:00 Coffee & The Chronicle 9:30 Seated Resistance Bands Class 10:15 Morning Stroll for Health 11:00 Stretch your Mind: Bingo 1:00 Newspaper Races 2:15 Mental Stimulation: Word Ladder 3:30 Romantic Songs Sing-Along 6:00 Movie:</p>	<p>9:00 Coffee & The Chronicle 9:30 Drumming to the Rhythm of Wellness 10:15 It's a New Day Stroll 11:00 Brain Booster Bingo 1:00 Proper Tea Party! 2:15 Mental Stimulation: Finish the Saying 3:30 Pamper Yourself Self Care Station 6:00 Movie:</p>	<p>9:00 Coffee & The Chronicle 9:30 Catch and Connect Fitness 10:15 Start the Day w/Fresh Air 11:00 Stretch your Mind: Bingo 1:00 Cake Pop Creations 2:15 Mental Stimulation: Alphabet Game 3:30 Live Entertainment: Yasha the Violinist! 6:00 Movie:</p>	<p>9:00 Coffee & The Chronicle 9:30 Wellness Weights Workout 10:15 Joyful Steps to Start the Day 11:00 Brain Booster Bingo 1:00 Scratch Art Reveal 2:15 Mental Stimulation: Matching Game 3:30 Dance Party Showdown! 6:00 Movie:</p>	<p>9:00 Coffee & The Chronicle 9:30 Active Heartbeats Cardio Class 10:15 Heart-Healthy Walk 11:00 Sharp Minds Bingo 1:00 Barnsdall Art Park 2:15 Mental Stimulation: 80s Slang Word Search 3:30 Rest & Revive Retreat 6:00 Movie:</p>	