

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2025

Heritage Manor West – Unit 4


****Activities subject to change at any time****



1
10:15 Light Stretch & Flex (BL)
11:00 Lucky Strike Bowling (BL)
2:15 **BINGO** (WGR)



2
10:30 Would You Rather (BL)
11:15 Morning Stretch (BL)
2:30 Worship Service (AUD)



Groundhog Day

3
10:15 Assorted Table & Board Games (BL)
11:00 Sit & Be Fit Stretch (BL)
2:15 **BINGO** (WGR)


4
10:15 Crafter's Corner: Valentines Mobile (BL)
11:00 Piano With Ruth E. (BL)
2:30 Communion Service (AUD)



5 **HAPPY BIRTHDAY NANCY**
10:15 Paper Airplane Contest (BL)
11:00 Rise & Shine Stretch (BL)
2:15 Classic Cuisine: Chocolate Fondue (H)

6
10:15 Pictionary on Whiteboard (BL)
11:00 Elastic Band Stretch (BL)
2:15 Afternoon Stretch (BL)
2:30 Bocce Ball (BL)

7
10:15 People of Faith (BL)
11:00 Rosary (BL)
2:30 February Birthday Celebration with Jerry Castaldo (AUD)



8
10:15 Press Your Luck (IN2L)
11:00 Stretch & Flex (BL)
2:15 **BINGO** (WGR)

9 **Super Bowl Sunday**
10:30 Penny Ante (BL)
11:15 Light Flex & Stretch (BL)
2:30 Worship Service (AUD)
6:30 Super Bowl Kick-off (F)



10
10:15 Family Feud (IN2L)
11:00 Dumbbell Fitness (BL)
2:15 **BINGO** (WGR)

11
10:15 Crafter's Corner: Valentine Heart Sun Catchers (BL)
11:00 Christian Karaoke (IN2L)
2:30 Worship Service (AUD)

12 **10:30-11 A visit with Eastern Christian students**
11:00 Valentine's Words within (BL)
2:30 Resident Council: Activity & Menu Planning Meeting (BL)
3:45 "Brian Regan Stand-up Comedy Full HD" (1 hr.) (F)

Tu B' Shevat Begins

13
10:15 Noodle Ball (BL)
11:00 Noodle Fitness (BL)
2:15 Classic Cuisine: Homemade Valentine's Day Chocolate for Loved Ones (H)

14
10:15 People of Faith (BL)
11:00 Rosary (BL)
2:30 Valentine's Day Party with Mike Nosal (AUD)



Valentine's Day

15
10:15 Crossword Puzzle (IN2L) (BL)
11:00 Morning Stretch (BL)
2:15 **BINGO** (WGR)


16 **HAPPY BIRTHDAY ART!**
10:30 Name That Tune (BL)
11:15 Stretch & Flex (BL)
2:30 Worship Service (AUD)

17
10:15 Presidential Trivia & Fun Facts! (BL)
11:00 Morning Mindfulness Stretch (BL)
2:15 **BINGO** (WGR)

Presidents' Day (U.S.)


18
10:15 Crafter's Corner: Floral Wooden Trivet Craft (BL)
11:00 Piano With Ruth E. (BL)
2:30 Worship Service (AUD)

19
10:15 Wheel of Fortune (BL)
11:00 Stretch, Flex & Kickball (BL)
2:15 Classic Cuisine: Silky Custard Cake with Ann (H)




20
10:15 Press Your Luck (IN2L)
11:00 Sit & Be Fit Stretch (BL)
2:15 Afternoon Flex (BL)
2:30 Scavenger Hunt Around the Unit

21
10:15 People of Faith (BL)
11:00 Rosary (BL)
2:30 Musical Performance with Alan Gross (WGR)




22
10:15 Charades (BL)
11:00 Light Flex & Stretch (BL)
2:15 **BINGO** (WGR)

23
10:30 Various Trivia games (IN2L) (BL)
11:15 Morning Stretch (BL)
2:30 Worship Service (AUD)




24
10:15 February Scattegories on Whiteboard (BL)
11:00 Noodle Fitness (BL)
2:15 **BINGO** (WGR)

25
10:15 Crafter's Corner: Watercolor Animal scenes (BL)
11:00 Christian Karaoke (IN2L) (BL)
2:30 Worship Service (AUD)
5:00 Wyckoff Take-out Pizza Night! (WGR)



26
10:15 Rise & Shine Stretch (BL)
11:00 Reading Reflections & Bible Trivia with Rev. Dawn Rivers (BL)
2:30 Catholic Mass (AUD)
3:30 Stretch & Flex (F)

27 **HAPPY BIRTHDAY IRIS!**
10:15 Jeopardy Trivia (BL)
11:00 Dumbbell Fitness (BL)
2:30 Sweetheart Tea & Dessert Social (WGR)



28
10:15 People of Faith (BL)
11:00 Rosary (BL)
2:15 Classic Cuisine: Lemon Cake with Ann (H)

Ramadan Begins

Abbreviation Key
(BL)- Blanton Lounge
(WGR)- West Great Room
(AUD)- Auditorium
(IN2L)- Interactive Computer Games
(YT)- YouTube Premium
(H)- Hearth Kitchen area
(F) = Fireplace TV

