


# February 2020 Assisted Living Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>SUAD...Sign up at Activity Desk OR...Oaks Room AR...Acorn Room CC...Coffee Corner Chp...Chapel WC...Wellness Center (across from D204)</p>	<p><b>Tony is on call for Jury Duty the week beginning February 3rd so we may show a PBS DVD at 9:30 am or Qi Gong DVD at 10:30 am</b></p> 	<p><b>NEW!</b> <b>Chair Yoga Class</b> <b>Tuesdays at 11:00 am</b> <b>in the Oaks Room</b></p>	<p>Activities take place in the <b>Assisted Living Activity Room</b> unless otherwise noted.</p>		<p><b>1 10:00 Karen: Vocals &amp; Guitar</b> By C-1 elevator <b>10:30 Activity Sign Ups/OR</b> <b>1:00 Bridge by the C1 elevator</b> <b>1:30-3:15 Movie/ALAR</b> "Garden State" Rated R <b>4:00 Mass/OR</b> <b>7:20-9:05 Movie/OR</b> "Paper Moon"</p>	
<p><b>2 Groundhog Day</b> 10:30 Qi Gong DVD/OR 1:00 Rummikub /ALAR 1:00 Leave for Symphony/SUAD <b>No Movement or Movie</b> <b>3:00 Super Bowl Party/OR</b> <b>7:45-9:30 Movie/ OR</b> "Garden State" Rated R</p>	<p><b>3 9:30 Balance Exercise/OR</b> <b>10:00 Poker by C1 elevator</b> <b>10:30 Exercise w/Tony</b> 1:00 Rummikub /CC 1:30 Bible Study/Chapel <b>1:30 Bingo with Lori</b> <b>1:45 Art Group/OR</b></p>	<p><b>4 9:30 Exercise w/Tony/OR</b> 9:45 Shop at Dollar Tree/SUAD <b>10:30 Exercise w/Tony</b> <b>11:00 Chair Yoga/OR</b> <b>1:30 Richard Stauff on Piano/OR</b> 3:30 Rosary for Peace/Chapel <b>5:30 Assisted Living Movie</b> "Maudie"</p>	<p><b>5 9:30 Balance Exercises/OR</b> <b>10:30 Exercise w/Tony</b> 10:30 Qi Gong DVD/OR 1:00 Rummikub /CC <b>2:00 Speaker UCSC Prof. Crosby</b> "Affirmative Action"/OR 3:15 Knitting &amp; Crocheting/AR <b>7:00 Bingo/OR</b></p>	<p><b>6 9:30 Exercise w/Tony/OR</b> <b>10:00 Bookmobile/Lobby</b> <b>10:30 Exercise w/Tony</b> 10:30 Healthy Mind/Healthy Body/OR (See newsletter to learn more) 1:00 Rummikub /CC <b>1:15 Poetry w/Magdalena</b> <b>1:45 Movie &amp; Discussion/OR</b></p>	<p><b>7 9:30 Exercise w/Tony/OR</b> 10:00 Poker by C1 elevator <b>10:15 DOGGS Sing/Chapel</b> <b>10:30 Exercise w/Tony</b> <b>5:30 Assisted Living Movie</b> "The Glass Castle" <b>7:15 Martan on Piano/OR</b></p>	<p><b>8 10:00 David: Vocals &amp; Guitar/</b> By C-1 elevator 10:30 Qi Gong DVD/OR <b>1:00 Bridge by the C1 elevator</b> <b>1:30-3:25 Movie/ALAR</b> "Brooklyn" <b>4:00 Mass/OR</b> <b>7:20-8:45 Movie/OR</b> "Sound of My Voice" Rated R</p>
<p><b>9 10:00 Bingo w/Lori</b> 10:30 Qi Gong DVD/OR 1:00 Rummikub /ALAR <b>1:30 Movement w/Music/OR</b> <b>No Movie this afternoon</b> <b>4:00-7:15 Academy Awards &amp; Red Carpet Arrivals/OR</b> <b>7:20-9:15 Movie/OR</b> "Brooklyn"</p>	<p><b>10 9:30 Balance Exercise/OR</b> <b>10:00 Poker by C1 elevator</b> <b>10:30 Exercise w/Tony</b> 1:30 Bible Study/Chapel 1:00 Rummikub/CC <b>1:30 AL Monthly Conversation</b> <b>1:45 Art Group/OR</b> <b>2:30-4:00 Hearing Aid Check/ WC</b></p>	<p><b>11 No Exercise w/Tony today</b> <b>11:00 Chair Yoga/OR</b> 11:30 New Resident Luncheon 1:00 Rummikub /CC 3:30 Rosary for Peace/Chapel <b>5:30 Assisted Living Movie</b> "Meet Me in St. Louis"</p>	<p><b>12 9:30 Balance Exercises/OR</b> <b>10:30 Exercise w/Tony</b> 10:30 Qi Gong DVD/OR <b>11:00 Episcopal Service/Chp</b> 1:00 Rummikub /CC <b>1:30 Music w/Nancy Heth</b> 3:15 Knitting &amp; Crocheting/AR <b>7:00 Bingo/OR</b></p>	<p><b>13 9:30 Exercise w/Tony/OR</b> <b>10:30 Exercise w/Tony</b> 1:00 Rummikub /CC <b>1:30 Music w/John Hofacre</b> <b>4:00-5:30 HAPPY HOUR</b> <b>DANCE w/Mike Hadley/OR</b></p>	<p><b>14 Valentine's Day</b> <b>No Exercise w/Tony today</b> 9:30 Andre Rieu "Love in Venice/OR <b>10:00 Poker by C1 elevator</b> <b>10:15 DOGGS Sing/Chapel</b> <b>1:30 Shabbot Service/AR</b> <b>5:30 Assisted Living Movie</b> "Funny Face" <b>7:15 Villanelle Plays &amp; Sings/OR</b></p>	<p><b>15 10:00 Music w/Karen Rodriguez</b> By C-1 elevator 10:30 Qi Gong DVD/ OR <b>1:30-3:10 Movie/ALAR</b> "The Sun is Also a Star" <b>1:00 Bridge by the C1 elevator</b> <b>4:00 Mass/OR</b> <b>4:30 Lobby Piano Serenade/Main Lobby</b> <b>7:20-9:55 Movie/OR</b> "Gladiator" Rated R</p>
<p><b>16 9:30 Leave for Lifelong Learners/SUAD</b> 10:30 Qi Gong DVD/OR 1:00 Rummikub /ALAR 1:30 Movement w/Music/OR <b>2:45-5:20 Movie/ALAR</b> "Gladiator" Rated R <b>7:20-9:00 Movie/OR</b> "The Sun is Also a Star"</p>	<p><b>17 Presidents' Day</b> <b>9:30 Balance Exercise/OR</b> <b>10:00 Poker by C1 elevator</b> <b>10:30 Macular Degeneration Grp/OR</b> <b>10:30 Exercise w/Tony/ALAR</b> 1:00 Rummikub/CC 1:30 Bible Study/Chapel</p>	<p><b>18 9:30 Exercise w/Tony/OR</b> <b>10:30 Exercise w/Tony</b> <b>11:00 Chair Yoga/OR</b> 1:00 Rummikub /CC <b>1:30 Music w/Ginny Mitchell</b> 3:30 Rosary for Peace/Chapel <b>5:30 Assisted Living Movie</b> "Steel Magnolias"</p>	<p><b>19 9:30 Balance Exercises/OR</b> <b>10:30 Exercise w/Tony</b> 10:30 Qi Gong DVD/OR 1:00 Rummikub/CC <b>2:00 Piano &amp; Mandolins:</b> <b>Music w/Nick Royal &amp; Friends</b> 3:15 Knitting &amp; Crocheting/AR <b>7:00 Bingo/OR</b></p>	<p><b>20 9:30 Exercise w/Tony/OR</b> <b>10:00 Bookmobile/Lobby</b> <b>10:30 Exercise w/Tony</b> 1:00 Rummikub /CC <b>1:30 "Nature's Miracles" DVD</b> <b>4:15 Birthday, New Resident</b> <b>Dinner/Main Dining Room</b></p>	<p><b>21 9:30 Exercise w/Tony/OR</b> <b>10:00 Poker by C1 elevator</b> <b>10:15 DOGGS Sing /Chapel</b> <b>10:30 Exercise w/Tony</b> <b>5:30 Assisted Living Movie</b> "Carousel" <b>7:15 Piano w/Richard Stauff/OR</b> "Valentine's Songs"</p>	<p><b>22 10:00 Music w/David Field</b> By the C1 elevator 10:30 Qi Gong DVD/OR <b>1:00 Bridge by the C1 elevator</b> <b>1:30-3:15 Movie/ALAR</b> "No Reservations" <b>1:45 BEADING Class/SUAD/AR</b> <b>4:00 Mass/OR</b> <b>7:20-9:20 Movie/OR</b> "Little Women"</p>
<p><b>23 10:00 Bingo w/Lori</b> 10:30 Qi Gong DVD/OR <b>12:30 Leave for Quilt Show at Fairgrounds /SUAD</b> 1:00 Rummikub /ALAR <b>No Movement w/Music</b> <b>2:45-4:45 Movie/OR</b> "Little Women" <b>7:20-9:05 Movie/OR</b> "No Reservations"</p>	<p><b>24 9:30 Balance Exercise/OR</b> <b>10:00 Shop Trader Joes/SUAD</b> <b>10:00 Poker/ C1 elevator</b> <b>10:30 Exercise w/Tony</b> <b>10:30 Sharing Memories w/Fran/OR</b> 1:00 Rummikub/CC <b>1:15 Leave for Senior Connections/SUAD</b> 1:30 Bible Study/Chapel <b>1:45 WORD WARP/OR</b></p>	<p><b>25 9:30 Exercise w/Tony/OR</b> <b>10:30 Exercise w/Tony</b> <b>11:00 Chair Yoga/OR</b> 1:00 Rummikub /CC <b>1:30 Music w/David Field</b> 3:30 Rosary for Peace/Chapel <b>5:30 Assisted Living Movie</b> "The Lake House"</p>	<p><b>26 Ash Wednesday</b> 9:30 Balance Exercises/OR <b>10:30 Mass &amp; Distribution of Ashes/OR</b> 10:30 Exercise w/Tony 11:35 Leave for Lunch at Café Mare/SUAD 1:00 Rummikub/CC 3:15 Knitting &amp; Crocheting/AR <b>7:00 Bingo/OR</b></p>	<p><b>27 9:30 Exercise w/Tony/OR</b> <b>10:30 Exercise w/Tony</b> 1:00 Rummikub /CC <b>1:30 Music with Jack Bowers</b> <b>4:00-5:30 HAPPY HOUR/OR</b> <b>Joe Ferarra Plays &amp; Sings!</b></p>	<p><b>28 9:30 Exercise w/Tony/OR</b> <b>10:00 Poker by C1 elevator</b> <b>10:15 DOGGS Sing/Chapel</b> <b>1:00 Bridge/OR</b> <b>1:30 Jewish Culture Club/AR</b> <b>5:30 Assisted Living Movie</b> "The Wizard of Oz" 7:20 Los Gatos High School Jazz Ensemble/OR</p>	<p><b>29 10:00 Music w/Karen Rodriguez</b> By the C1 elevator 10:30 Qi Gong DVD/OR <b>1:00 Bridge by the C1 elevator</b> <b>1:30-3:50 Movie/ALAR</b> "Mary Poppins" <b>4:00 Mass/OR</b> <b>7:20- 8:50 Movie/OR</b> "Suspicion"</p>