FEBRUARY EVENTS & ACTIVITIES TRADITIONS

MANAGED BY SURPASS SENIOR LIVING **MCF #104579**

surpass SENIOR LIVING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Note: Scheduled activities and events are subject to change without prior notice. Please see Life Enrichment staff for any possible changes and/or updates.	**Dimensions of Wellness** Social Physical Community Connections Intergenerational Spiritual Intellectual Emotional	**Special Events** **Friday February 14th @ 12:00pm:** Valentines Day Luncheon with Live Music **Friday February 21st @ 10:30am:** Live Music with Toney Walsh	**Evening Activities** **Sunday, Monday, Thursday & Friday** 5:30: Deep Breathing & Relaxation 6:00: Tea & Talk 6:30: Evening Devotional & Prayer **Tuesday, Wednesday & Saturday** 5:30: Yoga Stretch 6:00: Coffee & Conversation Starters 6:30: HymnSing			8:30 Rise & Shine Morning Greet & Prayer 9:00 Dance Fitness 9:30 Dear Abby 10:00 Lifestories & Refreshments 10:30 Bible Stories 11:00 Coupon Clippers Grocery Game 11:30 Helping Hands 2:00 Balloon Volleyball 2:30 Fabulous Foodies Cooking Group 3:00 Letter Writing 3:30 Lifestories & Refreshments 4:00 Helping Hands 1
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