

# February 2023

## Seasons. Memory Care, Life Enrichment Guide

Red: Outing, Purple: Entertainment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>8:30 Joel Osteen (channel 28) <b>5</b></p> <p>2:00 Crozet United Methodist Church, morning sermon streamed on You Tube</p>	<p>8:30 News &amp; Weather <b>6</b></p> <p>9:45 Neighborhoods/Fuel Up</p> <p>10:30 <i>The Birthday Balloon</i></p> <p>11:00 Fitness</p> <p>12:30 Roll of the Dice!</p> <p>2:00 Travelogue</p> <p>3:30 Fuel Up!</p> <p>4:15 Sing Along</p> <p>6:00 Music &amp; Dance</p>	<p>8:30 News &amp; Weather <b>7</b></p> <p>9:45 Neighborhoods/Fuel Up</p> <p>10:30 Family Feud</p> <p>11:00 Fitness</p> <p>12:30 Color My World</p> <p>2:00 <b>Scenic Drive</b></p> <p>2:45 Fuel Up!</p> <p>3:30 "The Road to Holland" ac</p> <p>4:15 Walks</p> <p>6:00 What Am I?</p>	<p>8:30 News &amp; Weather <b>1</b></p> <p>9:45 Neighborhoods/Fuel Up</p> <p>10:30 Spunky Old Broads Day!</p> <p>11:00 Fitness</p> <p>12:30 Karaoke</p> <p>2:00 Smooches w/ Pooches</p> <p>3:00 Rosa Parks</p> <p>3:30 Fuel Up!</p> <p>4:15 Monument Facts</p> <p>6:00 Who Am I?</p>	<p>8:30 News &amp; Weather <b>2</b></p> <p>9:45 Ground Hog Trivia &amp; Fuel Up!</p> <p>10:30 Yoga</p> <p>12:30 Color My World</p> <p>2:00 Puzzles &amp; Ponderings</p> <p>3:00 Postal Carrier Basket!</p> <p>4:15 Fuel Up!</p> <p>6:00 Color My World</p> <p style="text-align: center;"><small>Groundhog Day</small></p>	<p>8:30 News &amp; Weather <b>3</b></p> <p>9:45 Neighborhoods/Fuel Up</p> <p>10:30 Bird Feeders!</p> <p>11:00 Fitness</p> <p>12:30 Karaoke</p> <p>2:00 Spa Nails</p> <p>3:30 Fuel Up!</p> <p>4:00 Walks</p> <p>6:00 Where Am I?</p> <p style="text-align: center;"><i>Feed the Birds Day</i></p>	<p>8:30 News &amp; Weather <b>4</b></p> <p>11:00 Inspiration/Fuel Up</p> <p>2:00 Comedy Hour</p> <p>6:00 Evening Movie</p> <p style="text-align: center;">Postal Carrier Day! Give them a "Thank You"!</p> 	
<p>8:30 Joel Osteen (channel 28) <b>12</b></p> <p>2:00 Crozet United Methodist Church, morning sermon streamed on You Tube</p> <p style="text-align: center;"></p>	<p>8:30 News &amp; Weather <b>13</b></p> <p>9:45 Neighborhoods/Fuel Up</p> <p>10:00 STAB Students Activity-A</p> <p>12:30 Roll of the Dice!</p> <p>2:00 <b>Music: Mr. and Mrs. Franzen-LR (piano &amp; harp)!</b></p> <p>4:15 Karaoke</p> <p>6:00 Music &amp; Dance</p>	<p>8:30 News &amp; Weather <b>14</b></p> <p>9:45 Neighborhoods/Fuel Up</p> <p>10:30 Hang Man</p> <p>11:00 Fitness</p> <p>12:30 Hershey Kiss Sampling</p> <p>2:00 <b>Scenic Drive</b></p> <p>3:30 Valentine</p> <p>Happy Hour!</p> <p>6:00 What Am I?</p> <p style="text-align: center;"><small>Valentine's Day</small></p> 	<p>8:30 News &amp; Weather <b>15</b></p> <p>9:45 Neighborhoods/Fuel Up</p> <p>10:30 "Do a Grouch a Favor Day" Who's a Grouch?</p> <p>11:00 Fitness</p> <p>12:30 Color My World</p> <p>2:00 Susan B. Anthony Doc.</p> <p>3:30 Fuel Up!</p> <p>4:15 Noodle Ball</p> <p>6:00 Who Am I?</p>	<p>8:30 News &amp; Weather <b>16</b></p> <p>9:45 Neighborhoods/Fuel Up</p> <p>10:30 Yoga</p> <p>12:30 Karaoke</p> <p>2:00 Facts About Abe Lincoln</p> <p>3:00 Catholic Comm.</p> <p>3:30 Fuel Up!</p> <p>4:15 Putt, Putt</p> <p>6:00 Color My World</p>	<p>8:30 News &amp; Weather <b>17</b></p> <p>9:45 Neighborhoods/Fuel Up</p> <p>10:30 Weekend Reminisce</p> <p>11:00 Fitness</p> <p>12:30 Xylophones</p> <p>2:00 Spa Nails</p> <p>3:30 Fuel Up!</p> <p>4:00 What are my colors today?</p> <p>6:00 Where Am I?</p>	<p>8:30 News &amp; Weather <b>18</b></p> <p>11:00 Inspiration/Fuel Up</p> <p>2:00 Parachute</p> <p>6:00 Evening Movie</p>	
<p>8:30 Joel Osteen (channel 28) <b>19</b></p> <p>2:00 Crozet United Methodist Church, morning sermon streamed on You Tube</p>	<p>8:30 News &amp; Weather <b>20</b></p> <p>9:45 Neighborhoods/Fuel Up</p> <p>10:30 Finishing Lines</p> <p>11:00 Fitness</p> <p>12:30 Roll of the Dice!</p> <p>2:00 <i>Star of the Month: Elizabeth Taylor! Slide Show</i></p> <p>3:30 Fuel Up!</p> <p>4:15 Sing Along</p> <p>6:00 Music &amp; Dance</p>	<p>8:30 News &amp; Weather <b>21</b></p> <p>10:00 Decorate you! /Fuel Up</p> <p>10:30 Yoga</p> <p>12:30 Matching Cards</p> <p>2:00 <b>Scenic Drive</b></p> <p>3:30 Fuel Up!</p> <p>4:00 <i>Who, What, Where? Mardi Gras!</i></p> <p>5:30 Mardi Gras Dinner</p> <p>6:00 What Am I?</p> <p style="text-align: center;"><small>Mardi Gras</small></p>	<p>8:30 News &amp; Weather <b>22</b></p> <p>9:45 Neighborhoods/Fuel Up</p> <p>10:30 Walk the Dog Day!</p> <p>11:00 Fitness</p> <p>12:30 Color My World</p> <p>2:00 Facts about George Washington</p> <p>3:30 Fuel Up!</p> <p>4:15 Animal Facts</p> <p>6:00 Who Am I?</p> <p style="text-align: center;"><small>As a Wednesday</small></p>	<p>8:30 News &amp; Weather <b>23</b></p> <p>10:00 Neighborhoods/Fuel Up</p> <p>10:30 Yoga</p> <p>12:30 Dog Pictures and Facts</p> <p>2:00 Karaoke</p> <p>2:30 Afternoon Matinee</p> <p>4:00 Get Party Ready w/ Karli &amp; H&amp;W</p> <p>5:30 <b>Snowball Dinner/Dance</b></p>	<p>8:30 News &amp; Weather <b>24</b></p> <p>9:45 Neighborhoods/Fuel Up</p> <p>10:30 Tell a Fairy Tale Day</p> <p>11:00 Fitness</p> <p>12:30 Color My World</p> <p>2:00 Noodle Ball</p> <p>3:00 <b>Music: Bennie Dodd-LR</b></p> <p>4:00 Lawrence Welk Show</p> <p>6:00 Where Am I?</p>	<p>8:30 News &amp; Weather <b>25</b></p> <p>11:00 Inspiration/Fuel Up</p> <p>2:00 Puzzles</p> <p>6:00 Evening Movie</p>	
<p>8:30 Joel Osteen (channel 28) <b>26</b></p> <p>2:00 Crozet United Methodist Church, morning sermon streamed on You Tube</p>	<p>8:30 News &amp; Weather <b>27</b></p> <p>9:45 Neighborhoods/Fuel Up</p> <p>10:30 Famous Duo's Match Up</p> <p>11:00 Fitness</p> <p>12:30 Roll of the Dice!</p> <p>2:00 <i>Who, What Where? Laura Ingles Wilder</i></p> <p>3:00 <b>Music: Brian Frankie-LR</b></p> <p>4:15 Karaoke</p> <p>6:00 Music &amp; Dance</p>	<p>8:30 News &amp; Weather <b>28</b></p> <p>9:45 Neighborhoods/Fuel Up</p> <p>10:30 Yoga</p> <p>11:00 Fitness</p> <p>12:30 Color My World</p> <p>2:00 <b>Scenic Drive</b></p> <p>3:30 Fuel Up!</p> <p>4:15 Puzzles</p> <p>6:00 What Am I?</p>	 <h1 style="font-size: 4em; margin: 0;">February 2023</h1> <p style="margin: 0;">Activities run a minimum of 30 mins. Activities subject to change. Catholic Communion is every Thursday at 3:00</p> <p style="margin: 0;"><b>American Heart Month, Black History Month, Library Lover's Month, Senior Independence Month</b></p>				