

SUN	MON	TUE	WED	THUR	FRI	SAT
<b>LOCATION KEY</b> 138 - Channel 138 591 - Channel 591 CDR - Cherry Dining Room CR - Club Room CEC - Community Education Center HDR - Hickory Dining Room	HLR - Hickory Living Room HL - Hickory Lounge SL - Seasons Lounge					8:30 Guided Meditation (591) <b>1</b> 9:30 Shabbat Morning Services (138) 10:00 Exercise Group! (SL) 1:30 Nail Time (SL) 2:00 Group Bingo! (CDR) 3:00 Saturday Sip & Chat (CDR)
<b>Groundhog's Day</b> <b>2</b> 8:30 Guided Meditation (591) 10:00 Groundhog's Day Predictions (SL) 10:30 Sunday Mass Heart of Nation (Channel 10) <b>2:00 No Sew Heart Pillows with Girl Scout Troop 60028 (CDR)</b> 3:00 Paper Plate Groundhog Craft (CDR)	<b>3</b> 8:30 Guided Meditation (591) 9:30 Morning Exercise Group (SL) 10:00 Balloon Volleyball (SL) 10:30 Daily Chronicle Review & Chat (SL) <b>11:15 Rosary Group (HL)</b> <b>2:00 Chris Giakas Acoustic Hour (CDR)</b> 3:00 Crafty Corner: Heart Caterpillar (SL) 3:30 Sip & Snack (SL) 4:15 Classic Television Series: "I Love Lucy" (SL)	<b>4</b> 8:30 Guided Meditation (591) 9:30 Morning Exercise Group (SL) 10:00 Balloon Volleyball (SL) 10:30 Daily Chronicle Review & Chat (SL) 2:00 Match 'Em Up Game (SL) 2:30 Beanbag Toss (SL) 3:30 Sip & Snack (SL) 4:15 Tuesday Armchair Travel Series (SL)	<b>5</b> 8:30 Guided Meditation (591) 9:30 Morning Exercise Group (SL) 10:00 Balloon Volleyball (SL) 10:30 Daily Chronicle Review & Chat (SL) 11:00 Walking Club (SL) <b>2:00 Eleanor Jackson Entertains The Arbor (CDR)</b> 2:00 Tea & Poetry (SL) 2:30 Magazine ispy (SL) 3:30 Sip & Snack (SL) 4:15 Aromatherapy & Calming Music (SL)	<b>6</b> 8:30 Guided Meditation (591) 9:30 Morning Exercise Group (SL) 10:00 Balloon Volleyball (SL) <b>10:30 Catholic Communion Service hosted by Immaculate Conception Church (CDR)</b> 10:30 Daily Chronicle Review & Chat (SL) 2:00 Glee Club (SL) 2:30 Jenga! (SL) 3:30 Sip & Snack (SL) 4:15 Puzzlin' and Coloring Group! (SL)	<b>Jersey Day!</b> <b>7</b> 8:30 Guided Meditation (591) 9:30 Morning Exercise Group (SL) 10:00 Balloon Volleyball (SL) 10:30 Daily Chronicle Review & Chat (SL) 11:00 Cooking Club (SL) <b>1:30 Paul White Lecture: "Presidents &amp; First Ladies" (HLR)</b> 3:30 Sip & Snack (SL) 4:15 Funny Friday! Abbot and Costello Comedy Highlights (SL)	<b>8</b> 8:30 Guided Meditation (591) 9:30 Shabbat Morning Services (138) 10:00 Exercise Group! (SL) 1:30 Nail Time (SL) 2:00 Saturday Sip & Chat (CDR) 3:00 Calm Coloring Group (SL)
<b>Superbowl Sunday!</b> <b>9</b> 8:30 Guided Meditation (591) 10:30 Sunday Mass Heart of Nation (Channel 10) 2:00 Seated Football Toss! (CDR) 3:00 Super Bowl Sunday Social! (CDR) 6:30 Watch the Superbowl!!! Tune in to Ch. 2	<b>10</b> 8:30 Guided Meditation (591) 9:30 Morning Exercise Group (SL) 10:00 Balloon Volleyball (SL) 10:30 Daily Chronicle Review & Chat (SL) <b>11:15 Rosary Group (HL)</b> <b>2:00 Dave Elgart's Piano Production (CDR)</b> <b>2:00 Tu Bishvat Seder with Debbie (CR)</b> 3:30 Sip & Snack (SL) 4:15 Classic Television Series: "I Love Lucy" (SL)	<b>11</b> 8:30 Guided Meditation (591) 9:30 Morning Exercise Group (SL) 10:00 Balloon Volleyball (SL) 10:30 Daily Chronicle Review & Chat (SL) <b>11:00 LTC Resident Council (CDR)</b> <b>2:00 Jimmy Sabini's Smashing Hits! Live Performance (CDR)</b> 3:30 Sip & Snack (SL) 4:15 Tuesday Armchair Travel Series (SL)	<b>12</b> 8:30 Guided Meditation (591) 9:30 Morning Exercise Group (SL) 10:00 Balloon Volleyball (SL) 10:30 Daily Chronicle Review & Chat (SL) 11:00 Walking Club (SL) 2:00 Guess in 10! (SL) 3:30 Sip & Snack (SL) 4:15 Aromatherapy & Calming Music (SL)	<b>13</b> 8:30 Guided Meditation (591) 9:30 Morning Exercise Group (SL) 10:00 Balloon Volleyball (SL) <b>10:30 Catholic Communion Service hosted by Immaculate Conception Church (CDR)</b> 10:30 Daily Chronicle Review & Chat (SL) 11:00 Caregivers Support Group (CEC) <b>2:40 SHS Interact Club Valentine's Day Program (CDR)</b> 3:30 Sip & Snack (SL) 4:15 Puzzlin' and Coloring Group! (SL)	<b>Valentine's Day</b> <b>14</b> 8:30 Guided Meditation (591) 9:30 Morning Exercise Group (SL) 10:00 Balloon Volleyball (SL) 10:30 Daily Chronicle Review & Chat (SL) 11:00 Cooking Club (SL) 2:00 Valentine's Day Group Bingo! (CDR) 3:00 Valentine's Day Party! (CDR) 3:30 Sip & Snack (SL) 4:15 Funny Friday! Abbot and Costello Comedy Highlights (SL)	<b>15</b> 8:30 Guided Meditation (591) 9:30 Shabbat Morning Services (138) 10:00 Exercise Group! (SL) 1:30 Nail Time (SL) 2:00 Saturday Sip & Chat (CDR) 3:00 Jenga! (SL)

# February 2025

Seasons Lifestyle Programs

Mady Klett Community Life Manager 908 595 6552



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CIRCLE**

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SUN	MON	TUE	WED	THUR	FRI	SAT
<p>8:30 Guided Meditation (591) <b>16</b></p> <p>10:30 Sunday Mass Heart of Nation (Channel 10)</p> <p>2:00 Tabletop Game: Tapple! (SL)</p> <p>3:00 Let's Reminisce: Childhood Pets (SL)</p> <p>3:30 Pet Ted Talk: The Power of a Pet   Rustin Moore (SL)</p>	<p><b>Presidents' Day 17</b></p> <p>8:30 Guided Meditation (591)</p> <p>9:30 Morning Exercise Group (SL)</p> <p>10:00 Balloon Volleyball (SL)</p> <p>10:30 Daily Chronicle Review &amp; Chat (SL)</p> <p><b>11:15 Rosary Group (HL)</b></p> <p>2:00 Cookie Decorating! (SL)</p> <p>3:30 Sip &amp; Snack (SL)</p> <p>4:15 Classic Television Series: "I Love Lucy" (SL)</p>	<p>8:30 Guided Meditation (591) <b>18</b></p> <p>9:30 Morning Exercise Group (SL)</p> <p>10:00 Balloon Volleyball (SL)</p> <p>10:30 Daily Chronicle Review &amp; Chat (SL)</p> <p><b>10:30 Protestant Worship Service with Ian Rankine (CR)</b></p> <p><b>2:00 Dan the Piano Man (CDR)</b></p> <p>3:30 Sip &amp; Snack (SL)</p> <p>4:15 Tuesday Armchair Travel Series (SL)</p>	<p>8:30 Guided Meditation (591) <b>19</b></p> <p>9:30 Morning Exercise Group (SL)</p> <p>10:00 Balloon Volleyball (SL)</p> <p>10:30 Daily Chronicle Review &amp; Chat (SL)</p> <p>11:00 Walking Club (SL)</p> <p>2:00 Love Song Sing-Along (SL)</p> <p>3:30 Sip &amp; Snack (SL)</p> <p>4:15 Aromatherapy &amp; Calming Music (SL)</p>	<p>8:30 Guided Meditation (591) <b>20</b></p> <p>9:30 Morning Exercise Group (SL)</p> <p>10:00 Balloon Volleyball (SL)</p> <p><b>10:30 Catholic Communion Service hosted by Immaculate Conception Church (CDR)</b></p> <p>10:30 Daily Chronicle Review &amp; Chat (SL)</p> <p>2:00 Parachute &amp; Balloon Toss (SL)</p> <p>3:30 Sip &amp; Snack (SL)</p> <p>4:15 Puzzlin' and Coloring Group! (SL)</p>	<p>8:30 Guided Meditation (591) <b>21</b></p> <p>9:30 Morning Exercise Group (SL)</p> <p>10:00 Balloon Volleyball (SL)</p> <p>10:30 Daily Chronicle Review &amp; Chat (SL)</p> <p>11:00 Cooking Club (SL)</p> <p><b>2:00 Shalom Kovnator Violin Performance (CDR)</b></p> <p><b>3:00 Monthly Birthday Celebration Social (CDR)</b></p> <p>3:30 Sip &amp; Snack (SL)</p> <p>4:15 Funny Friday! Abbot and Costello Comedy Highlights (SL)</p>	<p><b>National Margarita Day 22</b></p> <p>8:30 Guided Meditation (591)</p> <p>9:30 Shabbat Morning Services (138)</p> <p>10:00 Exercise Group! (SL)</p> <p>1:30 Nail Time (SL)</p> <p><b>2:00 John Adisano Live Music Performance (CDR)</b></p> <p><b>3:00 Margarita Mixer (CDR)</b></p>
<p>8:30 Guided Meditation (591) <b>23</b></p> <p>10:30 Sunday Mass Heart of Nation (Channel 10)</p> <p>2:00 Toss &amp; Talk Ball Game (SL)</p> <p>2:45 Classic Hits Sing-Along! (SL)</p> <p>3:30 Hand Massages and Aromatherapy (SL)</p>	<p>8:30 Guided Meditation (591) <b>24</b></p> <p>9:30 Morning Exercise Group (SL)</p> <p>10:00 Balloon Volleyball (SL)</p> <p>10:30 Daily Chronicle Review &amp; Chat (SL)</p> <p><b>11:15 Rosary Group (HL)</b></p> <p>2:00 Painting Group: Happy Hearts (SL)</p> <p>3:30 Sip &amp; Snack (SL)</p> <p>4:15 Classic Television Series: "I Love Lucy" (SL)</p>	<p>8:30 Guided Meditation (591) <b>25</b></p> <p>9:30 Morning Exercise Group (SL)</p> <p>10:00 Balloon Volleyball (SL)</p> <p>10:30 Daily Chronicle Review &amp; Chat (SL)</p> <p><b>2:00 Ukulele Sing Along with Roberta (HDR)</b></p> <p>3:30 Sip &amp; Snack (SL)</p> <p>4:15 Tuesday Armchair Travel Series (SL)</p>	<p>8:30 Guided Meditation (591) <b>26</b></p> <p>9:30 Morning Exercise Group (SL)</p> <p>10:00 Balloon Volleyball (SL)</p> <p>10:30 Daily Chronicle Review &amp; Chat (SL)</p> <p>11:00 Walking Club (SL)</p> <p>3:30 Sip &amp; Snack (SL)</p> <p>4:15 Aromatherapy &amp; Calming Music (SL)</p>	<p><b>National Strawberry Day 27</b></p> <p>8:30 Guided Meditation (591)</p> <p>9:30 Morning Exercise Group (SL)</p> <p>10:00 Balloon Volleyball (SL)</p> <p><b>10:30 Catholic Communion Service hosted by Immaculate Conception Church (CDR)</b></p> <p>10:30 Daily Chronicle Review &amp; Chat (SL)</p> <p>3:30 Sip &amp; Snack (SL)</p> <p>4:15 Puzzlin' and Coloring Group! (SL)</p>	<p><b>National Floral Design Day 28</b></p> <p>8:30 Guided Meditation (591)</p> <p>9:30 Morning Exercise Group (SL)</p> <p>10:00 Balloon Volleyball (SL)</p> <p>10:30 Daily Chronicle Review &amp; Chat (SL)</p> <p>11:00 Cooking Club (SL)</p> <p><b>2:30 Shabbat Service with Rabbi Daniel Selsberg (CR)</b></p> <p>3:30 Sip &amp; Snack (SL)</p> <p>4:15 Funny Friday! Abbot and Costello Comedy Highlights (SL)</p>	<p><b>LOCATION KEY</b></p> <p>138 - Channel 138</p> <p>591 - Channel 591</p> <p>CDR - Cherry Dining Room</p> <p>CR - Club Room</p> <p>CEC - Community Education Center</p> <p>HDR - Hickory Dining Room</p> <p>HLR - Hickory Living Room</p> <p>HL - Hickory Lounge</p> <p>SL - Seasons Lounge</p>

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