10:00am: Golden Moves E February 2025 11:00am: Guess that Sound F 1:00pm: Rock Painting E 2:00pm: Sifting & Sorting F 3:00pm: Drum Circle F 4:00pm: Mindful **Mustang Creek Estates Memory Care** Meditation E 10:00am: Flex & Flourish F 10:00am: Balanced Bodies E 10:00am: Silver Sneakers F 10:00am: Ageless Motion E 10:00am: Golden Moves F 11:00am: What's in the Bag? F 11:00am: Guess 11:00am: Think Tank E 11:00am: Word Ball E 9:00am: Watermark 10:00am: Noodle Ball E 11:00am: Picture Bingo E 1:00pm: Dot to Dot Therapy E | that Sound E I:00pm: Heart Wreaths E <mark>l:00pm: Valentine Card</mark> Streamed Church Service 11:00am: Sunshine Snack & 1:00pm: Bible Study F 2:00pm: Cooking Connection: Makina F 3:00pm: Happy Hour E 11:00am: Caregiver Chit-Social F 2:00pm: Mark Dunn Musical 1:00pm: Valentine Craft E Heart Cookie Decorating F 2:00pm: Clifford Visits 4:00pm: Things that Start with Chat 1:00pm: Light Stretches E Performance D 2:00pm: Sifting & Sorting F 3:00pm: Room Visits E 3:00pm: Name That Toon: the Letter... F 3:00pm: Drum Circle F 1:00pm: Color Me Calm 3:00pm: Painting Hour F 3:00pm: Manicures E 4:00pm: Hymn Sing a-long F 6:00pm: Movie Night: Roman Love Song Edition F 4:00pm: Mindful 3:00pm: Movie: An Affair to 4:00pm: Scenic Drive 4:00pm: Love Jar E Holiday Remember Groundhog Day Meditation E 12 10 0:00am: Flex & Flourish E 10:00am: Golden Moves E 10:00am: Balanced 10:00am: Silver Sneakers E 10:00am: Ageless Motion F 11:00am: Think Tank F 9:00am: Watermark Bodies F 10:00am: Noodle Ball F 11:00am: Jenga E 11:00am: Corn Hole E 11:00am: Guess 1:00pm: Valentine Craft E 11:00am: Word Ball F Streamed Church Service 11:00am: Sunshine Snack & 1:00pm: Bible Study F 1:00pm: Pretty Nails F that Sound F 2:00pm: Cooking Connection: 1:00pm: Glue Paintings E 11:00am: Careaiver Chit-Social E 2:00pm: Beautiful Blooms F 3:00pm: Happy Hour/ 1:00pm: Paint by Number E No Bake Cheesecake E 2:00pm: Clifford Visits 1:00pm: Light Stretches F Valentine Dance E Chat 2:00pm: Sifting & Sorting F 3:00pm: Galantines Tea 3:00pm: Room Visits F 3:00pm: Name That Toon: 1:00pm: Color Me Calm 3:00pm: Painting Hour E Party E 6:00pm: Movie Night: The 3:00pm: Drum Circle E 4:00pm: Hymn Sing a-long E Love Song Edition E 4:30pm: Super Bowl LIX Bucket List 4:00pm: Mindful 4:00pm: Drum Circle F 4:00pm: Puzzle Power Hour F (FOX) Meditation F Tu B'Shevat Begins Valentine's Day 10:00am: Silver Sneakers F 16 17 0:00am: Flex & Flourish F 10:00am: Balanced 10:00am: Ageless Motion E 10:00am: Golden Moves F 9:00am: Watermark 10:00am: Noodle Ball E <mark>l 1:00am: Think Tank E</mark> Bodies E 11:00am: Picture Bingo E 11:00am: Corn Hole F 11:00am: Guess 1:00pm: Color by Number F 11:00am: Word Ball F Streamed Church Service 11:00am: Sunshine Snack & 1:00pm: Bible Study F 1:00pm: Pretty Nails E that Sound E 2:00pm: Music by Wayne 1:00pm: DIY Wind Chime E 11:00am: Caregiver Chit-Social F 2:00pm: Beautiful Blooms E 3:00pm: Happy Hour E 1:00pm: Paint by Number F Willingham C 2:00pm: Clifford Visits Chat 1:00pm: Light Stretches E 3:00pm: Drum Circle F 4:00pm: Afternoon Tea F 2:00pm: Sifting & Sorting F 3:00pm: Room Visits E 3:00pm: Clay Creations F 1:00pm: Color Me Calm 3:00pm: Painting Hour F 4:00pm: Scenic Drive 6:00pm: Movie Night: 3:00pm: Drum Circle E 4:00pm: Hymn Sing a- long F 4:00pm: Puzzle Power 3:00pm: Julie and Julia 4:00pm: Mindful Driving Miss Daisy Hour E Happy Birthday Stephen **Happy Birthday Nelse** Meditation F Happy Birthday Barbara Presidents' Day (U.S.) 23 24 25 28 Spiritual – Green 0:00am: Flex & Flourish E 10:00am: Balanced 10:00am: Silver Sneakers E 10:00am: Ageless Motion F Music - Blue 11:00am: Think Tank F Bodies F 9:00am: Watermark 10:00am: Noodle Ball F 11:00am: Jenga E 11:00am: Corn Hole E Outings – Purole 1:00pm: Color Therapy E 11:00am: Word Ball E Streamed Church Service 11:00am: Sunshine Snack & 1:00pm: Birthday Party F 1:00pm: Pretty Nails F Monthly Even 2:00pm: Cooking Connection: 1:00pm: Heart Shaped 11:00am: Caregiver Chit-Social E 2:00pm: Beautiful Blooms E 3:00pm: Happy Hour E <mark>Banana Pudding F</mark> Suncatcher F Special Events = Bold 1:00pm: Light Stretches F Chat 3:00pm: Drum Circle F 4:00pm: Afternoon Tea F 2:00pm: Clifford Visits 3:00pm: Room Visits F 3:00pm: Painting Hour E 1:00pm: Color Me Calm 4:00pm: Scenic Drive 6:00pm: Movie Night: Up 4:00pm: Hymn Sing a-long E 3:00pm: Clay Creations E 3:00pm: Movie: Mary 4:00pm: Puzzle Power Hour F **Poppins**

Wednesday

Thursday

Monday

Tuesday

Sunday

Friday

Saturday