Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		etivities are subject to cha		25		9:30 Morning Exercise 1 10:30 Heart & Sole Walking Club 1:30 BINGO! 3:00 Poker with Ryan 4:00 Pre Dinner Reminiscing in Lobby
9:30 Morning Warmup 10:00 Sips for the Soul 10:30 Simple Truth Church Service 1:00 Aging Well Wine Tasting 1:30 BINGO! 3:00 Book Club Groundhog Day	9:30 Morning Exercise 3 10:00 Manicures with Stephanie 1:30 Baking Club: Cookies for Kitchen Staff 3:00 JENGA 4:00 Group Puzzle Food Service Week	9:30 Tune Up Tuesday 4 10:30 Helpful Hands: Setting Up the Dinning Room 10:30 The Art of Bath Salts 1:00 Chef Chat with Annekin 1:30 Share Your Travels 3:00 Afternoon Exercise 4:00 JEOPARDY	9:30 Wind Up Wednesday 5 10:00 Daily Chronicle 10:30 Color By Numbers 1:30 Love You To Pieces Guided Craft Pt. 1 3:00 Wine Down Wednesday 6:30 Group Game	9:30 Morning Exercise 10:30 Valentines Day Cards 1:30 Love You To Pieces Guided Craft Pt. 2 3:00 Bible Study with Henry 4:00 Pre Dinner Lobby Social	9:30 Friday Morning Fitness7 10:15 BINGO! 1:30 "The Story of Land, Water & People" Art Exhibit 3:00 Happy Hour with Cowboy Curt 6:30 Group Puzzle	9:30 Morning Exercise 8 10:30 Heart & Sole Walking Club 1:30 BINGO! 3:00 Poker with Ryan 4:00 Pre Dinner Lobby Social
10:00 Sips for the Soul 10:30 Simple Truth Church Service 1:30 BINGO! 3:00 Book Club	9:30 Morning Exercise 10:30 Muffin Monday 1:30 Jewelry Making with Stephanie 3:00 Target 3:30 Sips for the Soul 6:30 Movie Night	9:30 Tune Up Tuesday 11 10:00 Exercise Safely Class with Leah PT 2:00 Hidden Figures Movie for International Women & Girls in Science 4:00 Virtual Spanish Class for Beginner's	9:30 Wind Up Wednesday 12 10:00 Daily Chronicle & Daily Devotional 10:30 Free for all Craft 1:30 Black Jack with Ryan 3:00 Wine Down Wednesday 6:30 Movie Night	10:00 Galantine's Day Tea Social with Directors 2:00 Virtual Museum Tour 3:00 Tai Chi with Homer 4:00 Share Your Travels 6:30 For the Love of Bingo Galentine's Day	9:30 Friday Fitness 14 10:15 Morning Movie: Valentines Day 1:30 BINGO! 3:00 Happy Hour with DENTY 4:00 Pre Dinner Lobby Social	9:30 Morning Exercise 15 10:30 Heart & Sole Walking Club 1:30 BINGO! 3:00 Poker with Ryan 4:00 Pre Dinner Lobby Social
	9:30 Morning Exercise 17 10:00 Morning Manicures 1:30 The Art of Perfume Making with Stephanie 3:00 Share Your Travels 4:00 Pre Dinner Lobby Social Presidents' Day (U.S.) Perfume's Day	9:30 Morning Exercise 18 10:30 Tuesday Thrift 2:00 "WICKED" Movie with Popcorn & Pop! 6:30 Group Games	9:30 Wind Up Wednesday 19 10:00 Daily Chronicle & Daily Devotional 10:30 Color By Numbers 1:30 Black Jack with Ryan 3:00 Wine Down Wednesday 6:30 Group Puzzle	10:00 Sips for the Soul 11:15 Resident Council Meeting & Activity Committee 2:00 Virtual Spanish Class for Beginner's 3:00 Tai Chi with Homer 4:00 Pre Dinner Lobby Social		9:30 Morning Exercise 22 10:30 Heart & Sole Walking Club 1:30 BINGO! 3:00 Poker with Ryan 4:00 Pre Dinner Lobby Social
9:30 Morning Warmup 10:00 Sips for the Soul 10:30 Simple Truth Church Service 1:30 BINGO! 3:00 Book Club 4:00 Pre Dinner Lobby Social	9:30 Morning Exercise 10:30 Muffin Monday 1:30 Art Works Gallery 3:00 Share Your Travels 3:00 Therapy Dog Visit 4:00 Virtual Spanish Class for Beginners	9:30 Morning Exercise 10:30 Sips for the Soul 1:30 Citrus Bird Feeders Guided Craft 3:00 JE0PARDY 4:00 Name that Tune 6:30 Group Puzzle	9:30 Wind Up Wednesday 26 10:00 Daily Chronicle & Daily Devotional 10:30 Artful Endeavors: Free for All Craft 1:30 Black Jack with Ryan 3:00 Wine Down Wednesday 6:30 Group Games	9:30 Morning Exercise 27 10:00 Sips for the Soul 1:30 Share Your Travels + Armchair Travel 3:00 Bible Study with Henry 4:00 Pre Dinner Lobby Social 6:30 Movie Night	9:30 Friday Fitness 28 10:15 Sierra Mountain Coffee Café 1:30 BINGO! 3:00 Happy Hour with Heather MacAdam 6:30 Group Puzzle Ramadan Begins	

Cascades of Grass Valley 415 Sierra College Dr. Grass Valley, CA 95945 LIC #292700563 Assisted Living