

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2025

Ashley Gardens



<p>8:00 ZEN MUSIC 9:00 VIRTUAL CHURCH 9:30* CARD GAMES 10:30/11:15 YOGA/ NAMASTE 1:00 ART 2:00/2:30 FEBRUARY BIRTHDAYS PARTY 3:30 SUNDAY MATINEE 3:30 WALKING CLUB <small>Groundhog Day</small></p>	<p>8:00 ZEN MUSIC 10:30/11:15 YOGA & TRAVELOUGE DISCUSSION 1:15** BINGO 2:00/2:30 SNACK & CIDER 3:00/4:00 REMINISCE 3:00/4:00 JIGSAW PUZZLES 4:15* 1:1s ~FLOWER ARRANGING 6:00 NATIONAL GEOGRAPHIC</p>	<p>8:00 ZEN MUSIC 10:30/11:15 SIT FIT & MEDITATION 1:15** LIVE MUSIC! W/ BRETT 1:30* LINDIMOO 2:00/2:30 SNACK & HYDRATE 3:30* NAILS 6:00 AROMATHERAPY 6:00 GAME SHOWS</p>	<p>8:00 ZEN MUSIC 10:15 THERAPY DOGS 11/11:30 WEIGHTS & LEGS/ PONERING PROMPTS 1:00 SING ALONG w/ SUZIE Q 1:30 SCENIC DRIVE 2:00/2:30 SNACK & HYDRATE 4/4:30 BRAINSPARKS CIRCLE TRIVIA</p>	<p>8:00 ZEN MUSIC 9:30/10:00 BIBLE STUDY 10:30/11:15 YOGA/NAMASTE & AROMATHERAPY 11:00 COMMUNION 1:15** BALLOON BASEBALL 2:00/2:30 FIRESIDE TEA 3:00/3:30 JOURNALING~ VALENTINES 4:00* WOODWORKING</p>	<p>8:00 ZEN MUSIC 9:00 CONVERSATION & DAILY CHRONICLES 10:00** GENTLE STRETCH (RL) 11:00 READING 1:00 CROSSWORDS 2:00/2:30 SNACK & HYDRATE 3:00 BUILDING CREATIONS 4:00 TABLE SETTING 6:00 FRIDAY NIGHT MOVIE</p>	<p>8:00 ZEN MUSIC 10**GENTLE STRETCH (RL) 11:00 CHAT & DAILY CHRONICLES 1:30 BRAIN PUZZLES 2-2:30 REFUEL & HYDRATE 3:00 SENSORY & SORTING 4:00 ADULT COLORING 5:00 AROMATHERAPY 6:00 TABLE GAMES (RL)</p>
<p>8:00 ZEN MUSIC 9:00 VIRTUAL CHURCH 9:30* CARD GAMES 10:30/11:15 YOGA/ NAMASTE 1:15** MAKING VALENTINES 2:30 SUPERBOWL* PARTY 3:00 SUNDAY MATINEE 3:30 WALKING CLUB</p>	<p>8:00 ZEN MUSIC 10:30/11:15 YOGA & READING CLUB 1:15** BINGO 2:00/2:30 SNACK & TEA 3:00/4:00 REMINISCE 3:00/4:00 JIGSAW PUZZLES 4:15* 1:1s ~ MATCH GAME 6:00 DOCUMENTARY</p>	<p>8:00 ZEN MUSIC 10:30/11:15 SIT FIT & MEDITATION 1:00** LINDIMOO 1:15** NAILS 2:00/2:30 SNACK & HYDRATE 3:30* NAILS 6:00 AROMATHERAPY 6:00 GAME SHOWS</p>	<p>8:00 ZEN MUSIC 10:15 THERAPY DOGS 11/11:30 WEIGHTS & LEGS/ POETRY 1:00 SING ALONG w/ SUZIE Q 1:30 SCENIC DRIVE 2:00/2:30 SNACK & HYDRATE 4/4:30 BRAINSPARKS CIRCLE PONDERING PROMPTS <small>Tu B'Shevat Begins</small></p>	<p>8:00 ZEN MUSIC 9:30/10:00 BIBLE STUDY 10:30/11:15 YOGA/NAMASTE & AROMATHERAPY 11:00 COMMUNION 1:15** BALLOON BASEBALL 2:00/2:30 VALENTINE'S COFFEE & CHOCOLATES 4:00* JOURNALING LOVE</p>	<p>8:00 ZEN MUSIC 9:00 CONVERSATION & DAILY CHRONICLES 10:00** GENTLE STRETCH (RL) 11:00 READING 1:00 CROSSWORDS 2:00/2:30 SNACK & HYDRATE 3:00 BUILDING CREATIONS 4:00 TABLE SETTING <small>Valentine's Day</small></p>	<p>8:00 ZEN MUSIC 10**GENTLE STRETCH (RL) 11:00 CHAT & DAILY CHRONICLES 1:30 BRAIN PUZZLES 2-2:30 REFUEL & HYDRATE 3:00 SENSORY & SORTING 4:00 ADULT COLORING 5:00 AROMATHERAPY 6:00 TABLE GAMES (RL)</p>
<p>8:00 ZEN MUSIC 9:00 VIRTUAL CHURCH 9:30* CARD GAMES 10:30/11:15 YOGA/ NAMASTE 1:15** BAKING~ PIGS IN A BLANKET 2/2:30 SNACK & HYDRATE 3:00 SUNDAY MATINEE 3:30 WALKING CLUB</p>	<p>8:00 ZEN MUSIC 10:30/11:15 YOGA & READING CLUB 1:00** LIVE MUSIC! w/ CRAIN 2:00/2:30 SNACK & CIDER 3:00/4:00 REMINISCE 3:00/4:00 JIGSAW PUZZLES 4:15* 1:1s ~FISHING STORIES 6:00 NATIONAL GEOGRAPHIC <small>Presidents' Day (U.S.)</small></p>	<p>8:00 ZEN MUSIC 10:30/11:15 SIT FIT & MEDITATION 1:00** LINDIMOO 1:15** NAILS 2:00/2:30 SNACK & HYDRATE 3:30* NAILS 6:00 AROMATHERAPY 6:00 GAME SHOWS</p>	<p>8:00 ZEN MUSIC 10:15 THERAPY DOGS 11/11:30 WEIGHTS & LEGS/ PONERING PROMPTS 1:00 SING ALONG w/ SUZIE Q 2:30 LIVE MUSIC! @ THE WILLOWS 2:00/2:30 SNACK & HYDRATE 4/4:30 BRAINSPARKS CIRCLE CRANIUM CRUNCHES</p>	<p>8:00 ZEN MUSIC 9:30/10:00 BIBLE STUDY 10:30/11:15 YOGA/NAMASTE & AROMATHERAPY 11:00 COMMUNION 1:15** LIVE MUSIC! w/ TOM 2:00/2:30 FIRESIDE TEA 3:00/3:30 JOURNALING 4:00* TOOL TIME</p>	<p>8:00 ZEN MUSIC 9:00 CONVERSATION & DAILY CHRONICLES 10:00** GENTLE STRETCH (RL) 11:00 READING 1:00 CROSSWORDS 2:00/2:30 SNACK & HYDRATE 3:00 BUILDING CREATIONS 4:00 TABLE SETTING 6:00 FRIDAY NIGHT MOVIE</p>	<p>8:00 ZEN MUSIC 10**GENTLE STRETCH (RL) 11:00 CHAT & DAILY CHRONICLES 1:30 BRAIN PUZZLES 2-2:30 REFUEL & HYDRATE 3:00 SENSORY & SORTING 4:00 ADULT COLORING 5:00 AROMATHERAPY 6:00 TABLE GAMES (RL)</p>
<p>8:00 ZEN MUSIC 9:00 VIRTUAL CHURCH 9:30* CARD GAMES 10:30/11:15 YOGA/ NAMASTE 1:00 FAMILY DAY CRAFTS 2:00/2:30 FAMILY DAY TEA AND SCONES 3:00 SUNDAY MATINEE 3:30 WALKING CLUB</p>	<p>8:00 ZEN MUSIC 10:30/11:15 YOGA & READING CLUB 1:15** BINGO 2:00/2:30 SNACK & COCOA 3:00/4:00 REMINISCE 3:00/4:00 JIGSAW PUZZLES 4:15* 1:1s ~POETRY MAJA ANGELOU 6:00 DOCUMENTARY</p>	<p>8:00 ZEN MUSIC 10:30/11:15 SIT FIT & MEDITATION 1:00** LINDIMOO 1:15** NAILS 2:00/2:30 SNACK & HYDRATE 3:30* NAILS 6:00 AROMATHERAPY 6:00 GAME SHOWS</p>	<p>8:00 ZEN MUSIC 10:15 THERAPY DOGS 11/11:30 WEIGHTS & LEGS/ PONERING PROMPTS 1:00 SING ALONG w/ SUZIE Q 1:30 SCENIC DRIVE 2:00/2:30 SNACK & HYDRATE 4/4:30 BRAINSPARKS CIRCLE DAILY CHRONICLE</p>	<p>8:00 ZEN MUSIC 9:30/10:00 BIBLE STUDY 10:30/11:15 YOGA/NAMASTE & AROMATHERAPY 11:00 COMMUNION 1:15** BALLOON BASEBALL 2:00/2:30 FIRESIDE TEA 3:00/3:30 JOURNALING 4:00* WOODWORKING</p>	<p>8:00 ZEN MUSIC 9:00 CONVERSATION & DAILY CHRONICLES 10:00** GENTLE STRETCH (RL) 11:00 READING 1:00 CROSSWORDS 2:00/2:30 SNACK & HYDRATE 3:00 BUILDING CREATIONS 4:00 TABLE SETTING <small>Ramadan Begins</small></p>	<p>8:00 ZEN MUSIC 10**GENTLE STRETCH (RL) 11:00 CHAT & DAILY CHRONICLES 1:30 BRAIN PUZZLES 2-2:30 REFUEL & HYDRATE 3:00 SENSORY & SORTING 4:00 ADULT COLORING 5:00 AROMATHERAPY 6:00 TABLE GAMES (RL)</p>

*Adams/Baker House

**Cascade/Denali House

(RL) Resident Lead

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Continuing Care Retirement Campus