


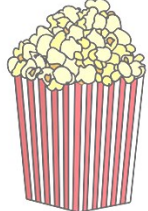


February - Calendar of Pleasant Events - The Lodge - Cascades of the Sierra - 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Abbreviations Key: ARS- Aerobic Studio AS- Art Studio CC- Conference Center FC- Fireside Club GR- Great Room LN- Living Room North LS- Living Room South SC- Sundance Cinema</p> 						<p>1 9:30 Let's Exercise! 10:00 Current Events 10:15 BINGO! 1:00 Book Club! 2:00 The Encore Band– FC 3:15 Art w/ Rowan 4:15 Aroma Therapy 6:00 Table Games and Puzzles</p>
<p>2 Groundhog Day 9:30 Morning Stretch 10:00 Punxsutawney Phil Predicts 10:45 Word Games 1:00 Color by Numbers 2:00 Table Games and Puzzles 3:00 Comedy: I Love Lucy 4:15 Aroma Therapy</p> 	<p>3 9:30 Sit and Stretch 10:15 Daily News 10:30 Hot Cocoa and Hot Topics 1:00 Word Scramble 2:00 BINGO! 3:00 Carol Burnett Show 4:15 Aroma Therapy 6:00 Table Games and Puzzles</p> 	<p>4 9:30 Music and Movement 10:00 Daily News 10:15 Getting Crafty 1:00 Beanbag Toss 2:00 Namaste Nail Care w/ Victoria 3:00 Reminiscing: The 1950s 4:15 Aroma Therapy 6:00 Little House on the Prairie CH 1435</p>	<p>5 9:15 A Visit w/ Yuki 10:00 Current Events 10:15 BINGO! 1:00 Balloon Circle 2:00 Short Stories 3:00 Documentary Film 4:15 Aroma Therapy 6:00 Lucky Dog CH 3512</p>	<p>6 9:30 Chair Yoga 10:00 Daily Chronicles 10:30 Catholic Communion 10:30 Noodle Ball 1:00 Jewelry Making 2:00 BINGO! 3:00 Armchair Traveler 4:15 Aroma Therapy 6:00 Table Games and Puzzles</p>	<p>7 9:30 Fitness Class 10:00 Daily News 10:15 Creativity Class 1:30 Hot Tea and Reminiscing 2:00 Namaste Nail Care w/ Victoria 3:00 Animal Documentary 4:15 Aroma Therapy 6:00 Family Feud CH 11</p>	<p>8 9:30 Music and Movement 10:00 Daily Chronicles 10:15 BINGO! 1:00 Balloon Toss 2:00 Music w/ Tom Boyd– FC 3:15 Art w/ Rowan 4:15 Aroma Therapy 6:00 Evening Movie</p>
<p>9 Super Bowl Sunday 9:30 Morning Stretch 10:00 Noodle Ball 10:45 Word Games 1:00 Coloring to Music 2:00 Chicken Soup for the Soul 3:30 SUPER BOWL 4:15 Aroma Therapy</p> 	<p>10 9:30 Natural Stretch 10:00 Daily News 10:15 BINGO! 1:30 Water Color Club 2:30 Namaste Nail Care w/ Victoria 3:00 Short Stories 4:15 Aroma Therapy 7:30 Wheel of Fortune on CH 8</p>	<p>11 9:30 Strength and Stretch 10:00 Current Events 10:30 Reminiscing: Romantic Pairs 1:30 BINGO! 2:30 Balloon Circle 3:00 Afternoon Movie 4:15 Aroma Therapy 6:00 Table Games and Puzzles</p>	<p>12 9:15 A visit w/ Yuki 10:00 Daily Chronicles 10:15 Beanbag toss 1:00 Creativity Corner 2:00 Music w/ Jacques– FC 3:00 Finish the Phrase 4:15 Aroma Therapy 6:00 Animal Documentary</p>	<p>13 9:30 Music and Movement 10:00 Daily News 10:30 Catholic Communion 10:30 Balloon Circle 1:00 Table Games and Puzzles 2:00 BINGO! 3:00 Trivia Time 4:15 Aroma Therapy 6:00 Family Feud on CH 11</p>	<p>14 9:30 Chair Yoga 10:00 Current News 10:30 Valentine's Day Trivia 1:00 Valentine's Day Party 2:00 Bill Papa's Ukulele Group-LS 4:15 Aroma Therapy 6:00 Lucky Dog CH 3512</p> <p><i>Happy Valentine's Day</i></p>	<p>15 9:30 Strength and Stretch 10:00 Daily News 10:15 BINGO! 1:00 Short Stories 2:00 DD James on Guitar– FC 3:15 Art w/ Rowan 4:15 Aroma Therapy 6:00 Table Games and Puzzles</p>

Pleasant Events are subject to change based on the interest and requests of our residents!

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 9:30 Sit and Stretch 10:00 Daily News 10:15 Color with Music 1:00 Chicken Soup for the Soul 2:00 Table Games and Puzzles 3:00 BINGO! 4:15 Aroma Therapy	17 PRESIDENTS' DAY 9:30 Music and Movement 10:00 Daily Chronicles 10:15 Presidential Trivia 1:00 Short Stories 2:00 BINGO! 3:00 Balloon Circle 4:15 Aroma Therapy 6:00 Family Feud CH 11 	18 9:30 Chair Yoga 10:00 Current Events 10:15 Water Color Club 1:00 Finish the Phrase 2:00 Namaste Nail Care w/ Victoria 3:00 Beanbag Toss 4:15 Aroma Therapy 6:00 Lucky Dog CH 3512	19 9:30 Morning Stretch 10:00 Daily News 10:30 BINGO! 1:00 Short Stories 2:00 Music w/ John Rand- FC 3:00 Table games and Puzzles 4:15 Aroma Therapy 6:00 Animal Documentary 	20 9:30 Strength and Stretch 10:00 Daily Chronicles 10:30 Catholic Communion 10:30 Get Crafty 1:00 Hot Cocoa and Reminisce 2:00 BINGO! 3:00 Noodle Ball 4:15 Aroma Therapy 6:00 Table Games and Puzzles	21 9:30 Music and Movement 10:00 Current News 10:15 Relaxed Art 1:00 Namaste nail Care w/ Victoria 1:30 Beanbag Toss 2:30 Word Scramble 3:00 Friday Afternoon Movie 4:15 Aroma Therapy 6:00 Family Feud CH 11 	22 9:30 Natural Stretch 10:00 Daily Chronicles 10:30 BINGO! 1:00 Poetry Corner 2:00 The Bluegrass Association-FC 3:00 Art w/ Rowan 4:15 Aroma Therapy 6:00 Evening Movie
23 9:30 Morning Stretch 10:00 Sunday News 10:30 Word Scramble 1:00 Color by Numbers 2:00 Animal Documentary 3:00 Table Games 4:15 Aroma Therapy 	24 9:30 Sit and Stretch 10:00 Morning News 10:15 BINGO! 1:00 Water Color Club 2:00 Namaste nail Care w/ Victoria 3:00 Balloon Noodle 4:15 Aroma Therapy 6:00 Table Games and Puzzles	25 9:30 Music and Movement 10:00 Daily Chronicles 10:15 Color Activity 1:00 Short Stories 2:00 BINGO! 3:00 Balloon Circle 4:15 Aroma Therapy 6:00 Family Feud CH 11	26 9:30 Chair Yoga 10:00 Current Events 10:15 BINGO! 1:00 Finish the Phrase 2:00 Music w/ John Palmore- FC 3:00 Table Games and Puzzles 4:15 Aroma Therapy 6:00 Evening Movie	27 9:30 Morning Stretch 10:00 Daily News 10:30 Catholic Communion 10:30 Relaxed Art 1:00 Namaste nail Care w/ Victoria 2:00 BINGO! 3:00 Balloon Circle 4:15 Aroma Therapy 6:00 Lucky Dog CH 3512	28 9:30 Sit and Stretch 10:00 Friday Update 10:15 Short Stories 1:00 Beanbag Toss 2:00 February Birthday Party w/ Music by The McCollum Duo 3:00 Art Appreciation 4:15 Aroma Therapy 6:00 Animal Documentary	

February Birthdays

2/5 Pat F.



The Lodge



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