

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2025

Sierra Del Sol The Lodge



<p>9:00 Baking Bread in the Lodge 9:30 Hymn Sing Along w/ Susie Q 10:00 Morning Snack & Watering the Garden 11:45 Namaste- Aromatherapy 1:30 Noodle Ball 3:00 Documentary: Elton John Never Too Late</p> <p>Groundhog Day</p>	<p>9:30 Strength Training 10:00 Communion 10:15 Morning Snack 10:30 Hootenanny Sing Along 11:30 Namaste- Aromatherapy 1:30 Balloon Volleyball Toss 2:30 Making Popcorn 3:00 Meet Me at the Movies: The Lion King</p>	<p>9:30 Sit and Be Fit 10:00 Music Therapy & Coffee 11:00 Tape Art 11:45 Namaste- Aromatherapy 1:30 Axe Throwing Game 3:00 Bingo 4:00 Enchanted Forests: Tropical 6:00 Word Search in the Enclave</p>	<p>9:30 Seated Chair Yoga 10:00 Morning Snack 11:00 Sun Sound Reader Lee 11:45 Namaste- Aromatherapy 1:30 February Trivia 3:00 Desert Melodies 4:00 Coloring in the Activity Room 6:00 Dancing with the Stars</p>	<p>9:30 Morning Stretch 10:00 Morning Snack & Daily Chronicles 11:00 Scenic Bus Ride 11:45 Namaste- Aromatherapy 1:30 Bingo 3:00 Social: Hot Fudge Sundaes 4:00 Puzzles in the Activity Room 6:00 NBA: Rockets vs. Timberwolves</p>	<p>9:30 Walking Club & Sunshine in the Courtyard 10:00 Morning Snack & Daily Chronicles 11:00 Making Valentines Card's w/ Katie 11:45 Namaste- Aromatherapy 1:30 Sing Along w/ MaryAnne 3:00 Brain Games 4:00 Rick Steves Europe Alps & Italy 6:00 Crossword Puzzles</p>	<p>9:30 Morning Stretch 10:00 What Am I? 11:00 Bingo 11:45 Namaste- Aromatherapy 1:30 Paint Me Happy 2:30 Afternoon Snack 3:00 Meet Me at the Movies: The Sandlot 6:00 Word Search in the Enclave</p>
<p>9:00 Baking Bread in the Lodge 9:30 Good News, Coffee & Donuts 10:00 Morning Snack & Watering the Garden 11:45 Namaste- Aromatherapy 2:00 Church Service w/ Faith Community Church 3:00 Documentary: Secret of Whales</p>	<p>9:30 Strength Training 10:00 Communion 10:15 Morning Snack 10:30 Hootenanny Sing Along 11:30 Namaste- Aromatherapy 1:30 Balloon Volleyball Toss 2:30 Sing Along w/ Linda Updike 4:00 Meet Me at the Movies: Blink</p>	<p>9:30 Sit and Be Fit 10:00 Music Therapy & Coffee 11:00 Bingo 11:45 Namaste- Aromatherapy 1:30 Steel Feathers Chair Zumba w/ Liz 3:00 Music w/ Amber 4:00 Enchanted Forests: Seasonal 6:00 Word Search in the Enclave</p>	<p>9:30 Seated Chair Yoga 10:00 Morning Snack 11:00 Crafts w/ Maryanna Mosaic Heart Brooches 11:45 Namaste- Aromatherapy 1:30 Sun Sound Reader Jude 3:00 Sing Along w/ Linda Updike 4:00 Coloring in the Activity Room 6:00 Dancing with the Stars</p>	<p>9:30 Morning Stretch 10:30 Donuts and Coffee Scenic Bus Ride 11:00 Morning Snack & Daily Chronicles 11:45 Namaste- Aromatherapy 1:30 Bingo 3:00 Social: Fruit & Cream Cheese Dip 5:30 Pre-Valentine's Day Dance Party 6:00 NBA: Kings vs Pelicans</p>	<p>9:30 Walking Club & Sunshine in the Courtyard 10:00 Morning Snack & Daily Chronicles 11:00 Vinyl Café Book Club 11:45 Namaste- Aromatherapy 12:00 Special Valentines Lunch 1:30 Nail Polish Parlor & Spa 2:30 Snack Social 3:00 Brain Games 4:00 Rick Steves Europe Vienna 6:00 Crossword Puzzles</p>	<p>9:30 Morning Stretch 10:00-12:00 Wacky Olympics 11:45 Namaste- Aromatherapy 1:30 Paint Me Happy 2:30 Afternoon Snack 3:00 Meet Me at the Movies: Narnia, The Lion, The Witch and The Wardrobe 6:00 Word Search in the Enclave</p>
<p>9:00 Baking Bread in the Lodge 9:30 Hymn Sing Along w/ Susie Q 10:00 Morning Snack & Watering the Garden 11:45 Namaste- Aromatherapy 2:00 Afternoon Tea Party w/ Family 3:00 Documentary: Unlikely Animal Friends</p>	<p>9:30 Strength Training 10:00 Communion 10:15 Morning Snack 10:30 Sing Along 11:30 Namaste- Aromatherapy 1:30 Balloon Volleyball Toss 2:30 Making Popcorn 3:00 Meet Me at the Movies: OZ the Great and Powerful</p> <p>Presidents' Day (U.S.)</p>	<p>9:30 Sit and Be Fit 10:00 Music Therapy & Coffee 11:00 Painting Birdhouses 11:45 Namaste- Aromatherapy 1:30 Axe Throwing Game 3:00 Bingo 4:00 Enchanted Forests: Waterworlds 6:00 Word Search in the Enclave</p>	<p>9:30 Seated Chair Yoga 10:00 Morning Snack 11:00 Sun Sound Reader Lee 11:45 Namaste- Aromatherapy 1:30 Ball Toss 3:00 Me & My Gal 4:00 Coloring in the Activity Room 6:00 Dancing with the Stars</p>	<p>9:30 Morning Stretch 10:00 Morning Snack & Daily Chronicles 11:00 Scenic Bus Ride 11:45 Namaste- Aromatherapy 1:30 Bingo 3:00 Social: Root Beer Floats 4:00 Puzzles in the Activity Room 6:00 NBA: Clippers vs. Bucks</p>	<p>9:30 Walking Club & Sunshine in the Courtyard 10:00 Morning Snack & Daily Chronicles 11:00 Crafts w/ Rosanda 11:45 Namaste- Aromatherapy 3:00 Visit w/ Banjo Doug 4:00 Rick Steves Europe The Netherlands 6:00 Crossword Puzzles</p>	<p>9:30 Morning Stretch 10:00 Where Am I? 11:00 Bingo 11:45 Namaste- Aromatherapy 1:30 Paint Me Happy 2:30 Afternoon Snack 3:00 Meet Me at the Movies: National Treasure 6:00 Word Search in the Enclave</p>
<p>9:00 Baking Bread in the Lodge 9:30 Good News, Coffee & Donuts 10:00 Morning Snack & Watering the Garden 11:00 Armchair Travelogue: Dubai w/ Falafels 11:45 Namaste- Aromatherapy 2:00 Church Service w/ Faith Community Church 3:00 Documentary: The Lost City of Machu Picchu</p>	<p>9:30 Strength Training 10:00 Communion 10:30 Hootenanny Sing Along 11:30 Namaste- Aromatherapy 1:30 Balloon Volleyball Toss 2:30 Making Popcorn 3:00 Meet Me at the Movies: Angels in the Outfield</p>	<p>9:30 Sit and Be Fit 10:00 Music Therapy & Coffee 11:00 Bingo 11:45 Namaste- Aromatherapy 1:30 Steel Feathers Chair Zumba w/ Liz 3:00 February Birthday Party!! 4:00 Enchanted Forests: Mountains 6:00 Word Search in the Enclave</p>	<p>9:30 Seated Chair Yoga 10:00 Morning Snack 11:00 Crafts w/ Maryanna 11:45 Namaste- Aromatherapy 1:30 Sun Sound Reader Jude 3:00 Bowling 4:00 Coloring in the Activity Room 6:00 Dancing with the Stars</p>	<p>9:30 Morning Stretch 10:00 Morning Snack & Daily Chronicles 11:00 Scenic Bus Ride 11:45 Namaste- Aromatherapy 1:30 Bingo 3:00 Social: Wine, Crackers & Cheese 4:00 Puzzles in the Activity Room 6:30 NBA: Hornets vs. Mavericks</p>	<p>9:30 Walking Club & Sunshine in the Courtyard 10:00 Morning Snack & Daily Chronicles 11:00 Vinyl Café Book Club 11:45 Namaste- Aromatherapy 1:30 Nail Polish Parlor & Spa 2:30 Snack Social 3:00 Brain Games 4:00 Rick Steves Europe Amsterdam 6:00 Crossword Puzzles</p>	<p>9:30 Morning Stretch 10:00 Where Am I? 11:00 Bingo 11:45 Namaste- Aromatherapy 1:30 Paint Me Happy 2:30 Afternoon Snack 3:00 Meet Me at the Movies: National Treasure 6:00 Word Search in the Enclave</p>
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Schedule is Subject to change. For the most updated information please see Activity Daily. Sierra Del Sol Senior Living 8151 E Speedway Tucson AZ 85710