


# FEBRUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<b>LOCATION</b> Activity Room (AR) Centerview 2nd FL Lounge (C2FL) Centerview 3rd Floor Lounge (C3FL) Centerview Lobby (CL) Centerview Lounge (CL) Dining Room (DR) Fitness Center (FC) Garden Cafe (GC) Library (L) Northridge 2nd FL lounge (N2FL) Northridge 3rd Floor Lounge (N3FL) Prayer Garden (PG) Private Dining Room (PDR) Putting Green/Dog Park (PGDP)		<b>ACTIVITY LEGEND</b> ♥ Heart ▲ Body ◆ Mind † Spirit	<b>* For Any activity followed by an asterisk(*), please sign up at the concierge desk!</b>		9:00am ▲ Axe Throwing & Horse Shoes (AR) <b>1</b> 10:30am ◆ Bingo (AR) 12:00pm ♥ Rummikub (AR) 1:30pm ♥ Cinema Saturday: King of Hearts (AR) 2:00pm ♥ Colorful Creations with Katy (L) 3:00pm ▲ Cornhole (FC) 4:00pm ♥ Music Recital (AR) 6:00pm ♥ Game Night (GC)	
	3:00pm Worship Hour- Gus Vogelsang (AR) <b>2</b>	8:00am ◆ Good Morning Meditations (AR) <b>3</b> 9:00am ▲ Senior Fit (AR) 9:00am Shopping: Fry's 9:30am ▲ Stretch & Flex (AR) 10:00am ▲ Late Morning Strolls (PG) 10:30am ◆ Make & Mingle Monday (AR) 11:00am ▲ Bocce (PGDP) 11:30am ▲ Chair Yoga with Kelley (AR) 1:00pm † Creating for the Creator (L) 1:00pm ◆ Farkle (C2FL) 1:00pm ▲ Mobile Movement Games 1:30pm Shopping: Fry's 2:00pm † Catholic Communion Service (AR) 2:30pm † Rosary (AR) 6:00pm ◆ Bingo (AR)	8:00am ◆ Good Morning Meditations (AR) <b>4</b> 9:00am ♥ Lap Quilts (AR) 9:00am ▲ Tai Chi (FC) 10:00am ♥ Music & Melodies (DR) 10:00am ▲ Late Morning Strolls (PG) 11:00am ▲ StairMasters Hike Prep Group (CL) 11:00am ◆ FSU: Chinese New Year* (AR) 12:15pm ▲ Wii Bowling (AR) 1:30pm ◆ Pick a Prize Bingo (AR) 2:00pm † GriefShare (PDR) 2:30pm ♥ NEW! Craft Club* (GC) 3:00pm † Hope Looks Up Bible Study (AR) 6:00pm ◆ Hand & Foot (AR)	8:00am ◆ Good Morning Meditations (AR) <b>5</b> 9:00am ▲ Senior Fit (AR) 9:45am ▲ Tai Chi (FC) 10:00am † Bible Study (AR) 10:00am ▲ Late Morning Strolls (PG) 11:00am ▲ Billiards (N2FL) 11:00am † Breaking Bread (AR) 11:30am Shopping: Fry's 10% Off 1:00pm ◆ Mobile Wellness Games 1:00pm ♥ Winning Wednesday: Concentration (AR) 1:30pm Bank Run 1:30pm Shopping: Fry's 10% Off 2:00pm Friends of Bill W Meeting (PDR) 2:30pm ◆ Pinochle (C2FL) 6:00pm ♥ Bunco (AR)	8:00am ▲ Cornhole (AR) <b>6</b> 8:00am ◆ Good Morning Meditations (AR) 9:00am ▲ Tai Chi (FC) 10:00am ◆ Thinkin' Thursday (GC) 10:00am ▲ Late Morning Strolls (PG) 11:00am ▲ Cornhole Challenge (FC) 11:00am ◆ I'm Feeling Blue (PDR) 11:00am † Working Hands (C3FL) 11:30am ▲ "Move to the Beat" Chair Exercise with Kelley (AR) 12:00pm ♥ I Love You to Pizzas (GC) 1:00pm ▲ Wellness Wisdom (L) 2:30pm ◆ NEW! Work Your Core with Letty (AR) 6:00pm ♥ Evening Entertainment: Dave Swaim (AR)	8:00am ◆ Good Morning Meditations (AR) <b>7</b> 9:00am ▲ Senior Fit (AR) 9:00am Post Office 9:30am ▲ Balance & Mobility (AR) 10:00am ♥ Outing: Cerreta Candy Tour *\$ 10:00am Shopping: Safeway, Walgreens or CVS 10:00am ▲ Late Morning Strolls (PG) 12:30pm ▲ Beginners Fitness (AR) 12:30pm ◆ Bridge (C2FL) 12:30pm ♥ LCR (C3FL) 3:00pm ♥ Fondue Fellowship* (GC) 6:00pm ◆ Bridge (AR)	9:00am ▲ Axe Throwing & Horse Shoes (AR) <b>8</b> 10:30am ◆ Bingo (AR) 12:00pm ♥ Rummikub (AR) 2:00pm ♥ Colorful Creations with Katy (L) 3:00pm ▲ Cornhole (FC) 6:00pm ♥ Game Night (GC)
	3:00pm Worship Hour- Chaplain Greg Worch (AR) <b>9</b>	8:00am ◆ Good Morning Meditations (AR) <b>10</b> 9:00am ▲ Senior Fit (AR) 9:00am Shopping: Fry's 9:30am ▲ Stretch & Flex (AR) 10:00am ▲ Late Morning Strolls (PG) 10:30am ◆ Make & Mingle Monday (AR) 11:00am ▲ Bocce (PGDP) 11:30am ▲ Chair Yoga with Kelley (AR) 12:00pm ♥ Meal Out Monday: Peter Piper Pizza* 1:00pm † Creating for the Creator (L) 1:00pm ◆ Farkle (C2FL) 1:00pm ▲ Mobile Movement Games 1:30pm Shopping: Fry's 2:00pm † Catholic Communion Service (AR) 2:30pm † Rosary (AR) 6:00pm ◆ Bingo (AR)	8:00am ◆ Good Morning Meditations (AR) <b>11</b> 9:00am ♥ Lap Quilts (AR) 9:00am ▲ Tai Chi (FC) 10:00am ♥ Music & Melodies (DR) 10:00am ▲ Blood Pressure Clinic (CL) 10:00am ▲ Late Morning Strolls (PG) 10:00am Mary Kay Cosmetics (GC) 11:00am ▲ StairMasters Hike Prep Group (CL) 11:00am ◆ FSU: Lincoln's Assassination with Griff* (AR) 12:15pm ▲ Wii Bowling (AR) 1:30pm ◆ Pick a Prize Bingo (AR) 2:00pm † GriefShare (PDR) 2:30pm ♥ NEW! Craft Club* (GC) 3:00pm † Hope Looks Up Bible Study (AR) 6:00pm ◆ Hand & Foot (AR)	7:30am Men's Breakfast (DR) <b>12</b> 8:00am ◆ Good Morning Meditations (AR) 9:00am ▲ Senior Fit (AR) 9:45am ▲ Tai Chi (FC) 10:00am † Bible Study (AR) 10:00am ▲ Late Morning Strolls (PG) 11:00am ▲ Billiards (N2FL) 11:00am † Breaking Bread (AR) 1:00pm ◆ Mobile Wellness Games 1:00pm ◆ Winning Wednesday: Wheel of Fortune (AR) 1:30pm Bank Run 1:30pm Shopping: Super Walmart (19th Ave & Bell) (Limit 14) 2:00pm Friends of Bill W Meeting (PDR) 2:30pm ◆ Pinochle (C2FL) 6:00pm ♥ Bunco (AR)	8:00am ▲ Cornhole (AR) <b>13</b> 8:00am ◆ Good Morning Meditations (AR) 9:00am ▲ Tai Chi (FC) 10:00am ◆ Thinkin' Thursday (GC) 10:00am ▲ Late Morning Strolls (PG) 11:00am ▲ Cornhole Challenge (FC) 11:00am ◆ I'm Feeling Blue (PDR) 11:00am † Working Hands (C3FL) 11:30am ▲ "Move to the Beat" Chair Exercise with Kelley (AR) 1:00pm ▲ Wellness Wisdom (L) 2:30pm ◆ NEW! Work Your Core with Letty (AR)	8:00am ◆ Good Morning Meditations (AR) <b>14</b> 9:00am ▲ Senior Fit (AR) 9:30am ▲ Balance & Mobility (AR) 10:00am Shopping: Safeway, Walgreens or CVS 10:00am ▲ Late Morning Strolls (PG) 12:30pm ▲ Beginners Fitness (AR) 12:30pm ◆ Bridge (C2FL) 12:30pm ♥ LCR (C3FL) 1:30pm Shopping: Trader Joe's 2:00pm ♥ Sweet & Sassy Soiree* (AR) 6:00pm ◆ Bridge (AR)	9:00am ▲ Axe Throwing & Horse Shoes (AR) <b>15</b> 10:30am ◆ Bingo (AR) 12:00pm ♥ Rummikub (AR) 1:30pm ♥ Cinema Saturday: Willy Wonka & the Chocolate Factory (AR) 2:00pm ♥ Colorful Creations with Katy (L) 3:00pm ▲ Cornhole (FC) 6:00pm ♥ Game Night (GC)



# FEBRUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:00pm Worship Hour- Bud Downs (AR) 16	8:00am Good Morning Meditations (AR) 17 9:00am Senior Fit (AR) 9:00am Shopping: Fry's 9:30am Stretch & Flex (AR) 10:00am Late Morning Strolls (PG) 10:30am Make & Mingle Monday (AR) 11:00am Bocce (PGDP) 11:30am Chair Yoga with Kelley (AR) 1:00pm Creating for the Creator (L) 1:00pm Farkle (C2FL) 1:00pm Mobile Movement Games 1:30pm Shopping: Fry's 2:00pm Catholic Communion Service (AR) 2:30pm Rosary (AR) 3:00pm Book Club Meeting (L) 6:00pm Bingo (AR)	8:00am Good Morning Meditations (AR) 18 9:00am Lap Quilts (AR) 9:00am Tai Chi (FC) 10:00am Music & Melodies (DR) 10:00am Late Morning Strolls (PG) 11:00am StairMasters Hike Prep Group (CL) 11:00am FSU: Heart Healthy with Curana* (AR) 11:30am Avon (GC) 12:15pm Wii Bowling (AR) 1:00pm Mending and Sewing Repair (AR) 1:30pm Pick a Prize Bingo (AR) 2:00pm GriefShare (PDR) 2:30pm NEW! Craft Club* (GC) 3:00pm Hope Looks Up Bible Study (AR) 6:00pm Hand & Foot (AR)	8:00am Good Morning Meditations (AR) 19 9:00am Senior Fit (AR) 9:45am Tai Chi (FC) 10:00am Bible Study (AR) 10:00am Late Morning Strolls (PG) 11:00am Billiards (N2FL) 11:00am Breaking Bread (AR) 11:00am Cholla Library (Metrocenter) 1:00pm Mobile Wellness Games 1:00pm Winning Wednesday: Horse Races (AR) 1:30pm Bank Run 2:00pm Friends of Bill W Meeting (PDR) 2:00pm Low Vision Group (N3FL) 2:00pm Welcome Wednesday (AR) 2:30pm Pinochle (C2FL) 6:00pm Bunco (AR)	8:00am Cornhole (AR) 20 8:00am Good Morning Meditations (AR) 9:00am Tai Chi (FC) 10:00am Thinkin' Thursday (GC) 10:00am Vet to Vet (AR) 10:00am Walker and Scooter Repair* 10:00am Late Morning Strolls (PG) 11:00am Cornhole Challenge (FC) 11:00am I'm Feeling Blue (PDR) 11:00am Working Hands (C3FL) 11:30am "Move to the Beat" Chair Exercise with Kelley (AR) 1:00pm Wellness Wisdom (L) 2:00pm FSU: Abraham Lincoln* (AR) 6:00pm Evening Entertainment: SoSco Duo (AR)	8:00am Good Morning Meditations (AR) 21 9:00am Senior Fit (AR) 9:00am Post Office 9:30am Balance & Mobility (AR) 10:00am Shopping: Safeway, Walgreens or CVS 10:00am Late Morning Strolls (PG) 11:00am Happy Birthday Party!! (Invite Only) (AR) 12:30pm Beginners Fitness (AR) 12:30pm Bridge (C2FL) 12:30pm LCR (C3FL) 3:00pm Caregiver Support Group (L) 3:00pm Fondue Fellowship* (GC) 6:00pm Bridge (AR)	2:00pm Bingo (AR) 22 3:00pm Cornhole (FC) 6:00pm Game Night (GC)
3:00pm Worship Hour- Doug Preudhomme (AR) 23	8:00am Good Morning Meditations (AR) 24 9:00am Senior Fit (AR) 9:00am Shopping: Fry's 9:30am Stretch & Flex (AR) 10:00am Late Morning Strolls (PG) 10:30am Make & Mingle Monday (AR) 11:00am Bocce (PGDP) 11:30am Chair Yoga with Kelley (AR) 12:30pm Activity Chat (AR) 1:00pm Creating for the Creator (L) 1:00pm Farkle (C2FL) 1:00pm Mobile Movement Games 1:30pm Shopping: Fry's 2:00pm Catholic Communion Service (AR) 2:30pm Rosary (AR) 3:00pm Meal Out Monday: The Old Spaghetti Factory 6:00pm Bingo (AR)	8:00am Good Morning Meditations (AR) 25 9:00am Lap Quilts (AR) 9:00am Tai Chi (FC) 10:00am Music & Melodies (DR) 10:00am Late Morning Strolls (PG) 10:30am Paparazzi Jewelry Everything \$5 (GC) 11:00am StairMasters Hike Prep Group (CL) 11:00am FSU: Hearing Seminar & FREE Hearing Tests!!* (AR) 12:15pm Wii Bowling (AR) 1:30pm Pick a Prize Bingo (AR) 2:00pm GriefShare (PDR) 3:00pm Hope Looks Up Bible Study (AR) 6:00pm Hand & Foot (AR)	8:00am Good Morning Meditations (AR) 26 9:00am Senior Fit (AR) 9:45am Tai Chi (FC) 10:00am Bible Study (AR) 10:00am Late Morning Strolls (PG) 11:00am Billiards (N2FL) 11:00am Breaking Bread (AR) 1:00pm Mobile Wellness Games 1:00pm Winning Wednesday: Guess Who (AR) 1:30pm Bank Run 1:30pm Shopping: Super Walmart (19th Ave & Bell) (Limit 14) 2:00pm Friends of Bill W Meeting (PDR) 2:30pm Pinochle (C2FL) 2:30pm Winedown Wednesday* (AR) 6:00pm Bunco (AR)	8:00am Cornhole (AR) 27 8:00am Good Morning Meditations (AR) 9:00am Tai Chi (FC) 10:00am Late Morning Strolls (PG) 11:00am Cornhole Challenge (FC) 11:00am I'm Feeling Blue (PDR) 11:00am Working Hands (C3FL) 11:30am "Move to the Beat" Chair Exercise with Kelley (AR) 1:00pm Wellness Wisdom (L) 1:30pm Town Hall Meeting (AR) 2:30pm NEW! Work Your Core with Letty (AR)	8:00am Good Morning Meditations (AR) 28 9:00am Senior Fit (AR) 9:30am Balance & Mobility (AR) 10:00am Shopping: Safeway, Walgreens or CVS 10:00am Late Morning Strolls (PG) 10:15am Outing: Escape Room *\$ 12:30pm Beginners Fitness (AR) 12:30pm Bridge (C2FL) 12:30pm LCR (C3FL) 3:00pm Happy Hour- Cotton Candy Margarita* (L) 6:00pm Bridge (AR)	