

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday


Saturday



February 2019

Assisted Living



<p>8:30 Good Morning Friends! 9:30 Meditation & Exercise 9:30 Church Transportation 10:30 Daily Chronicles & Brain Exercises 11:00 Celebrate the Day – <i>Super Bowl Sunday</i> 1:30 Fresh Air Fun 2:30 Super Bowl Sunday Pregame 6:30 Super Bowl LIII</p> <p style="text-align: right;">3</p>	<p>8:00 Celebrate the Day – <i>Eat Ice Cream for Breakfast Day</i> 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Exercises 10:30 Celebrate the Day – <i>Make Believe Monday</i> 11:00-2:00 Retail Therapy & Lunch Bunch 3:00 Walgreens</p> <p style="text-align: right;">4</p>	<p>8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Games 11:00 Celebrate the Day – Wii Bowling Men's Group 12:00 Celebrate the Day – <i>Chinese New Year Luncheon</i> 1:30-3:00 Painting w/ Valerie</p> <p style="text-align: center;"><small>Chinese New Year</small></p> <p style="text-align: right;">5</p>	<p>8:30 Good Morning Friends! 9:30 Meditation & Exercises 10:30 Daily Chronicles & Brain Exercises 11:00 Lunch Bunch & Celebrate the Day – <i>Frozen Yogurt Day</i> 1:30 Catholic Eucharistic Minister 2:00 Publix 3:00 Celebrate the Day – <i>Chopsticks Day</i> 4:00 Wine Down Wednesday</p> <p style="text-align: right;">6</p>	<p>8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Exercises 11:00 Card Sharks 1:30-3:00 Painting w/ Valerie 3:30 Celebrate the Day- <i>Send a Card to a Friend Day</i>. Make Special Valentine's w/ Aurora & Barb 4:30 Fresh Air Fun</p> <p style="text-align: right;">7</p>	<p>8:00 Celebrate the Day All Day – <i>Wear Red Day</i> 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Exercises 10:30 Celebrate the Day – <i>Fingerprint Day</i> 11:30 Celebrate the Day – <i>#Move w/ Heart</i>. Zumba w/ Teri 1:30 Drama Club 3:30 Johnathan Cummings</p> <p style="text-align: right;">1</p>	<p>8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Exercises 11:00 Songs of the Heart Sing-a-Long Saturday 2:00 Celebrate the Day- <i>Ground Hog Day</i> 3:00 Afternoon Movie in the Lounge</p> <p style="text-align: right;">2</p> <p style="text-align: center;"><small>Groundhog Day</small></p>
<p>8:30 Good Morning Friends! 9:30 Meditation & Exercise 9:30 Church Transportation 10:30 Daily Chronicles & Brain Exercises 11:00 Card Sharks 2:00 Rosalyn and Sons Performing 3:30 Celebrate the Day – <i>National Second-Hand Wardrobe Day</i>. Clothing Swap</p> <p style="text-align: right;">10</p>	<p>8:30 Good Morning Friends! 8:30 Celebrate the Day – <i>White T-Shirt Day</i> 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Games 11:00-2:00 Retail Therapy & Lunch Bunch 2:30 Walgreens 3:30 Celebrate the Day – <i>Westminster Dog Show</i> 4:00 Andrea Performing</p> <p style="text-align: right;">11</p>	<p>8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Games 11:00 Ted Talks 11:00 Wii Bowling Men's Group 1:30-3:00 Painting w/ Valerie 3:30 Celebrate the Day – <i>Extra Terrestrial Day</i> 3:00 Monthly Birthday</p> <p style="text-align: right;">12</p>	<p>8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:30 Zumba w/ Teri 11:00 Publix 1:30 Catholic Eucharistic Minister 3:00 Celebrate the Day – <i>Madly in Love w/ Myself Day</i>. Massages w/ Filicia Porter 4:00 Wine Down Wednesday</p> <p style="text-align: right;">13</p>	<p>8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00-2:00 Celebrate the Day – <i>World Donor Day Blood Drive</i> 10:30 Daily Chronicles & Brain Exercises 12:00 Valentine's Day Luncheon w/ Laura Cole on the Harp. 1:30-3:00 Painting w/ Valerie 3:30 History of St. Valentine w/ Prof. Robert Farley</p> <p style="text-align: center;"><small>Valentine's Day</small></p> <p style="text-align: right;">14</p>	<p>8:00 Celebrate the Day – <i>National Women in Blue Jeans Day</i>. 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Exercises 11:00 Celebrate the Day – <i>Galileo's Birthday</i> 1:30-3:00 Painting w/ Valerie 3:30 Afternoon Movie</p> <p style="text-align: right;">15</p>	<p>8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Exercises 11:30 Sing-a-Long Saturday 2:00 Celebrate the Day – <i>Heart to Heart Day</i> 3:00 Afternoon Movie in the Lounge</p> <p style="text-align: right;">16</p>
<p>8:30 Good Morning Friends! 9:30 Meditation & Exercise 9:30 Church Transportation 10:30 Daily Chronicles & Brain Exercises 11:00 Card Sharks 12:00 Celebrate the Day – <i>Spud Day</i> 2:30 Daytona 500 3:00 Afternoon Movie</p> <p style="text-align: right;">17</p>	<p>8:00 Celebrate the Day – <i>National Hugging Day</i> 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Games 11:00-2:00 Retail Therapy & Lunch Bunch 2:30 Walgreens 3:30 Celebrate the Day – <i>President's Day</i>. The Hall of Presidents Performed by the Drama Club</p> <p style="text-align: center;"><small>Presidents' Day (US)</small></p> <p style="text-align: right;">18</p>	<p>8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Games 11:00 Ted Talks 1:30-3:00 Painting w/ Valerie 3:30 Celebrate the Day – <i>Happy Birthday, Smokey Robinson</i></p> <p style="text-align: right;">19</p>	<p>8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Exercises 11:30 Lunch Bunch & Celebrate the Day – Muffin Day. Visit Moe's Muffins 1:30 Catholic Eucharistic Minister 2:00 Publix 3:00 Melanie Steinke Performing 4:00 Celebrate the Day – <i>Spring is in the Air</i>. Fresh Air Fun</p> <p style="text-align: right;">20</p>	<p>8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Exercises 11:00 Card Sharks 1:30-3:00 Painting w/ Valerie 3:00 Town Hall Meeting 3:30 Celebrate the Day – <i>National Nest Box Week</i>. John Nelson, President of the Audubon Society Lecture 4:30 Bird Watching</p> <p style="text-align: right;">21</p>	<p>8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Exercises 11:30 Card Sharks 2:00 Drama Club 3:00 Merritt & Moreau Performing 4:00 Celebrate the Day- <i>Margarita Day!</i></p> <p style="text-align: right;">22</p>	<p>8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Exercises 11:30 Sing-a-Long Saturday 2:00 Celebrate the Day – <i>Tennis Day</i>. Tennis Training Program w/ Jermaine 3:00 Afternoon Movie</p> <p style="text-align: right;">23</p>
<p>8:30 Good Morning Friends! 9:30 Meditation & Exercise 9:30 Church Transportation 10:30 Daily Chronicles & Brain Exercises 2:00 Celebrate the Day – <i>Red Carpet Sunday</i>. 3:00 Afternoon Movie 8:00 The Oscars</p> <p style="text-align: right;">24</p>	<p>8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Games 11:00-2:00 Retail Therapy & Lunch Bunch (National Clam Chowder Day) 2:30 Walgreens 3:30 Zen Coloring Den 4:30 Fresh Air Fun</p> <p style="text-align: right;">25</p>	<p>8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Games 11:00 Celebrate the Day – <i>Friend Forever Day</i> 1:30-3:00 Painting w/ Valerie 3:30 Afternoon Movie</p> <p style="text-align: right;">26</p>	<p>8:30 Good Morning Friends! 9:30 Meditation & Daily Chronicles & Brain Exercises 10:30 Zumba w/ Teri 11:30 Lunch Bunch 1:30 Catholic Eucharistic Minister 2:00 Publix 3:00 Celebrate the Day – <i>Puppet Show Day</i> 4:00 Wine Down Wednesday (<i>Kahlua Day</i>) 7:00 Karin & Charles Performing</p> <p style="text-align: right;">27</p>	<p>8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:15 Daily Chronicles & Brain Exercises 10:45 Let's Get Creative 12:00 Celebrate the Day – <i>Chili Day</i> 1:30-3:00 Painting w/ Valerie 3:30 Celebrate the Day – <i>National Floral Design Day</i>. Interactive Demonstration from Harbour Bay Florists.</p> <p style="text-align: right;">28</p>	<div style="text-align: center;">  <p>3550 SW Corporate Pkwy Palm City, FL 34990 (772)-529-6000 www.grandoaks.org</p> </div>	

Calendar Subject to Change. Please See Daily Agenda for Updates