

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**FEBRUARY 2024**

**Program Key:**  
Intellectual Physical Social Emotional Vocational

4

**BLACK HISTORY MONTH**

**10:00** Stretch Exercise  
**10:45** Black History Month Activity  
**1:30** Karaoke

5

**10:00** Strength Exercise  
**10:45** Bingo  
**1:30** Trivia

6

**10:00** Seated Volleyball  
**10:45** Bingo  
**1:30** Lunar New Year Dragon Craft

7

**10:00** Balance Exercise  
**10:45** Lunar New Year Color Along  
**1:30** Karaoke

8

**10:00** Balance Exercise  
**10:45** Lunar New Year Color Along  
**1:30** Karaoke

9

**YEAR OF THE DRAGON**  
 Lunar New Year (Year of the Dragon)

11

Super Bowl Sunday

**10:00** Balance Exercise  
**10:45** Valentines Day Card Making  
**1:30** Karaoke

12

**10:00** Matching Game  
**10:45** Sweetheart Walk  
**1:30** Valentines Day Card Making  
 Mardi Gras

13

**10:00** Sweet-heart Walk  
**10:45** Valentine's Day Vase Painting  
**1:30** Valentine's Day Color Along  
 Valentine's Day

14

**10:00** Strength Exercise  
**10:45** Bingo  
**1:30** Spa Manicures

15

**10:00** Balance Exercise  
**10:45** Valentines Day Card Making  
**1:30** Karaoke

16

*Happy Valentine's Day*

18

19

**CLOSED**

★ ★ ★ HAPPY ★ ★ ★  
 PRESIDENTS' DAY  
**CERRADO**

20

**10:00** Seated Balloon Tennis  
**10:45** Bingo  
**1:30** Dice-breaker Game

21

**10:00** Stretch Exercise  
**10:45** Name That Tune  
**1:30** Karaoke

22

**10:00** Tai Chi  
**10:45** Matching Game  
**1:30** Affirmations Color Along

23

**10:00** Strength Exercise  
**10:45** Bingo  
**1:30** Karaoke

24

25

Mardi Gras

26

**10:00** Strength Exercise  
**10:45** Mardi Gras Mask Craft  
**1:30** Karaoke

27

**10:00** Balance Exercise  
**10:45** Mardi Gras Mask Craft  
**1:30** Matching Game

28

**10:00** Chair Yoga  
**10:45** Bingo  
**1:30** Mardi Gras Bead Game

29

**10:00** Mardi Gras Walk  
**10:45** Mardi Gras Bead Game  
**1:30** Trivia

30

**Lucky Colors for 2024**  
 Year Of Dragon

Spring Green

Imperial Yellow

\*Tentative Schedule. All activities and times subject to change.\*