ESKATON
Transforming the Aging Experience

Assisted Living

February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Location **F** ALU Foyer **Lo** ALU Lobby **RR** ALU Recreation Room	ALL ACTIVITIES ARE SUBJECT TO CHANGE	**1** 9:30 Holy Communion by Gail (RR) 11:00 Breathe & Stretch with Adam! (RR) 1:00 Whist (card game) (RR) 3:00 Let's Socialize! (Happy Hour) (F) 3:30 Avalon Hearing Clinic (RR)	**2** **Groundhog day!** 9:00 Podiatry Clinic! (RR) 11:15 Be Healthy with Judy! (RR) 1:30 Music Trivia! 2:30 Bridge Club (RR) 4:15 Prize BINGO 6:00 Water Color Painting (RR)	**3** 10:30 Residents Council Meeting! 11:00 Strength and Stretch with Adam ! (RR) 1:30 Visit from our Furry friend Abbie! (F) 1:30 Special Treat from our Chef! (F)	**4** **HAPPY BIRTHDAY VIVIAN!** 9:30 Chronicles and Coffee! 11:00 Balloon Tennis! (F) 1:30 Money BINGO (quarters) (RR) 2:45 Happy Hour (F) 3:45 Entertainer (F)
5 9:30 Comedy Matinee Show! (F) 11:15 Chair Exercise with Mark! (RR) 1:00 Trivia Time! (RR) 2:00 White board words games! 2:00 Social visits from Densmore the Clown! (F) 3:00 Water color painting! (RR)	**6** 10:00 Lovely Piano Music with Justin! (RR) 11:00 Breathe and Stretch with Adam! (RR) 1:00 Rummikub! (RR) 2:15 Ring Toss! (F) 3:15 Trivia Time! 4:15 Residents Life History with Mark	**7** 9:30 Making A Love Bracelet! (RR) 11:15 Moving with Judy! (RR) 1:30 Art and Culture Travels!: Tokyo (RR) 3:00 Make your own flower arrangement! (RR) 4:15 Happy Hour! (F) 6:00 Finish the Puzzle! (RR)	**8** 9:30 Holy Communion by Gail (RR) 11:00 Breathe & Stretch with Adam! (RR) 1:00 Whist (card game) (RR) 3:00 Let's Socialize! (Happy Hour) (F)	**9** 10:00 Kids Connection! (F) 11:15 Be Healthy with Judy! (RR) 1:30 Music Trivia! 2:30 Bridge Club (RR) 4:15 Prize BINGO 6:00 Water Color Painting (RR)	**10** 9:30 News and Review! 11:00 Strength and Stretch with Adam ! (RR) 1:30 Visit from our Furry friend Abbie! (F) 1:30 Special Treat from our Chef Noe! (F)	**11** 9:30 Chronicles and Coffee! 11:00 Balloon Tennis! (F) 1:30 Money BINGO (quarters) (RR) 2:45 Happy Hour (F) 3:45 Entertainer (F)
12 9:15 Comedy Matinee Show! (F) 11:15 Chair Exercise with Mark! (RR) 1:00 Trivia Time! (RR) 2:00 White board word games! 2:00 Social visits from Densmore the Clown! (F) 3:15 Candy BINGO! (F)	**13** 10:00 Lovely Piano Music with Justin! (RR) 11:00 Breathe and Stretch with Adam! (RR) 1:00 Sequence! (board game) (RR) 2:15 Sand Bag Toss! (F) 3:15 Watercolor Painting! (RR)	**14** **HAPPY VALENTINES DAY!** 10:00 Make your Flower arrangement! (RR) 11:15 Moving with Judy! (RR) 1:30 Candy BINGO! (RR) 2:45 Happy Hour: Celebrating Love! (RR) 3:45 Love Music! (F)	**15** 9:30 Holy Communion by Gail (RR) 11:00 Breathe & Stretch with Adam! (RR) 1:00 Whist (card game) (RR) 3:00 Let's Socialize! (Happy Hour) (F) 3:45 Great Music with Collin Hobbs! (F)	**16** 9:30 Documentary (RR) 11:15 Be Healthy with Judy! (RR) 1:30 Music Trivia! 2:30 Bridge Club (RR) 4:15 Prize BINGO 6:00 Water Color Painting (RR)	**17** 10:00 Culinary Committee Meeting ! 11:00 Strength and Stretch with Adam ! (RR) 1:30 Visit from our Furry friend Abbie! (F) 1:30 Special Treat from our Chef! (F)	**18** 9:30 Chronicles and Coffee! 11:00 Balloon Tennis! (F) 1:30 Money BINGO (quarters) (RR) 2:45 Happy Hour (F) 3:45 Entertainer (F)
19 9:15 Comedy Matinee Show! (F) 11:15 Chair Exercise with Mark! (RR) 1:00 Trivia Time! (RR) 2:00 White board words games 2:00 Social visits from Densmore the Clown! (F) 3:15 Candy BINGO! (F)	**20** **PRESIDENTS DAY!** 10:00 Lovely Piano Music with Justin! (RR) 11:00 Breathe and Stretch with Adam! (RR) 1:00 Trivia Time! (RR) 2:00 Hang Man! (whiteboard game) (RR) 3:00 Chair Travel with Mark!	**21** **HAPPY MARDI GRAS DAY!** 10:00 Make your own flower arrangement! (RR) 11:15 Moving with Judy! (RR) 1:00 Shopping Day! 1:30 Candy BINGO! (RR) 4:15 Happy Hour! (F) 6:00 Finish the Puzzle! (RR)	**22** **ASH WEDNESDAY** 9:30 Holy Communion by Gail (RR) 11:00 Breathe & Stretch with Adam! (RR) 1:00 Beautiful Piano Music with Judy! (RR) 3:00 Let's Socialize! (Happy Hour) (F)	**23** 10:00 Scenic Drive! (Lo) 11:15 Be Healthy with Judy! (RR) 1:30 Music Trivia! 2:30 Bridge Club (RR) 4:15 Prize BINGO 6:00 Water Color Painting (RR)	**24** 9:30 Worship Music (sing along) 11:00 Strength and Stretch with Adam ! (RR) 1:30 Visit from our Furry friend Abbie! (F) 1:30 Special Treat from our Chef Noe! (F)	**25** 10:30 Piano Music with Lijuan and Olivia! (F) 11:00 Balloon Tennis! (F) 1:30 Money BINGO (quarters) (RR) 2:45 Happy Hour (F) 3:45 Entertainer (F)
26 **HAPPY BIRTHDAY CARL!** 9:30 Comedy Matinee Show! (F) 11:15 Chair Exercise with Mark! (RR) 1:00 Trivia Time! (RR) 2:00 Make words out of the word_____.	**27** 10:00 Lovely Piano Music with Justin! (RR) 11:00 Breathe and Stretch with Adam! (RR) 1:30 Art and Culture Travels!: Tokyo (RR) 2:00 Word games with Mark! (F) 3:00 Rummikub (RR)	**28** 10:00 Make your own flower arrangement! (RR) 11:15 Moving with Judy! (RR) 1:30 Art Canvas Painting!: Tokyo (RR) 3:00 Taco Tuesday! (RR) 4:15 Happy Hour! (F) 6:00 Finish the Puzzle! (RR)				