

FEBRUARY 2025 Lifestyle Programming: Group Exercise, Live Music & Entertainment, Special Events & Outings

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						01
<p>02 Groundhogs Day</p> <p>11:00 <i>Livestreamed Services:</i> St. Joe's Mass & Seattle First Baptist Church Service</p> <p>1:30 Interactive Scripture & Hymns with Paul & Tina Miller</p>	<p>03</p> <p>Koko Foot and Nail Care</p> <p>10:00 Mental Health Monday</p> <p>1:30 Think Tank Video & Discussion</p> <p>2:30 Free Movement with Mary</p>	<p>04</p> <p>1:30 Resident Association Wellness Hour (CL)</p>	<p>05</p> <p>10:00 Goodwill Outing</p> <p>1:30 FLM Celebration of Life (CL)</p>	<p>06</p> <p>10:00 Klondike Gold Rush Museum Outing</p> <p>1:30 Health in Your Hands Presentation w/Angelika (CL)</p>	<p>07</p> <p><i>11:15 St. Joe's Healing Mass</i></p> <p>1:30 Resident Association Home Hour (CL)</p>	<p>08</p> <p>11:00 Seated Total Chair Fitness</p> <p>1:30 Meditation Group</p>
<p>09 Superbowl Sunday</p> <p>11:00 <i>Livestreamed Services:</i> St. Joe's Mass & Seattle First Baptist Church Service</p> <p>1:30 Interactive Scripture & Hymns with Paul & Tina Miller</p>	<p>10</p> <p>10:00 Journal Through Art</p> <p>1:30 Think Tank Video & Discussion</p> <p>2:30 Free Movement with Mary</p>	<p>11</p> <p>1:30 Love Your Neighbor Activity w/ Mary (CL)</p>	<p>12</p> <p><i>10:45-11:30 Bookmobile</i></p> <p>1:30 Unsung Heroes of Black History Presentation (CL)</p> <p>2:30 Poetry Group</p>	<p>13</p> <p>10:00 Art Connection: Zen Tangle</p> <p>1:30 Resident Association Kitchen Hour</p>	<p>14 Valentine's Day</p> <p>10:00 Beginnings Preschool Visit</p> <p>1:30 Tennis Greats Presentation</p>	<p>15</p> <p>11:00 Seated Total Chair Fitness</p> <p>1:30 Meditation Group</p>
<p>16</p> <p>11:00 <i>Livestreamed Services:</i> St. Joe's Mass & Seattle First Baptist Church Service</p> <p>1:30 Interactive Scripture & Hymns with Paul & Tina Miller</p>	<p>17 Presidents' Day</p> <p>10:00 Mental Health Monday</p> <p>1:30 Think Tank Video & Discussion w/ Corinne</p> <p>2:30 Free Movement with Mary</p>	<p>18</p> <p>1:30 Be Fit & Factual: President's Edition (CL)</p>	<p>19</p> <p><i>1:30 In Person Mass</i></p> <p>3:00 Lance Rhoades Academy Award Presentation</p>	<p>20</p> <p>1:30 Sing Along w/ David Lapse</p>	<p>21</p> <p>1:30 Men's Club (AR)</p>	<p>22</p> <p>11:00 Seated Total Chair Fitness</p> <p>1:30 Meditation Group</p>
<p>23</p> <p>11:00 <i>Livestreamed Services:</i> St. Joe's Mass & Seattle First Baptist Church Service</p> <p>1:30 Interactive Scripture & Hymns with Paul & Tina Miller</p>	<p>24</p> <p>10:00 Journal Through Art</p> <p>1:30 Think Tank Video & Discussion w/ Corinne</p> <p>2:30 Free Movement with Mary</p>	<p>25</p> <p>1:30 Listen and Learn w/Mary: Elisabeth Jacquet de La Guerre (CL)</p>	<p>26</p> <p>1:30 Reader's Theater (CL)</p> <p>2:30 Book Club (CL)</p>	<p>27</p> <p>1:30 Resident Association General Assembly</p>	<p>28</p> <p>1:30 Cranium Crunch (CL)</p>	<p>01</p> <p>11:00 Seated Total Chair Fitness</p> <p>1:30 Meditation Group</p>