

2025  **FEBRUARY**
FAIRFIELD & COTTAGES

FEBRUARY FITNESS CHALLENGE & HEART HEALTH MONTH

Are you a regular Fitness Class attendee with Fitness Goals? We are giving you a little extra motivation in February, in honor of **Heart Health Month**. Activities will track your attendance and whoever attends the most fitness classes in February will win a Fitness Tee Shirt & Water Bottle! One Winner for Each Building. Fitness Classes include Dance Cardio, Sittercise, Seated Yoga, and Balance & Strength. Challenge Begins on Monday, February 3rd!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:00 Scrabble (JB) ** 2 3:00 Live Concert Pianist, Mike Mansour (JB)	9:00 Handwork Social Club (JB) 3 10:30 Dance Cardio (FR) 12:00 Balance & Strength (FR) 2:00 Bingo (FR) ** 2:00 Village Singers (GD DR) 3:30 Mexican Train (GYM)	AM Doctor Transports 4 10:00 St. Luke's Bible Study (MR) 11:15 Seated Yoga & Meditation (FR) 1:00 Rummikub (JB) ** 1:00 Wii Bowling (GYM) 1:30 Scenic Drive R&T 3:00 Armchair Travel 6:30 Movie Night (Theatre) **	8:30 Men's Breakfast R&T 5 10:30 Dance Cardio (FR) 11:30 Safeway/Dollar Store R&T 12:00 Balance & Strength (FR) 1:00 Wine & Cheese (JB) 2:00 Bingo (FR) 6:30 Rummikub (JB) **	PM Doctor Transports 6 9:30 Walk Outlet Mall R&T 10:30 Coffee Chats (JB) ** 11:15 Seated Yoga & Meditation (FR) 2:00 Wii Bowling (GYM) 3:00 Reminisce Cafe (JB)	9:00 Mobile Library (HS JB) 7 10:30 Dance Cardio (FR) 12:00 Balance & Strength (FR) 2:00 Texas Hold Em' (JB) 4:00 Live Music, Cameron (JB) ** WEAR RED FOR HEART HEALTH DAY **	10:00 Village Illustrators, Crafters & Creators (HS Craft Room) 8 11:00 Dime Bingo (FR) ** 1:30 Rummikub (JB) ** 6:15 Blackjack (FR) **
1:00 Scrabble (JB) ** 9	9:00 Handwork Social Club (JB) 10 10:30 Dance Cardio (FR) 12:00 Balance & Strength (FR) 2:00 Bingo (FR) ** 2:00 Village Singers (GD DR) 3:30 Mexican Train (GYM) 4:40 Therapy Dog Visits (JB)	AM Doctor Transports 11 10:00 St. Luke's Bible Study (MR) 11:15 Seated Yoga & Meditation (FR) 1:00 Rummikub (JB) ** 1:00 Wii Bowling (GYM) 1:30 Scenic Drive R&T 3:00 Sweetheart Hand Spa (JB) 6:30 Movie Night (Theatre)	9:30 Walmart/Costco R&T 12 10:30 Dance Cardio (FR) 12:00 Balance & Strength (FR) 2:00 Round Table Meeting (FR) 6:30 Rummikub (JB) **	PM Doctor Transports 13 9:30 Walk Commons Mall R&T 10:30 Coffee Chats (JB) ** 11:15 Seated Yoga & Meditation (FR) 1:00 Affair with Chocolate (DR) 3:00 Reminisce Cafe (JB)	12:00 "Galentine's" Ladies Lunch, Applebee's R&T 14 10:30 Dance Cardio (FR) 12:00 Balance & Strength (FR) 2:00 Texas Hold Em' (JB) 3:00 Wii Bowling (GYM)	10:00 Village Illustrators, Crafters & Creators (HS Craft Room) 15 11:00 Dime Bingo (FR) ** 1:30 Rummikub (JB) ** 6:15 Blackjack (FR) **
1:00 Scrabble (JB) ** 16	9:00 Handwork Social Club (JB) 17 10:30 Dance Cardio (FR) 12:00 Balance & Strength (FR) 2:00 Bingo (FR) ** 2:00 "Healing Hearts" Grief Support & Remembrance (Hearthside AR) 3:30 Mexican Train (GYM)	AM Doctor Transports 18 10:00 St. Luke's Bible Study (MR) 11:15 Seated Yoga & Meditation (FR) 1:00 Rummikub (JB) ** 1:00 Wii Bowling (GYM) 1:30 Scenic Drive R&T 3:00 Armchair Travel (Theatre) 3:30 Dining Out, Ranchitos R&T 6:30 Movie Night (Theatre) **	9:30 Wii Bowling Tournament at West Seattle! R&T 19 12:00 Balance & Strength (FR) 2:00 Bingo (FR) ** 6:30 Rummikub (JB) **	PM Doctor Transports 20 9:30 Walk Tacoma Mall R&T 10:30 Coffee Chats (JB) ** 11:15 Seated Yoga & Meditation (FR) 2:00 Wii Bowling (GYM) 3:00 Reminisce Cafe (JB)	10:30 Dance Cardio (FR) 21 12:00 Balance & Strength (FR) 2:00 Texas Hold Em' (JB) 4:00 "So Over Winter" Island Getaway Happy Hour (JB)	10:00 Village Illustrators, Crafters & Creators (HS Craft Room) 22 11:00 Dime Bingo (FR) ** 1:30 Rummikub (JB) ** 6:15 Blackjack (FR) **
1:00 Scrabble (JB) ** 23	9:00 Handwork Social Club (JB) 24 10:30 Dance Cardio (FR) 12:00 Balance & Strength (FR) 2:00 Bingo (FR) ** 2:00 Village Singers (GD DR) 3:30 Mexican Train (GYM) 4:40 Therapy Dog Visits (JB)	AM Doctor Transports 25 10:00 St. Luke's Bible Study (MR) 11:15 Seated Yoga & Meditation (FR) 1:00 Rummikub (JB) ** 1:30 Scenic Drive R&T 2:00 Carol & Gary Play for You! (JB) 3:00 Armchair Travel (Theatre) 6:30 Movie Night (Theatre) **	10:00 Red Wind Casino R&T 26 10:30 Dance Cardio (FR) 12:00 Balance & Strength (FR) 2:00 Talk Soup (FR) 2:45 Bingo (FR) ** 6:30 Rummikub (JB) **	PM Doctor Transports 27 9:30 Walk South Hill Mall R&T 10:30 Coffee Chats (JB) ** 11:15 Seated Yoga & Meditation (FR) 2:00 Wii Bowling (GYM) 3:00 Reminisce Cafe (JB)	10:30 Dance Cardio (FR) 28 12:00 Balance & Strength (FR) 1:00 Fred Meyer R&T 2:00 Texas Hold Em' (JB)	

CONCERT PIANIST, 02/02 MIKE MANSOUR

Mike is a very talented Concert Pianist and will be on campus on Sunday, Feb. 2 to share his talents!

02/07 WEAR RED!

February is Heart Health Awareness Month. Wear **RED** today!

02/11 AFFAIR WITH CHOCOLATE!

Village Green will be treating you to a decadent and delicious Chocolate Experience! Don't let your tastebuds down, mark your calendars for Thursday, Feb. 13th!

02/19 WII BOWLING TOURNAMENT AT WEST SEATTLE

Our Village Green Wii Bowlers have been working diligently to improve their skills and chances at bringing home the Golden Pin. Our 3rd Wii Bowling tournament will be hosted at West Seattle, sign up to come cheer on the Federal Way Wii Bowlers!

FR - Fitness Room	BOLD BLACK - Outings
GYM - Gym	BOLD BLUE - Live Entertainment
JB - Juice Bar	RED - Medical Transports
MR - Meeting Room	BOLD PURPLE - Special Events
DR - Dining Room	BOLD ORANGE - Meetings
R - requires reservation	BOLD GREEN - Seminars
T - transportation is provided	** Resident Led Activity

*** Doctor Transports *** AM 7:30 to 11:30 / PM 12:30 to 4:00