

2025  **FEBRUARY**  
HEARTSIDE & GARDENS

# 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
<p>9:30 Group Hymn Singing (JB) <b>2</b></p> <p><b>1:30 Live Concert Pianist, Mike Mansour (JB)</b></p>	<p>9:00 Handwork Social Club (FF JB) <b>3</b></p> <p>11:30 Sittercise (AR)</p> <p>1:00 Rummikub (JB) **</p> <p>2:00 Village Singers (GD DR)</p> <p>3:00 Bingo (AR)</p>	<p><b>AM Doctor Transports</b> <b>4</b></p> <p>10:00 Seated Yoga &amp; Meditation (AR)</p> <p>1:00 Blackjack (JB)</p> <p><b>1:30 Scenic Drive R&amp;T</b></p> <p>3:00 Wii Bowling (AR)</p> <p>5:45 Movie Night (AR) **</p>	<p><b>8:30 Men's Breakfast R&amp;T</b> <b>5</b></p> <p>11:30 Sittercise (AR)</p> <p><b>11:30 Safeway/Dollar Store R&amp;T</b></p> <p><b>2:10 Wine &amp; Cheese (JB)</b></p> <p>3:00 Bingo (AR)</p>	<p><b>PM Doctor Transports</b> <b>6</b></p> <p><b>9:30 Walk Outlet Mall R&amp;T</b></p> <p>10:00 Seated Yoga &amp; Meditation (AR)</p> <p>11:00 Bible Study (AR)</p> <p>1:00 Rummikub (JB)</p> <p>2:00 Reminiscing (JB)</p> <p>3:00 Wii Bowling (AR)</p>	<p>9:00 Mobile Library (JB) <b>7</b></p> <p>11:30 Sittercise (AR)</p> <p>1:00 5 Card Draw Poker (JB)</p> <p>2:00 Bingo (AR)</p> <p><b>** WEAR RED FOR HEART HEALTH DAY **</b></p>	<p>9:30 St. Vincent De Paul Communion (CSF) <b>1</b></p> <p>10:00 Bridge (AL) **</p> <p>10:00 Village Illustrators, Crafters &amp; Creators (HS Craft Room)</p> <p>2:00 Show &amp; Tell (JB) **</p>
<p>9:30 Group Hymn Singing (JB) <b>9</b></p>	<p>9:00 Handwork Social Club (FF JB) <b>10</b></p> <p>11:30 Sittercise (AR)</p> <p>1:00 Rummikub (JB) **</p> <p>2:00 Village Singers (GD DR)</p> <p>3:00 Bingo (AR)</p> <p>4:10 Therapy Dog Visits (JB)</p>	<p><b>AM Doctor Transports</b> <b>11</b></p> <p>10:00 Seated Yoga &amp; Meditation (AR)</p> <p><b>1:00 Sweetheart Hand Spa (AR)</b></p> <p><b>1:30 Scenic Drive R&amp;T</b></p> <p>3:00 Wii Bowling (AR)</p> <p>5:45 Movie Night (AR) **</p>	<p><b>9:30 Walmart/Costco R&amp;T</b> <b>12</b></p> <p>11:30 Sittercise (AR)</p> <p><b>1:00 Round Table Meeting (JB)</b></p> <p>1:45 Wii Bowling (AR)</p> <p>3:00 Bingo (AR)</p>	<p><b>PM Doctor Transports</b> <b>13</b></p> <p><b>9:30 Walk Commons Mall R&amp;T</b></p> <p>10:00 Seated Yoga &amp; Meditation (AR)</p> <p>11:00 Bible Study (AR)</p> <p><b>1:00 Affair with Chocolate (FF DR) R&amp;T</b></p> <p>1:00 Rummikub (JB) **</p> <p>3:00 Reminiscing (LB)</p> <p>5:00 Christian Prayer Meeting (JB)</p>	<p><b>12:00 "Galentine's" Ladies Lunch, Applebee's R&amp;T</b> <b>14</b></p> <p>11:30 Sittercise (AR)</p> <p>1:00 5 Card Draw Poker (JB)</p> <p>2:00 Bingo (AR)</p> <p>3:00 Wii Bowling (AR)</p>	<p>9:30 St. Vincent De Paul Communion (CSF) <b>15</b></p> <p>10:00 Bridge (AL) **</p> <p>10:00 Village Illustrators, Crafters &amp; Creators (HS Craft Room)</p> <p>2:00 Show &amp; Tell (JB) **</p>
<p>9:30 Group Hymn Singing (JB) <b>16</b></p>	<p>9:00 Handwork Social Club (FF JB) <b>17</b></p> <p>11:30 Sittercise (AR)</p> <p>1:00 Rummikub (JB) **</p> <p><b>2:00 "Healing Hearts" Grief Support &amp; Remembrance (AR)</b></p>	<p><b>AM Doctor Transports</b> <b>18</b></p> <p>10:00 Seated Yoga &amp; Meditation (AR)</p> <p>1:00 Blackjack (JB)</p> <p><b>1:30 Scenic Drive R&amp;T</b></p> <p>3:00 Wii Bowling R&amp;T</p> <p><b>3:30 Dining Out, Ranchitos R&amp;T</b></p> <p>5:45 Movie Night (AR)</p>	<p><b>9:30 Wii Bowling Tournament at West Seattle! R&amp;T</b> <b>19</b></p> <p>5:15 Singin' with Sid (JB)</p>	<p><b>PM Doctor Transports</b> <b>20</b></p> <p><b>9:30 Walk Tacoma Mall R&amp;T</b></p> <p>10:00 Seated Yoga &amp; Meditation (AR)</p> <p>11:00 Bible Study (AR)</p> <p>1:00 Rummikub (JB) **</p> <p>2:00 Reminiscing (LB)</p> <p>3:00 Balloon Volleyball (JB)</p>	<p>11:30 Sittercise (AR) <b>21</b></p> <p>1:00 5 Card Draw Poker (JB)</p> <p>2:00 Bingo (AR)</p> <p><b>3:00 "So Over Winter" Island Getaway Happy Hour (JB)</b></p>	<p>9:30 St. Vincent De Paul Communion (CSF) <b>22</b></p> <p>10:00 Bridge (AL) **</p> <p><b>1:00 CityHill Church Youth Group Song &amp; Study (JB)</b></p> <p>2:00 Show &amp; Tell (JB) **</p> <p><b>5:00 Karaoke with Alex (AR)</b></p>
<p>9:30 Group Hymn Singing (JB) <b>23</b></p>	<p>9:00 Handwork Social Club (FF JB) <b>24</b></p> <p>11:30 Sittercise (AR)</p> <p>1:00 Rummikub (JB) **</p> <p>2:00 Village Singers (GD DR)</p> <p>3:00 Bingo (AR)</p> <p>4:10 Therapy Dog Visits (JB)</p>	<p><b>AM Doctor Transports</b> <b>25</b></p> <p>10:00 Seated Yoga &amp; Meditation (AR)</p> <p>1:00 Blackjack (JB)</p> <p><b>1:30 Scenic Drive R&amp;T</b></p> <p>3:00 Wii Bowling (AR)</p> <p>5:45 Movie Night (AR) *</p>	<p><b>10:00 Red Wind Casino R&amp;T</b> <b>26</b></p> <p>11:30 Sittercise (AR)</p> <p><b>1:00 Talk Soup (GD DR)</b></p> <p>1:45 Wii Bowling (AR)</p> <p><b>3:00 Live Music, with Cameron (JB)</b></p>	<p><b>PM Doctor Transports</b> <b>27</b></p> <p><b>9:30 Walk South Hill Mall R&amp;T</b></p> <p>10:00 Seated Yoga &amp; Meditation (AR)</p> <p>11:00 Bible Study (AR)</p> <p>1:00 Rummikub (JB) **</p> <p>2:00 Reminiscing (LB)</p> <p>3:00 Armchair Travel (AR)</p>	<p>11:30 Sittercise (AR) <b>28</b></p> <p><b>1:00 Fred Meyer R&amp;T</b></p> <p>1:00 5 Card Draw Poker (JB)</p> <p>2:00 Bingo (AR)</p>	<p>AR - Activity Room</p> <p>LB - Library</p> <p>JB - Juice Bar</p> <p>DR - Dining Room</p> <p>CSF - Care Station</p> <p>Fireside</p> <p><b>BOLD BLACK</b> - Outings</p> <p><b>BOLD BLUE</b> - Live Entertainment</p> <p><b>RED</b> - Medical Transports</p> <p><b>BOLD PURPLE</b> - Special Events</p> <p><b>BOLD ORANGE</b> - Meetings</p> <p><b>BOLD GREEN</b> - Seminars</p> <p>R - requires reservation</p> <p>T - transportation is provided</p> <p>** Resident Led Activity</p>

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

**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!

**AFFAIR WITH CHOCOLATE! 02/11**  
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!

**WII BOWLING TOURNAMENT AT 02/19 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!