Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Februa Hom	y 2020 e is Where the	he Heart is		1 <u>Make Dog Treats</u> 9:30 Stretch & Flex 10:15 PITCH, Kings, Pencil Art Word search, Rummikub 2:00 Games of choice 2:30 Make dog treats for a Valentine's Day treat for Our therapy dogs 6:30 Saturday Night at the Movies
2 Groundhog Day 9:30 Communion with Larry & Betty in Activity Room 10:00 Catholic Mass – Pub TV 10:15 Independent cards 2:00 PITCH, Scrabble, Kings 6:15 SUPER BOWL GAME IN ACTIVITY ROOM WITH PIZZA & BEER Groundhog Day	3 Monday Mingle 9:30 Stretch & Flex 10:15 PITCH, Kings, Rummikub 2:00 Painting with watercolors In activity room PITCH, Rummikub, Pencil Art Kings Corner 6:30 Monday Mingle in Lobby Hosted by Myranda	4 Pastor Wayne 9:30 Tone it up Tuesday! 10:00 Rummikub, PITCH, Kings Cribbage 1:30 \$\$ Store & Stop & Shop 2:00 Pastor Wayne & friends brings us songs & hymns 3:15 Cards until dinner 6:30 Chuck it in the Bucket	5 Dave Colucci 9:30 Twist and Shout exercise 10:15 Canasta, PITCH, Kings Rummikub. art 2:00 Dave Colucci entertains In dining room 3:15 Cards until dinner 6:30 Singing Seniors in our Lobby!!	6 Welcome Therapy Dogs 9:30 Twist and Shout exercise 10:00 Walking through the Bible 10:15 Crazy 8's, Cribbage, Kings 2:00 Visit with our Therapy Dogs Games of choice 3:15 Cards until dinner 6:30 Finish the Phrase	7 Painting Hearts 9:30 Tone it up! 10:15 Words, Rummikub, Kings Pitch, Pencil Art 2:00 Paint a Valentine's Day Heart for your door PITCH, Scrabble, Kings 3:15 Cordials & Conversations 6:30 Horoscopes & Fun Facts	8 Painting 9:30 Stretch & Flex 10:15 PITCH, Kings, Pencil Art Word search, Rummikub 2:00 Painting with watercolors In activity room Games of choice 3:15 Cards until dinner 6:30 Saturday Night at the Movies
9 Ecumenical Services 9:30 Communion with Larry & Betty in Activity Room 10:00 Catholic Mass – Pub TV 10:15 Independent cards 2:00 PITCH, Scrabble, Kings 6:30 Ecumenical Services & Cookie Social in Act. Rm	10 Crafty Corner 9:30 Stretch & Flex 10:15 PITCH, Kings, Rummikub 10:15 Valentine's Day Wreath 2:00 Games of choice and 2:00 Make a Valentine Card For children w/ reflections 6:30 Mixed up Valentine's Day Words in lobby	St. Mary's Mass 11 9:30 Tone it up Tuesday! 10:30 St. Mary's Catholic Mass In our activity room Fine Dining for Lunch 1:30 Dunkin Donuts Trip 2:00 Valentine Painting 2:00 PITCH, Canasta, Rummikub 6:30 Chuck it in the Bucket Great Fun, come try	12 Jim Moore 9:30 Twist and Shout exercise 10:15 Canasta, PITCH, Kings Rummikub, Pencil Art 10:30 Decorate a heart 2:00 New Entertainment by Jim Moore in dining room 3:15 Cards until dinner 6:30 Singing Seniors in lobby	13 Lois Present "Flower Power" 9:30 Twist and Shout exercise 10:00 Walking through the Bible 10:15 Crazy 8's, Cribbage, Kings PITCH & Rummikub 2:00 Lois Presents a discussion "Flower Power 6:30 Independent Cards, act.rm.	14 Valentine's Day 9:30 Tone it up! 10:15 Words, Rummikub, Kings Pitch, Pencil Art 2:00 Cupid Float Day and Games of choice 6:30 Romantic Movie Night In activity room	15 <u>Movie Night</u> 9:30 Stretch & Flex 10:15 PITCH, Kings, Pencil Art Word search, Rummikub 2:00 PITCH, Kings, Rummikub Chicken Feet Dominos 6:30 Saturday Night at the Movies
16 Ecumenical Services 9:30 Communion with Larry & Betty in Activity Room 10:00 Catholic Mass –Pub TV 10:15 Independent cards 2:00 PITCH, Scrabble, Kings 6:30 Ecumenical Services & Cookie Social in Act. Rm	17 Presidents' Day 9:30 Stretch & Flex 10:15 PITCH, Kings, Rummikub Chicken Feet Dominos 2:00 Games of choice w/ Myranda & coffee 6:30 Monday Chit Chat in lobby Enjoy a glass of wine with Your friends Presidents' Day (US)	18 Blood Pressure Clinic 9:30 Tone it up Tuesday! 10:00 Blood Pressure Clinic Games to follow 2:00 Margarita's w/ Marketing Director Alicia in lobby & library! Come mingle!! 6:30 Chuck it in the Bucket Great Fun, come try	19 <i>Walmart</i> 9:30 Twist and Shout exercise 10:15 Bananagrams, PITCH, Rummikub 1:30 Walmart Trip today 2:00 Painting with red, white, Purple and pink Games of choice 6:30 Singing Seniors in our Lobby	Nick Performs 9:30 Twist and Shout exercise 10:00 Walking through the Bible 10:15 PITCH, Canasta, Kings Rummikub 2:00 Nick performs in lobby & Library! Music & cocktails 3:15 Cards until dinner 6:30 Mad Libs Fun	21 Family Feud 9:30 Tone it up! 10:15 Words, Rummikub, Kings Pitch, Pencil Art 2:00 Skip-Bo, Rummikub, Kings PITCH 6:30 Creative Writing with Terri In our Lobby	22 Rockin' Robin 9:30 Stretch & Flex 10:15 PITCH, Kings, Pencil Art Word search, Rummikub 2:00 Rockin' Robin Entertains In dining room 3:15 Cards until dinner 6:30 UNSCRAMBLE THE WORDS IN LOBBY
23 Ecumenical Services 9:30 Communion with Larry & Betty in Activity Room 10:00 Catholic Mass –Pub TV 10:15 Independent cards 2:00 PITCH, Scrabble, Kings 6:30 Ecumenical Services & Cookie Social in Act. Rm	24 Spa Day 9:30 Stretch & Flex 10:15 PITCH, Kings, Rummikub 10:30 Manicures, Mimosa's & Aromatherapy in Sunroom 2:00 Canasta, Kings, PITCH Rummikub, Crosswords 6:30 Mixed up Valentine's Day Words in lobby	25 Mardi Gras 9:30 Tone it up Tuesday! 10:15 Make a Mardi Gras Mask For afternoon party 2:00 Mardi Gras Cocktail Party In lobby & library! Wear Your mask!! 6:30 Chuck it in the Bucket Great Fun, come try Mardi Gras	Rosary & Prayers 26 Ash Wednesday 9:30 Twist and Shout exercise 10:15 Bananagrams, PITCH, Rummikub 1:30 \$\$ Store & Stop & Shop 2:00 Rosary & Prayers in Library w/ Peg & Fran 3:15 Cards until dinner 6:30 Singing Seniors Ash Wednesday	27 Bible Study 9:30 Twist and Shout exercise 10:00 Walking through the Bible 10:15 Bananagrams, PITCH, Rummikub, Canasta 2:00 Thursday Matinee 2:00 Rummikub in Pub 6:30 Who, What, Where in lobby	28 Birthday Bash 9:30 Tone it up! 10:15 Words, Rummikub, Kings Pitch, Pencil Art 2:00 Resident Birthday Bash In our Dining Room With Kevin Paul 6:30 Movie Star Memory Lane In lobby with Terri	29 Family Feud 9:30 Stretch & Flex 10:15 PITCH, Kings, Pencil Art Word search, Rummikub 2:00 Skip-Bo, Rummikub, Kings PITCH 2:30 Group Family Feud in Library! 6:30 Saturday Night at the MoviesLeap Day

Arbors at Westfield 40 Court Street, Westfield, MA 01085 (413)-562-0001

Activities are subject to change to meet the needs of our residents

Friday	
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