

February 2025

GARDENS



JOSHUA SPRINGS
SENIOR LIVING
A WATERMARK RETIREMENT COMMUNITYSM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1ST Morning Music!- Easy Listening Kinetic Sand Play & Aromatherapy Movie & Popcorn time!
2ND Catholic Church & singing -TV Afternoon Stretches Movie & Popcorn!	3Rd Morning shows & Aromatherapy Music therapy One on one time	4TH I Love Lucy & Aromatherapy Memory Boxes Community Church & Singing	5TH Puppy Visits! Walk & Stretch together Movie & Popcorn	6TH Price is Right & Sensory Stations! Aromatherapy & Music Exercise time- Balloon Bop!	7TH Memory boxes Sensory Fun Station Aromatherapy & Coloring	8TH Morning Music!- Classical/Jazz Walk & Stretch Together! Movie & Popcorn time!
9TH Catholic Church & singing -TV Afternoon Stretches Virtual Destinations travel!-VR Superbowl Viewing Party!	10TH Morning shows & Aromatherapy Nerf gun fun w/ AZ Life! Color & Chats!	11TH I Love Lucy & Aromatherapy Memory Boxes Community Church & Singing	12TH Puppy Visits! Walk & Stretch together Movie & Popcorn	13TH Aromatherapy & Music Exercise time- Balloon Bop! Popcorn & Musical Time!	14TH Memory boxes Sensory Fun Station Valentines cards & Treats!	15TH Music!- Easy Listening Walk & Stretch Together! Movie & Popcorn time!
16TH Catholic Church & singing -TV Afternoon Stretches Virtual Destinations travel!-VR Movie & Popcorn!	17TH Morning shows & Aromatherapy Music therapy One on one time	18TH I Love Lucy & Aromatherapy Joyful Movement Community Church & Singing	19TH Puppy Visits! Walk & Stretch together Live Stand Up Show!	20TH Aromatherapy & Music Exercise time- Balloon Bop! Thirsty Thursday & Birthday Bash!	21ST Memory boxes Watermark University: Learning to make Memory Collages! Afternoon Cardio & Stretches	22ND Morning Music!- Country Walk & Stretch together! Movie & Popcorn time!
Catholic Church & singing -TV Afternoon Stretches Movie & Popcorn!	24TH Morning shows & Aromatherapy Music therapy Color & Chats!	25TH I Love Lucy & Aromatherapy Memory Boxes Community Church & Singing	26TH Puppy Visits! Walk & Stretch together Sensory fun time	27TH Aromatherapy & Music Exercise time- Balloon Bop! Color & Conversation!	28TH Memory boxes Sensory Fun Station Aromatherapy & Coloring	