


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BLACK HISTORY MONTH PRIDE HISTORY MONTH HEALTHY VISION MONTH AMERICAN HEART MONTH THERAPEUTIC RECREATION MONTH	WORLD INTERFAITH HARMONY WEEK FREELANCE WRITER APPRECIATION WEEK INTERNATIONAL NETWORKING WEEK PRIDE IN FOOD SERVICE WEEK	SUPERBOWL SUNDAY VALENTINES DAY PRESIDENTS DAY FIRST DAY OF RAMADAN	THOUGH, FEBRUARY IS SHORT, IT IS FILLED WITH LOTS OF LOVE AND SWEET SURPRISES! -CHARMAINE J FORDE			FREEDOM DAY 9:30 Fun Fitness w/VH-S 10:00 Light & Fit w/VH-G 11:00 Exercise Time w/VH-IL 11:30 Manicure & Music w/VH - S 2:30 <i>Armchair Travel: CI w/VH -IL</i> 3:30 VR Experience w/VH- G 4:00 Game Time w/VH- S 6:30 Evening Chat w/CG's - IL
GROUNDHOG DAY 9:30 Get Fit w/VH-S 10:00 Sunday Fitness w/VH-G 11:00 Workout w/VH-IL 11:30 Encore Manicures w/VH-S 2:30 VR Experience w/VH-IL 3:30 <i>Armchair Travel: CI - VH-G</i> 4:00 VR Fun w/VH-S 6:30 Western Movie w/CG's -IL	FEED THE BIRDS DAY 9:30 Monday Fitness w/VH - S 11:00 Exercise Trivia w/Joey-IL 11:30 Finish the Phrase w/NP -S 11:30 Looking Forward w/VH-IL 2:30 Left - Center - Right w/VH-IL 3:30 Birds Facts & Food w/VH-IL 6:00 Bird Trivia w/NP-S 6:30 Farkle Game w/CG's - IL	ROSA PARKS DAY 9:30 Easy Does It Stretch w/VH -S 11:00 Weight Fitness w/VH-IL 11:30 World Religion w/VH-IL 11:30 Name the Tune w/NP-S 2:30 Bingo w/VH -IL 3:30 About Rosa Parks w/VH-IL 4:15 Who Is Rosa Park? w/NP -S 6:30 In The News w/CG's - IL	NATIONAL CHOPSTICKS DAY 9:30 Wake Up Fitness w/NP-S 10:00 <i>Tai Chi w/Jonathan-G</i> 10:30 <i>Tai Chi w/Jonathan-IL</i> 11:30 On This Day w/NP-S 1:30 <i>Singing With Sister Char-IL</i> 2:30 Pokeno w/NP-IL 3:30 Finish The Phrase w/NP-G 4:15 Where and When w/NP-S 6:30 YouTube Concert w/CG's-IL	NATIONAL FROZEN YOGURT DAY 9:30 Shake It Loose w/VH-S 10:30 Wake Up Fitness w/VH-IL 11:15 <i>Out - Trip For Lunch w/VH</i> 11:30 Balloon Toss /NP-S 3:30 Hollywood ! w/VH - IL 4:00 <i>Frozen Yogurt Social w/NP-S</i> 6:30 Clue Game w/CG's	NATIONAL WEAR RED DAY 9:30 Dance With Me w/VH-S 11:00 Dancersice w/VH- IL 11:30 Flowers&Meaning w/VH-IL 11:30 Why Wear Red? w/NP-S 2:30 <i>Movie & Popcorn w/VH-IL</i> 4:00 Movie Discussion w/VH-IL 4:15 BigWord,LittleWord w/NP-S 6:30 Handrubs & Music w/CG's-IL	NATIONAL BOY SCOUT DAY 10:00 <i>Music&Dance w/Jennifer-G</i> 11:00 <i>Music&Dance w/Jennifer-IL</i> 11:30 Music & Laughter w/Lisa-S 2:00 Paisley Pet Therapy -IL 2:00 Variety of Fun w/Lisa-IL 2:30 Variety of Fun w/Lisa-G 3:00 Stories for the Soul w/Lisa-S 6:30 Evening Stretch w/CG's-IL
SUPERBOWL SUNDAY 9:30 MorningGreetings w/Kayti-S 10:30 Exercise&Music w/Kayti-IL 11:00 Mandala Art w/Kayti-IL 11:30 <i>Pianist: John Lamb-S</i> 2:30 Manicures w/Kayti-IL 6:30 Bible Stories w/CG's-IL	WORLD PULSES DAY 9:30 Wake up Fitness w/NP-S 11:00 Exercise Trivia w/Joey-IL 11:30 Looking Forward w/NP-IL 11:30 Lentil Facts w/VH-S 2:30 <i>Auction w/NP-IL</i> 3:30 Pictionary w/NP-IL 6:00 Valentine Cards w/VH - S 6:30 Mandala Art w/CG'S-IL	THOMAS EDISON'S BIRTHDAY 9:30 Tuesday Fitness w/NP-S 11:00 Move and Shake w/NP-IL 11:30 Fact of Edison w/NP-IL 11:30 Wheel Of Fortune w/VH-S 2:30 <i>Pianist:John Lamb -IL</i> 3:30 This Day In History w/NP-IL 4:00 Thomas Edison w/VH-S 6:30 YouTube Concert w/CG's-IL	LINCOLNS BIRTHDAY 9:30 Mid-week Fitness w/VH-S 10:00 Lets Exercise w/VH-G 11:00 Dice Fitness w/VH-IL 11:30 Wheel Of Fortune w/VH-S 1:30 <i>Singing With Sister Char -IL</i> 2:30 Charades w/VH-IL 3:15 Acey Deucey w/Joey - IL 3:30 Bingo w/VH-G 4:15 Mandala Art w/VH-S 6:30 Evening Chat w/CG's-IL	KISS DAY 9:30 TGIF Fitness w/NP-S 11:00 Friday Fitness w/NP-IL 11:30 Old Wives Tales w/NP-IL 11:30 Bingo w/VH-S 2:30 Yathzee w/NP-IL 3:30 Fact Or Fiction w/NP-IL 4:30 Beauty Facts w/VH-S 6:30 Tic Tac Toe w/CG'S-IL	VALENTINES DAY 9:30 Friday Fun Fitness w/NP-S 11:00 Light Fitness w/NP-IL 11:45 Valentine History w/NP-IL 11:00 <i>Valentines Social w/VH-S</i> 2:30 <i>Valentines Social w/NP-IL</i> 3:30 Valentines Bingo w/NP-IL 4:00 Valentines History w/VH -S 6:30 Scrabble w/CG'S -IL	SINGLES AWARENESS DAY 9:30 Let Get Fit w/NP-S 10:00 <i>Tai Chi w/Jonathan-G</i> 10:30 <i>Tai Chi w/Jonathan-IL</i> 11:30 Chicken Soup For The Soul w/NP-S 2:30 <i>Creative Art w/NP-IL</i> 3:30 Who & What?? w/NP-G 4:00 Who And What?? w/NPIL 6:30 Light Stretch w/CG'S-IL
NATIONAL ALMOND DAY 9:30 Let's Move w/NP-S 10:00 Wake Up & Move w/NP-G 11:00 Bend&Flex Fitnessw/NP-IL 11:30 Fact about Almond w/NP-S 2:30 Word within a Word w/NP-IL 3:30 <i>Creative Art w/NP-G</i> 4:00 Funny Videos w/NP 6:30 Mandala Art w/CG's-IL	PRESIDENTS DAY 9:30 Rise And Shine w/VH - S 11:00 Exercise Trivia w/Joey-IL 11:30 Basket Ball w/NP -S 11:30 Looking Forward w/VH-IL 2:30 <i>Presidents Day Social w/VH-IL</i> 3:30 Manicures & Music w/VH-IL 6:00 Trivia President w/NP-S 6:30 Checkers w/CG's-IL	PLUTO DAY 9:30 Fun Fitness w/VH-S 11:00 Tuesday Tune-Up w/VH-IL 11:30 Planet Pluto w/VH-IL 11:30 Trivia Planet Pluto w/NP-S 2:30 <i>Pianist:John Lamb -IL</i> 3:30 Black History Facts w/VH-IL 4:15 Famous Cats w/NP-S 6:30 News Channel w/CG's-IL	NATIONAL CHOCOLATE MINT DAY 10:00 <i>Tai Chi w/Jonathan-G</i> 10:30 <i>Tai Chi w/Jonathan-IL</i> 11:30 <i>SpringsResidentCouncil-SDR</i> 1:30 <i>Singing With Sister Char -IL</i> 2:30 Name 5 Game w/VH- IL 3:30 Musical Favorites w/VH-G 4:15 About The Earth w/VH-S 6:30 Evening Stretch w/CG's- IL	WORLD DAY OF SOCIAL JUSTICE 9:30 Light Fitness w/VH-S 10:30 Dice Fitness w/VH-IL 11:15 <i>Out Trip For Lunch w/VH</i> 11:30 You Be The Judge w/NP -S 3:00 LGBTQ Awareness w/VH -IL 4:15 Horoscope Reading w/NP-S 6:30 Music & Chat w/CG's-IL	BREAK UP DAY 9:30 TGIF Fitness w/VH-S 11:00 Dancersice w/VH-IL 11:30 BreakUpStories w/ VH - IL 11:30 Break Up Song w/NP-S 2:30 <i>February Birthday w/VH-IL</i> 3:30 The Price Is Right w/VH-IL 4:15 Foreign Words w/NP-S 6:30 Card Games w/CG's-IL	WORLD THINKING DAY 10:00 MorningGreetingsw/Joey-S 10:30 Exercise & Trivia w/Joey-G 11:00 Exercise & Trivia w/Joey-IL 11:30 Family Feud w/Joey-S 2:30 Acey Deucey w/Joey-IL 3:30 Family Feud w/Joey-G 4:00 AfternoonGreetingsw/Joey-S 6:30 Game Night w/CG's-IL
NATIONAL BANANA BREAD DAY 10:00 MorningGreetingsw/Joey-S 10:30 Exercise & Trivia w/Joey-G 11:00 Exercise & Trivia w/Joey-IL 11:30 Inspirational w/Joey-S 2:00 <i>Singer: Lynn Lewis - G</i> 2:30 Acey Deucey w/Joey - IL 6:30 Relaxing Music w/CG's - IL	NATIONAL TORTILLA DAY 9:30 Monday Fitness w/NP-S 11:00 Exercise Trivia w/Joey -IL 11:30 Looking Forward w/NP-IL 11:30 Bingo w/VH-S 2:30 <i>Tortillas Social w/NP-IL</i> 3:30 Penny Ante w/NP-IL 6:00 <i>Ice Cream Social w/VH-S</i> 6:30 Farkle Game w/ CG's -IL	NATIONAL CLAM CHOWDER DAY 9:30 Morning Greeting w/NP-S 11:00 Lets Get Fit w/NP-IL 11:30 <i>Health Talk "Stroke" w/Bindu George, RN-IL</i> 11:30 Name That Tune w/VH-S 2:00 Drumming w/NP-IL 3:00 <i>Singer : Bill G- IL</i> 4:15 Left - Center - Right w/VH-S 6:30 Evening Chat w/ CG's-IL	NATIONAL PISTACHIO DAY 9:30 Mid Week Fitness w/NP-S 10:30 Lite Exercise w/ NP-IL 11:00 <i>Inn Resident Council - IL DR</i> 11:45 Good Old Days w/NP-S 1:30 <i>Singing With Sister Char--G</i> 2:30 Bottom Up w/NP-IL 3:30 Guess Who?" w/NP-IL 4:15 All About Pistachio w/VH-S 6:30 Dominos w/CG's-IL	NATIONAL CHILI DAY 9:30 Exercising To Music w/NP-S 11:00 Morning Fitness w/NP-IL 11:30 BigWord,LittleWord NP - IL 11:30 Chili Recipes w/VH - S 2:30 <i>Chili Dip Social w/NP-IL</i> 3:30 Famous Partners w/NP-IL 4:15 Animal Facts w/VH-IL 6:30 Poetry w/CG'S- IL	FIRST DAY OF RAMADAN 9:30 TGIF Fitness w/NP-S 11:00 Weight Fitness w/NP-IL 11:30 Wheel Of Fortune w/NP-IL 11:30 AllAboutRamadan w/VH-S 1:30 <i>Singer: Jennifer DiSapio - IL</i> 2:30 Bingo w/NP-IL 3:30 Guess The Song w/NP-IL 4:15 Dice Game w/VH-S 6:30 Mandala Art w/CG's-IL	Any Questions About Out-Trips or Family gathering, or programs. Call Victoria at 203-373-6452 or Noemi at 203-373- 6168

FEBRUARY 2025 INN/SPRINGS



ACTIVITY LOCATOR KEY

- AG - Art Gallery
- AS - Art Studio
- A - Auditorium
- G - Gardens
- TC - Town Center

- CG's - Caregivers
- CL - Community Life
- IL - Inn Lounge
- S - Springs
- VH - Victoria
- NP- Noemi
- SC - Springs Conference Room
- DR - Dining Room

Weekly Shabbat Service In The Town Center Interfaith Chapel
See Town Center Weekly For More Information

Monthly Catholic Communion with Sister Maureen

Programs Are Subject To Change With Little Notice!