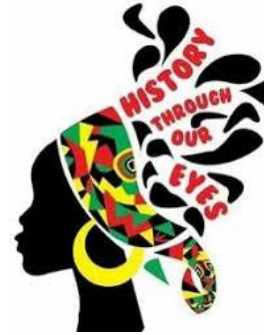


# Monthly Event Calendar

## FEBRUARY



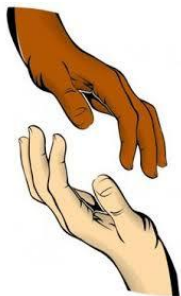
Shelby York  
 Activities Coordinator  
[shelby@4seasonsseniorliving.com](mailto:shelby@4seasonsseniorliving.com)


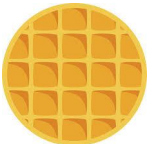


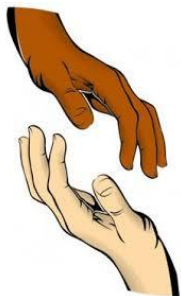
Activities for February 2023 (2208 Peachtree Lane.)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																														
	<p><b>BLACK HISTORY MONTH</b></p>		<p>1. Fly Swatter Balloon Toss. (9:00-10:00am)</p> <p>Western Wednesday:                      Tubi- 'The Outlaw Josey Wales.'                      (2:00-4:00pm)</p>	<p>2. Music Therapy: Youtube- 'Aretha Franklin - Greatest Hits (Official Full Album)   Aretha Franklin Best Songs Playlist.'                      (10:00-11:00am)</p> <p>Sit and Fit.                      (2:00-4:00pm)</p> <p>Groundhog Day</p>	<p>3. Bingo Night (2:00-4:00pm)</p> <table border="1" data-bbox="1541 817 1736 1058"> <tr> <td colspan="5">BINGO</td> </tr> <tr> <td>Dd</td> <td>Nn</td> <td>Uu</td> <td>Ee</td> <td>Qq</td> </tr> <tr> <td>Mm</td> <td>Ww</td> <td>Ff</td> <td>Oo</td> <td>Bb</td> </tr> <tr> <td>Zz</td> <td>Hh</td> <td>Vv</td> <td>Gg</td> <td>Rr</td> </tr> <tr> <td>Kk</td> <td>Xx</td> <td>Aa</td> <td>Yy</td> <td>Ll</td> </tr> <tr> <td>Ii</td> <td>Jj</td> <td>Tt</td> <td>Pp</td> <td>Cc</td> </tr> </table>	BINGO					Dd	Nn	Uu	Ee	Qq	Mm	Ww	Ff	Oo	Bb	Zz	Hh	Vv	Gg	Rr	Kk	Xx	Aa	Yy	Ll	Ii	Jj	Tt	Pp	Cc	<p>4. Coffee and Conversation. (10:00-11:00am)</p> <p><b>Documentary Day:</b>                      Tubi- 'Cupid and Valentine's Day.'                      (2:00-4:00pm)</p>
BINGO																																				
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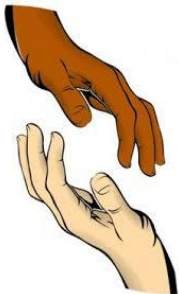
<p>5. <u>Sunday Morning Shows:</u> Youtube/Cable- 'Good Morning America.' (10:00-11:00am)</p> <p>Read the Paper. (2:00-4:00pm)</p>	<p>6. <b>Art Club: Garden Rocks Painting.</b> <b>(9:00-10:00am)</b></p> <p>Movie Monday: Tubi- 'It's a Wonderful Life.' (2:00-4:00pm)</p>	<p>7. Put Together PVC Pipes. (10:00-11:00am)</p> <p>Chair Yoga Exercises. (2:00-4:00pm)</p>	<p>8.</p> <p><b>Word Game: Wednesday: 'Black History Month'</b> Word Search. (10:00-11:00am)</p> <p>Squeeze Ball Activity. (2:00-4:00pm)</p>	<p>9. <b>Music Therapy:</b> Youtube- 'Jimi Hendrix greatest hits (full album) - Best songs of Jimi Hendrix {COOL MUSIC}' (10:00-11:00am)</p> <p>Exercises for Seniors. (2:00-4:00pm)</p> <p>Pizza Day</p>	<p>10. <b>Who's Got Game?</b> Game Shows. Tubi- 'Lego Masters.' (10:00-11:00am)</p> <p>Matching Card Game. (2:00-4:00pm)</p>	<p>11. Morning Meditation: Youtube- '10-Minute Meditation For Anxiety.' (10:00-11:00am)</p> <p>Browse Magazines. (2:00-4:00pm)</p>
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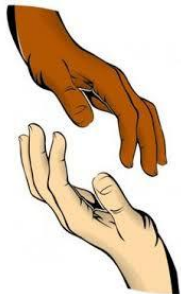
<p>12. <b>Super Bowl Sunday:</b> Youtube-NFL Halftime Shows. (10:00-11:00am)</p> <p>Read the Paper. (2:00-4:00pm)</p> <p><i>Lincoln's Birthday/ Superbowl Sunday</i></p>	<p>13. <b>Cards for your Valentine.</b> (9:00-10:00am)</p> <p>Movie Monday: Tubi- <i>'The Pink Panther.'</i> (2:00-4:00pm)</p> <p><i>World Radio Day</i></p>	<p>14. <b>Valentines Day</b></p> <p>Valentines Day: Dice Game. (10:00-11:00am)</p> <p><b>History Hour:</b> Youtube- '7 Things You Didn't Know About Valentine's Day   History Countdown.' (2:00-3:00pm)</p> 	<p>15. <b>Waffle Bar Wednesday.</b> (9:00-10:00am)</p>  <p>Walking Group. (2:00-4:00pm)</p>	<p>16. <b>Music Therapy:</b> Youtube- 'The Very Best of Jazz Divas : Billie Holiday, Ella Fitzgerald, Mildred Bailey.' (10:00-11:00am)</p> <p>Bird Watching in the Backyard. (2:00-4:00pm)</p>	<p>17. <b>Who's Got Game?</b> Game Shows. Tubi- <i>'Deal or no Deal.'</i> (10:00-11:00am)</p> <p>Dominoes. (2:00-4:00pm)</p>	<p>18. Cars and Coffee: Tubi- <i>'My Classic Car Collection.'</i> (10:00-11:00am)</p> <p><b>Documentary Day:</b> Tubi- <i>'Black History Activators.'</i> (2:00-4:00pm)</p>
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<p>19. <u>Sunday Morning Shows:</u> Youtube/Cable- 'CNN.' (10:00-11:00am)</p> <p>Read the Paper. (2:00-4:00pm)</p>	<p>20. <b>Mens Club:</b> <b>Woodworking.</b> <b>(9:00-10:00am)</b></p> <p>Movie Monday: Tubi- 'The Pink Panther 2.' (2:00-4:00pm)</p> <p><i>Presidents Day</i></p>	<p>21. Name the Fishing Equipment. (10:00-11:00am)</p> <p>Ball Toss with Staff. (2:00-4:00pm)</p>	<p>22. <b>Lego Therapy.</b> <b>(9:00-10:00am)</b></p> <p><b>Western Wednesday:</b> Tubi- 'The Cowboys.' (2:00-4:00pm)</p> <p><i>Washington's Birthday/ Ash Wednesday</i></p>	<p>23. <b>Music Therapy:</b> Youtube- 'Prince Greatest Hits Full Album   Prince Top 40 Hits   Prince Best Songs   Prince Biggest Music Hits.' (10:00-11:00am)</p> <p>Balloon Tennis. (2:00-4:00pm)</p> <p><i>Tennis Day</i></p>	<p>24. <b>Who's Got Game?</b> Game Shows. Tubi- 'Project Runway.' (10:00-11:00am)</p> <p>Hungry Hungry Hippos. (2:00-4:00pm)</p>	<p>25. Morning Meditation: Youtube- '10-Minute Meditation To Start Your Day.' (10:00-11:00am)</p> <p>Puzzle Time. (2:00-4:00pm)</p>
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<p>26. <u>Sunday Morning Shows:</u>          Youtube- 'Steve Harvey Show.'          (10:00-11:00am)</p> <p>Hot Cocoa Sunday Social.          (2:00-4:00pm)</p>	<p>27. Terracotta Pot Painting.          (9:00-10:00am)</p> <p>Movie Monday:          Tubi- 'Jack Frost.'          (2:00-4:00pm)</p>	<p>28. Red or Black: Card Game.          (10:00-11:00am)</p> <p>Talk Show Television Tuesday.          (2:00-4:00pm)</p>				
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# NEWSLETTER

February

QUOTE OF THE MONTH:	FUN FACT:
'IF JANUARY IS THE MONTH OF CHANGE, FEBRUARY IS THE MONTH OF LASTING CHANGE. JANUARY IS FOR DREAMERS, FEBRUARY IS FOR DOERS.' -MARC PARENT	FEBRUARY IS THE SHORTEST MONTH OF THE YEAR.

