

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



February

GRANDVIEW GARDENS 2025



DAILY PROGRAMS

Unless otherwise noted

- 9:15 Positive Current Events
- 10:30 AM Snack
- 11:00 Feeding of the Fish
- 1:00 Daily Chronicles
- 2:30 Snack & Social
- 5:15 Mindful Unwind
- 5:40 Movie/Classic Series
- ** Requires Escort

- 10:00 Wake-up & Workout
- 11:15 High Roller
- Color Artistry
- 1:30 The Story Behind... Music & Relaxation
- 2:00 Afternoon Stretch
- 3:15 Toss Across
- Rosary
- 4:00 Uplifting Stories

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GROUND HOG DAY 2 <ul style="list-style-type: none"> ■ 10:15 Communion w/ OLM ■ 10:30 Hymns & Snack ■ 11:00 Virtual. Service (YT) ■ 11:30 Get up & Move ■ 1:30 Brain Games ■ 2:00 Worship Service w/ Com. Color Artistry/Puzzles ■ 3:15 Balloon Bash ■ Music & Reminisce ■ 4:00 Here Comes the Sun 	3 <ul style="list-style-type: none"> ■ 10:00 Wake up & Zumba ■ 11:15 Bean Bag Toss ■ This & That Matching ■ 1:30 Word Games ■ Mani-Cares ■ 2:00 Afternoon Stretch ■ 3:15 Bulls-eye ■ Color Artistry ■ 4:00 Meditation & Reflection 	4 <ul style="list-style-type: none"> ■ 10:00 Wake-up & Workout ■ 11:15 Quarter Back Throw ■ Puzzles ■ 1:30 Ride and Reminisce ■ Helping Hands ■ 2:00 Afternoon Stretch ■ 3:15 Trivia...Did you Know ■ 4:00 Sing Along 	Dr. Golden 5 <ul style="list-style-type: none"> ■ 10:00 Wake up & Zumba ■ 11:15 Table Top Darts ■ Color Artistry ■ 1:30 Trivia ■ Crafts & Creations ■ 2:00 Seated Yoga ■ 3:15 Heart Toss ■ Music & Meditation ■ 4:00 Who Sings It? 	6 <ul style="list-style-type: none"> ■ 10:00 Wake-up & Workout ■ 11:15 Balloon Bash ■ Puzzles ■ 1:30 Word Games ■ Kitchen Creations ■ 2:00 Afternoon Stretch ■ 3:15 Snowball Battle ■ Mani-Cares ■ 4:00 Mindful Mediation 	7 <ul style="list-style-type: none"> ■ 10:00 AM Exercise ■ 10:45 Scenic Ride ■ 11:15 Nail Care/Reminisce ■ 1:30 Brain Games ■ Relaxation to Music ■ 2:00 Seated Yoga ■ 2:30 Music & Munchies w/ Don & Dave ■ 3:30 Horseshoes ■ 4:00 Life Questions 	8 <ul style="list-style-type: none"> ■ 10:00 Wake-up & Workout ■ 11:15 High Roller ■ Color Artistry ■ 1:30 The Story Behind... Music & Relaxation ■ 2:00 Afternoon Stretch ■ 3:15 Toss Across ■ Rosary ■ 4:00 Uplifting Stories
SUPERBOWL SUNDAY 9 <ul style="list-style-type: none"> ■ 10:15 Communion w/ OLM ■ 10:30 Hymns & Snack ■ 11:00 Virtual. Service (YT) ■ 11:30 Get up & Move ■ 1:30 Sunday Ride ■ Brain Games ■ 3:15 Quarterback Throw ■ 3:45 Here Comes the Sun ■ 6:00 Superbowl "Party" 	10 <ul style="list-style-type: none"> ■ 10:00 Wake up & Zumba ■ 11:15 Bean Bag Toss ■ This & That Matching ■ 1:30 Brain Games ■ Mani-Cares ■ 2:00 Afternoon Stretch ■ 3:15 Bulls-eye ■ Color Artistry ■ 4:00 Meditation & Reflection 	11 <ul style="list-style-type: none"> ■ 10:00 Wake-up & Workout ■ 11:15 Quarter Back Throw ■ Puzzles ■ 1:30 Ride and Reminisce ■ Helping Hands ■ 2:00 Afternoon Stretch ■ 3:15 Trivia...Did you Know ■ 4:00 Sing Along 	12 <ul style="list-style-type: none"> ■ 10:00 Wake up & Zumba ■ 11:15 Table Top Darts ■ Color Artistry ■ 1:30 Brain Games ■ Crafts & Creations ■ 2:00 Seated Yoga ■ 3:15 Heart Toss ■ Music & Meditation ■ 4:00 Who Sings It? 	13 <ul style="list-style-type: none"> ■ 10:00 Wake-up & Workout ■ 11:15 Balloon Bash ■ Puzzles ■ 1:30 Brain Games ■ Kitchen Creations ■ 2:00 Afternoon Stretch ■ 3:15 Snowball Battle ■ Mani-Cares ■ 4:00 Mindful Mediation 	VALENTINE'S DAY 14 <ul style="list-style-type: none"> ■ 10:00 AM Exercise ■ 10:45 Scenic Ride ■ 11:15 Nail Care/Reminisce ■ 1:30 Brain Games ■ Relaxation to Music ■ 2:00 Seated Yoga ■ 2:30 Valentine's Day Party ■ 3:30 Horseshoes ■ 4:00 Life Questions 	15 <ul style="list-style-type: none"> ■ 10:00 Wake-up & Workout ■ 11:15 High Roller ■ Color Artistry ■ 1:30 The Story Behind... Music & Relaxation ■ 2:00 Afternoon Stretch ■ 3:15 Toss Across ■ Rosary ■ 4:00 Uplifting Stories
16 <ul style="list-style-type: none"> ■ 10:15 Communion w/ OLM ■ 10:30 Hymns & Snack ■ 11:00 Virtual. Service (YT) ■ 11:30 Get up & Move ■ 1:30 Sunday Ride ■ Brain Games ■ 3:15 Balloon Bash ■ Music & Reminisce ■ 4:00 Here Comes the Sun 	PRESIDENT'S DAY 17 <ul style="list-style-type: none"> ■ 10:00 Wake up & Zumba ■ 11:15 Bean Bag Toss ■ 1:30 Presidential Trivia ■ Mani-Cares ■ 2:30 Music & Munchies w/ Bob Trembley ■ 3:30 Afternoon Exercise ■ Color Artistry ■ 4:00 Meditation & Reflection 	18 <ul style="list-style-type: none"> ■ 10:00 Wake-up & Workout ■ 11:15 Ring Toss ■ Puzzles ■ 1:30 Ride and Reminisce ■ Helping Hands ■ 2:00 Afternoon Stretch ■ 3:15 Trivia...Did you Know ■ 4:00 Sing Along 	19 <ul style="list-style-type: none"> ■ 10:00 Wake up & Zumba ■ 11:15 Table Top Darts ■ Color Artistry ■ 1:30 Brain Games ■ Crafts & Creations ■ 2:00 Seated Yoga ■ 3:15 Heart Toss ■ Music & Meditation ■ 4:00 Who Sings It? 	20 <ul style="list-style-type: none"> ■ 10:00 Wake-up & Workout ■ 11:15 Balloon Bash ■ Puzzles ■ 1:30 Brain Games ■ 2:00 Afternoon Stretch ■ 3:15 Snowball Battle ■ Mani-Cares ■ 4:00 Mindful Mediation 	21 <ul style="list-style-type: none"> ■ 10:00 AM Exercise ■ 10:45 Scenic Ride ■ 11:15 Nail Care/Reminisce ■ 1:30 Brain Games ■ Relaxation to Music ■ 2:00 Seated Yoga ■ 3:15 Horseshoes ■ 4:00 Life Questions 	22 <ul style="list-style-type: none"> ■ 10:00 Wake-up & Workout ■ 11:15 High Roller ■ Color Artistry ■ 1:30 The Story Behind... Music & Relaxation ■ 2:00 Afternoon Stretch ■ 3:15 Toss Across ■ Rosary ■ 4:00 Uplifting Stories
23 <ul style="list-style-type: none"> ■ 10:15 Communion w/ OLM ■ 10:30 Hymns & Snack ■ 11:00 Virtual. Service (YT) ■ 11:30 Get up & Move ■ 1:30 Brain Games ■ 3:15 Balloon Bash ■ Music & Reminisce ■ 4:00 Here Comes the Sun 	24 <ul style="list-style-type: none"> ■ 10:00 Wake up & Zumba ■ 11:15 Bean Bag Toss ■ This & That Matching ■ 1:30 Brain Games ■ Mani-Cares ■ 2:00 Afternoon Stretch ■ 3:15 Bulls-eye ■ Color Artistry ■ 4:00 Meditation & Reflection 	25 <ul style="list-style-type: none"> ■ 10:00 Wake-up & Workout ■ 11:15 Ring Toss ■ Puzzles ■ 1:30 Ride and Reminisce ■ Helping Hands ■ 2:00 Afternoon Stretch ■ 3:15 Trivia...Did you Know ■ 4:00 Sing Along 	26 <ul style="list-style-type: none"> ■ 10:00 Wake up & Zumba ■ 11:15 Table Top Darts ■ Color Artistry ■ 1:30 Tap'n Time w/ Belle ■ Crafts & Creations ■ 3:15 Heart Toss ■ Music & Meditation ■ 4:00 Who Sings It? 	27 <ul style="list-style-type: none"> ■ 10:00 Wake-up & Workout ■ 11:15 Balloon Bash ■ Puzzles ■ 1:30 Brain Games ■ Kitchen Creations ■ 2:00 Afternoon Stretch ■ 3:15 Snowball Battle ■ Mani-Cares ■ 4:00 Mindful Mediation 	28 <ul style="list-style-type: none"> ■ 10:00 AM Exercise ■ 10:45 Scenic Ride ■ 11:15 Nail Care/Reminisce ■ 1:30 Brain Games ■ Relaxation to Music ■ 2:00 Seated Yoga ■ 3:15 Horseshoes ■ 4:00 Life Questions 	ASPECTS OF LIVING <ul style="list-style-type: none"> ■ Cognitive ■ Musical ■ Life Enrichment ■ Reminisce ■ Health & Fitness ■ Inspirational/Spiritual ■ Social

Subject to change: Daily Schedules Made Available & Displayed in Community

All outings are weather permitting

MEAL TIMES: 12:00-1:00p; 4:30-5:30p