February 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Feed the Birds Day Breakfast at Glenner's (S) Exercise & OT/PT (P) North County Times (I/E) Hydration Cart **Creative Writing** & Cheery-O B.F. (C) Lunch Cornhole (P) **Participant Council** (I) Snack Movie of Choice (E) Music and Massage (S) **Healing Baskets** (E/C) Outdoor Walk (P)	**4** Thank Your Mailman Day Breakfast at Glenner's (S) Scarf Dance & OT/PT (P) North County Times (I/E) Hydration Cart Giant Thank You Card and Mailman Meet and Greet! (S/C) Lunch Musical Balloon (P) Magazine Treasure Hunt (C/I) Snack **Floral Arrangements** (C) Movie of Choice (E) BINGO (S) Outdoor Walk (P)	**5** National Weatherman's Day Breakfast at Glenner's (S) Exercise & OT/PT (P) In the News! (I) Hydration Cart **Travel Club: Historic Sites (African American History)** (S/E) Lunch Golf (P) Karaoke (C/S) Weather Experiments (I/E) Snack **Architecture Club** (C/E) Singin' In the Rain Word Search (I) Outdoor Walk (P)	**6** International Frozen Yogurt Day Breakfast at Glenner's (S) Sit and Stretch (P) Current Events (I) Hydration Cart Word Match (I) Lunch Tabletop Curling Game (P) Frozen Yogurt Tasting (S) Snack Movie of Choice (E) SPA and Relaxation (S) Arts and Crafts (C) Outdoor Walk (P)	**7** Send a Card to a Friend Day Breakfast at Glenner's (S) Fitness Club (P) Current Events (I) Hydration Cart Card Writing & One Nice Thing... (I/S) Lunch Seated Volleyball (P) **Culinary Class: Chef Demo** (C/S) BINGO (S) Snack Movie of Choice (E) Water our Garden (P) **Book Club/Short Stories** (I)
10 Umbrella Day Breakfast at Glenner's (S) Exercise & OT/PT (P) North County Times (I/E) Hydration Cart **Creative Writing** (C) Lunch Cornhole (P) **Mixology: Drink Umbrellas** (S) Snack Movie of Choice (E) Umbrella History (I/E) Music and Massage (S) Outdoor Walk (P)	**11** White T-Shirt Day Breakfast at Glenner's (S) Chair Yoga (P) Current Events (I) **Floral Arrangements** (C) White T-Shirt Facts/White Party (I/E/S) Lunch Table Roll (P) Magazine Treasure Hunt (C/I) Snack Arts and Crafts (C) **Garden Club** (S/E) Movie of Choice (E) BINGO (S) Outdoor Walk (P)	**12** International Darwin Day Breakfast at Glenner's (S) Exercise & OT/PT (P) In the News! (I) **Science Club** (E) Secret Darwin Quote (I) Lunch Golf (P) Karaoke (C/S) Table Games / Spelling Darwin (I/E) Snack **Architecture Club** (C/E) Charades (S/C) Outdoor Walk (P) **Woodworking Club** (C/S/E)	**13** Get a Different Name Day Breakfast at Glenner's (S) Sit and Stretch (P) Current Events (I) Hydration Cart Hello My Name Is... (E) Lunch ***Music with Myron*** (P/S) Arts and Crafts (C) Snack BINGO (S) Movie of Choice (E) SPA and Relaxation (S) Outdoor Walk (P)	**14** Valentine's Day Breakfast at Glenner's (S) Fitness Club (P) Chocolate Tasting (S) Hydration Cart ***Stories for Seniors with Walter*** (I) Lunch ***Valentine's Day Party with Nina*** (S) **Dessert Design** (C) Arts and Crafts (C) Snack Poker/UNO (E/I) Movie of Choice (E) Aromatherapy (S) Water our Garden (P)
17 President's Day Breakfast at Glenner's (S) Exercise & OT/PT (P) North County Times (I/E) Hydration Cart How Many Can We Name? (E/I) Lunch ***Monday School with Deacon Tay*** (E) Word Play (I) Snack Movie of Choice (E) **Creative Writing** (C) UNO (S) Outdoor Walk (P)	**18** National Drink "Whine" Day Breakfast at Glenner's (S) Scarf Dance & OT/PT (P) Current Events & One Thing (I/S) Hydration Cart **Floral Arrangements** (C) **Red Hat Society** (S) Lunch Musical Balloon (P) Arts and Crafts (C) Snack Movie of Choice (E) BINGO (S) Outdoor Walk (P)	**19** National Chocolate Mint Day Breakfast at Glenner's (S) Exercise & OT/PT (P) In the News! (I) Hydration Cart Mint Chocolate Tasting (S) Lunch Golf (P) Karaoke (C/S) **Architecture Club** (C/E) Snack Movie of Choice (E) Charades (S) Outdoor Walk (P)	**20** Love Your Pet Day Breakfast at Glenner's (S) Sit and Stretch (P) Current Events (I) Hydration Cart ***Pet Therapy w/ Melissa & Griffin*** (S) Lunch Tabletop Curling Game (P) Singalong (S/C) Snack BINGO (S) **Participant Spotlight** (E) SPA and Relaxation (S) Outdoor Walk (P)	**21** Card Reading Day Breakfast at Glenner's (S) Fitness Club (P) Current Events & Read Cards from February 7th (I/S) Hydration Cart Lunch ***Piano with Vincent*** (P/S) Family Feud (S) Seated Volleyball (P) Snack **Culinary Class** (C) Poker/UNO (E/I) Movie of Choice (E) Water our Garden (P)
24 National Tortilla Chip Day Breakfast at Glenner's (S) Exercise & OT/PT (P) North County Times (I/E) Hydration Cart **Creative Writing** (C) Lunch Cornhole (P) **Men's Club** (S) Snack (Chips & Guac. Tasting) (S) Movie of Choice (E) Music and Massage (S) UNO (S) Outdoor Walk (P)	**25** National Clam Chowder Day Breakfast at Glenner's (S) Chair Yoga (P) Current Events (I) **Floral Arrangements** (C) Clam Chowder Tasting (S) Lunch Table Roll (P) About Clam Chowder (E) Snack Arts and Crafts (C) Musical Balloon (P) Movie of Choice (E) BINGO (S) Outdoor Walk (P)	**26** Carnival Day Breakfast at Glenner's (S) Exercise & OT/PT (P) In the News! (I) Hydration Cart Carnival History (E) Lunch ***Glenner Carnival with Zack*** (P/S) Karaoke (C/S) Table Games (I/E) Snack **Architecture Club** (C/E) Charades (S/C) Outdoor Walk (P)	**27** Polar Bear Day Breakfast at Glenner's (S) Sit and Stretch (P) Current Events (I) Hydration Cart Polar Trivia (I/E) Lunch ***Helen Woodward PET Therapy*** (E/S) Arts and Crafts (C) BINGO (S) Snack SPA and Relaxation (S) Polar Bear Documentary (E) Outdoor Walk (P)	**28** Floral Design Day Breakfast at Glenner's (S) Fitness Club (P) Current Events (I) Hydration Cart Lunch Bowling (P) **February Birthday Celebration** Snack Aromatherapy (S) **Dessert Design** (C) Poker/UNO (E/I) Movie of Choice (E) Water our Garden (P)
10:30 Morning Yoga with Kristin 11 1:3 2:3 3:3 4:3 10 11 1:3 2:3 3:3 4:3 3:30 Trivia 	10:30 Morning Yoga with Kristin 11:30 1:30 F 2:30 A 3:30 T 4:30 S 10:30 11:30 1:30 F 2:30 A 3:30 T 4:30 S 3:30 Trivia 	10:30 Morning Yoga with Kristin 11:3 1:30 2:30 3:30 4:30 10:3 11:3 1:30 2:30 3:30 4:30 3:30 Trivia 		Activities Subject to Change

Birthdays!

February 8th - Linda H.
February 14th - Colin B.
February 15th - Naomi D.

(S) = Social | (P) = Physical | (I) = Intellectual
(C) = Creative | (E) = Education

GEORGE G. GLENNER
ALZHEIMER'S FAMILY CENTERS, INC.®

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Special Events

Friday, February 14th - Valentine's Day Party with Nina at 1:30PM

Wednesday, February 26th - Glenner Carnival with Zack at 2:00PM