February 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Feed the Birds Day Breakfast at Little Blue House Café (S) Exercise & OT/PT (P) The San Diego Union-Tribune (I) Hydration Cart **Healing Baskets** (C) Lunch Patio Rendezvous: Axe Throwing (P) **Participant Council Meeting** (S) **Ar. Club: Painting Birdhouses** (C/E) Snack Movie of Choice (E) BINGO (S) **Garden Club** (S/P/C)	**4** Thank Your Mailman Day Breakfast at Little Blue House Café (S) *Grey Matters with Laura* (P) Current Events (I) Hydration Cart Thank You Card to Mailman (C/S) Lunch Golf (P) Arts and Crafts (C) Snack BINGO (S) Table Games (S) Movie of Choice (E) An Afternoon at Lauire's Bistro (S/P)	**5** National Weatherman's Day Breakfast at Little Blue House Café (S) Exercise & OT/PT (P) In the News! & Word Play (I) Hydration Cart **Mixology Club** (C) Lunch Cornhole (P) Poker (E/I) Suncatcher Craft & WX BINGO (C) Snack **Architecture Club** (C/E) Movie of Choice (E) **Travel Club: Historic Sites (African American History)** (S/E)	**6** International Frozen Yogurt Day Breakfast at Little Blue House Café (S) Seated Yoga and OT/PT (P) Current Events (I) Hydration Cart History of Frozen Yogurt (E) Lunch Patio Rendezvous: Cornhole (P) **Culinary Class: Frozen Yogurt** (C) *Patio Fun: Sound Healing with TopKare Hospice* (S/E) Snack Movie of Choice (E) BINGO (S) An Afternoon at Lauire's Bistro (S/P)	**7** Send a Card to a Friend Day Breakfast at Little Blue House Café (S) Exercise & OT/PT (P) Current Events and **Book Club** (I) Hydration Cart About Send a Card to a Friend Day (E) Lunch Patio Rendezvous: Axe Throwing (P) Snack Happy Hour (S) Movie of Choice (E) Card Making (C) Water our Garden (P) *Relax by Breath with Ed* (E) **Floral Arrangements** (C)
10 Umbrella Day Breakfast at Little Blue House Café (S) Exercise & OT/PT (P) The San Diego Union-Tribune (I) Hydration Cart **Creative Writing &** Umbrella Craft (C) Lunch Patio Rendezvous: Axe Throwing (P) The Price is Right (I/E) Snack BINGO (S) Movie of Choice (E) Music and Massage (S) **Garden Club** (S/P/C)	**11** White T-Shirt Day Breakfast at Little Blue House Café (S) Exercise & OT/PT (P) Current Events (I) Hydration Cart *Stories for Seniors with Walter* (I) Lunch Golf (P) BINGO (S) Snack Table Games (S) DIY Tie Dye Shirts (C) Movie of Choice (E) An Afternoon at Lauire's Bistro (S/P)	**12** International Darwin Day Breakfast at Little Blue House Café (S) Exercise & OT/PT (P) In the News! & About Darwin (I/E) Hydration Cart **Mixology Club** (C) Lunch Cornhole (P) Poker (E/I) **Architecture Club** (C/E) Snack **Science Club** (E) Movie of Choice (E) *HTA with Amal at Lauire's Bistro* (P)	**13** Get a Different Name Day Breakfast at Little Blue House Café (S) Seated Yoga and OT/PT (P) Current Events (I) Hydration Cart Name Meaning (S/E) Lunch Patio Rendezvous: Cornhole (P) **Woodworking Club** (C/S/E) Patio Fun (S) Snack Movie of Choice (E) Table Games (S) An Afternoon at Lauire's Bistro (S/P)	**14** Valentine's Day Breakfast at Little Blue House Café (S) Exercise & OT/PT (P) Current Events and Word Games (I) Hydration Cart *MusicWorx* (S) Lunch *Piano Concert with Glenn* (S) Snack Chocolate Social (S) Movie of Choice (E) Valentine's Day Trivia (I) Water our Garden (P) *Relax by Breath with Ed* (E) **Floral Arrangements** (C)
17 President's Day Breakfast at Little Blue House Café (S) Exercise & OT/PT (P) The San Diego Union-Tribune (I) Hydration Cart **Creative Writing** (C) Lunch *Art for All Ages* (C) President's Day Trivia and More... (I/E) Snack BINGO (S) Movie of Choice (E) Music and Massage (S) **Garden Club** (S/P/C)	**18** National Drink Wine Day Breakfast at Little Blue House Café (S) *Grey Matters with Laura* (P) Current Events (I) Hydration Cart Sip and Paint (S/C) Lunch Golf (P) History of Wine (E) Snack Magazine Treasure Hunt (C/I) Movie of Choice (E) An Afternoon at Lauire's Bistro (S/P) **Red Hat Society with Nicole** (S)	**19** National Chocolate Mint Day Breakfast at Little Blue House Café (S) Exercise & OT/PT (P) In the News! & Word Play (I) Hydration Cart **Mixology Club: Chocolate Mint** (C) Lunch Cornhole (P) Poker (E/I) Ice Cream BINGO (S) Snack **Architecture Club** (C/E) Movie of Choice (E) An Afternoon at Lauire's Bistro (S/P)	**20** Love Your Pet Day Breakfast at Little Blue House Café (S) Seated Yoga and OT/PT (P) Current Events (I) Hydration Cart *Love on a Leash* (S) Lunch *Pet Show & Tell: Muffin, Luna and Buttercup* (S) Arts and Crafts (C) Dog BINGO (S/E) Snack Movie of Choice (E) Patio Rendezvous: Cornhole (P) An Afternoon at Lauire's Bistro (S/P)	**21** Card Reading Day Breakfast at Little Blue House Café (S) Exercise & OT/PT (P) Current Events and Word Games (I) Hydration Cart About Card Reading (E) Lunch Patio Rendezvous: Axe Throwing (P) Snack Happy Hour (S) Movie of Choice (E) Designing Greeting Cards (C) Water our Garden (P) *Relax by Breath with Ed* (E) **Floral Arrangements** (C)
24 National Tortilla Chip Day Breakfast at Little Blue House Café (S) Exercise & OT/PT (P) The San Diego Union-Tribune (I) Hydration Cart Build Your Own Nachos (C) Lunch Patio Rendezvous: Axe Throwing (P) **Men's Club** (S) Snack **Creative Writing** (C) Movie of Choice (E) Music and Massage (S) **Garden Club** (S/P/C)	**25** National Clam Chowder Day Breakfast at Little Blue House Café (S) Exercise & OT/PT (P) Current Events (I) Hydration Cart *Tuesday School w/ Deacon Tay* (E) Lunch Golf (P) BINGO (S) Snack Table Games (S) Arts and Crafts (C) Clam Chowder Tasting and Travel (S) An Afternoon at Lauire's Bistro (S/P)	**26** Carnival Day Breakfast at Little Blue House Café (S) Exercise & OT/PT (P) In the News! & Word Play (I) Hydration Cart **Mixology Club** (C) Lunch *Glenner Carnival* (P/S) Poker (E/I) Snack **Architecture Club** (C/E) Movie of Choice (E) *HTA with Amal at Lauire's Bistro* (P)	**27** Polar Bear Day Breakfast at Little Blue House Café (S) Seated Yoga and OT/PT (P) Current Events (I) Hydration Cart *Helen Woodward PET Encounter* (S) Lunch Patio Rendezvous: Cornhole (P) **Dessert Design** (C) Jeopardy: Polar Bears (I/E) Snack Polar Bear Documentary (E) Puzzels (S) An Afternoon at Lauire's Bistro (S/P)	**28** Floral Design Day Breakfast at Little Blue House Café (S) Exercise & OT/PT (P) Current Events and Word Games (I) Hydration Cart **Participant Spotlight** (E) Lunch **February Birthday Celebration** Snack Flower Fashion Design (C) Movie of Choice (E) Happy Hour (S) Water our Garden (P) **Floral Arrangements** (C) *Relax by Breath with Ed* (E)
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 	10:30 Morning Yoga with Kristin 11:30 News/Cooking Class 1:30 Ring Toss 2 3 4 1 1 1 2 3 4:30 Seated Kick Ball 3:30 Trivia	10:30 Morning Yoga with Kristin 11:30 1:30 R 2:30 A 3:30 T 4:30 S 10:30 11:30 1:30 R 2:30 A 3:30 T 4:30 S 3:30 Trivia 		**Activities Subject to Change**

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

Birthdays!

February 6th - Charles H.

LITTLE BLUE House 3686

3686 4th Avenue San Diego, CA 92103

Activity calendar sponsored by The Guardian Angel Program of San Diego County.

Special Events

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

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

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