


Saturday

The Villa at Suffield Meadows: Assisted Living

Activities subject to change due to circumstances. Please see ACTIVITIES DELT with questions!													
9:00 Daily Chronicle (B) 9:30 Sunday Worship (MT)	1	9:00 Daily Chronicle (B) 10:30 Bingo (B) 1:00 PBS News Currents Discussion (MT) 2:00 Acoustics w/ Adam K. (LR) 3:00 Stretching & Relaxation w/ Sandy (WC) 5:45 “Life in Color with David Attenborough” (MT)	2	9:00 Daily Chronicle (B) 11:00 Nashville Standard (LR) 1:30 Pet Therapy w/ Poppy (LR) 3:30 Crafts & Cupid (AR)	3	9:00 Daily Chronicle (B) 9:30 Communion & Prayers (R) 10:30 Star of the Month (MT) 2:00 Games w/ Staff (CR) 3:00 Strengthen & Meditation w/ Sandy (WC)	4	9:00 Daily Chronicle (B) 9:30 President’s Day Scavenger Hunt (C) 10:30 Weekly Devotions (MT) 1:00 Pet Therapy w/ Cooper (LR)	5	9:00 Daily Chronicle (B) 10:30 Bingo (B) 1:00 Games w/ Karen (CR) 2:30 Chocolate Covered Social (B) 5:45 “Groundhog Day (1993)” (MT) WEAR RED FOR HEART HEALTH!	6	9:00 Daily Chronicle (B) 2:00 “La La Land (2016)” (MT) 3:00 Active Adult Exercise w/ Sandy (WC)	7
Tu B'Shevat Begins							Groundhog Day						
9:00 Daily Chronicle (B) 9:30 Sunday Worship (MT) 10:30 Frankie & The Urchins (LR) 1:00 Cards & Cluckin’ (LR)	8	9:00 Daily Chronicle (B) 10:30 Discussion w/ Steve (MT) 1:00 PBS News Currents Discussion (MT) 2:00 Acoustics w/ Adam K. (LR) 3:00 Stretching & Relaxation w/ Sandy (WC) 5:45 “Life in Color with David Attenborough” (MT)	9	9:00 Daily Chronicle (B) 10:30 Who Am I? (MT) 1:30 Pet Therapy w/ Poppy (LR) 2:30 Resident Council (CR) 3:30 DIY Valentine’s Crafts (AR)	10	9:00 Daily Chronicle (B) 9:30 Communion & Prayers (R) 10:30 Walmart (O) 2:00 Music w/ Mike Henry (LR) 3:00 Strengthen & Meditation w/ Sandy (WC)	11	9:00 Daily Chronicle (B) 9:30 Valentine’s Day Scavenger Hunt (C) 10:30 Weekly Devotions (MT) 1:00 Pet Therapy w/ Cooper (LR) 2:00 Music w/ Pete the Folksinger (LR)	12	9:00 Daily Chronicle (B) 10:30 Bingo (B) 1:00 Games w/ Karen (CR) 2:30 Love Is in the Air Social (B) 3:30 February Jeopardy! (MT) 5:45 “007: Thunderball (1965)” (MT)	13	9:00 Daily Chronicle (B) 10:30 “Be My Valentine, Charlie Brown (1975)” (MT) 3:00 Active Adult Exercise w/ Sandy (WC)	14
													
							Valentine's Day						
9:00 Daily Chronicle (B) 9:30 Sunday Worship (MT) 2:00 Joyful Noise (B)	15	9:00 Daily Chronicle (B) 10:30 Bingo (B) 1:00 PBS News Currents Discussion (MT) 2:30 Botley Presentation (B) 3:00 Stretching & Relaxation w/ Sandy (WC) 5:45 “Life in Color with David Attenborough” (MT)	16	9:00 Daily Chronicle (B) 10:30 Travelogue: Exploring Singapore (MT) 1:30 Pet Therapy w/ Poppy (LR) 2:30 Greeting Committee (CR) 3:30 Heartfelt Creations (AR)	17	9:00 Daily Chronicle (B) 9:30 Communion & Prayers (R) 10:30 Indoor Mini Golf (LR) 2:00 Cooking Demo w/ Chef (B) 3:00 Strengthen & Meditation w/ Sandy (WC)	18	9:00 Daily Chronicle (B) 9:30 February Holidays Scavenger Hunt (C) 10:30 Weekly Devotions (MT) 1:00 Pet Therapy w/ Cooper (LR) 2:00 Rosary & Prayers (CR)	19	9:00 Daily Chronicle (B) 10:15 Bingo (B) 11:00 St. John’s Mass (CR) 1:00 Games w/ Karen (CR) 2:30 February Birthday Party (B) 5:45 “Irish Luck (2024)” (MT)	20	9:00 Daily Chronicle (B) 10:00 Puzzle Club (PR) 3:00 Active Adult Exercise w/ Sandy (WC)	21
							Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)						
9:00 Daily Chronicle (B) 9:30 Sunday Worship (MT) 2:00 Mardi Gras Kings (LR)	22	9:00 Daily Chronicle (B) 10:30 Bingo (B) 1:00 PBS News Currents Discussion (MT) 2:00 Acoustics w/ Adam K. (LR) 3:00 Stretching & Relaxation w/ Sandy (WC) 5:45 “Life in Sound with David Attenborough” (MT)	23	9:00 Daily Chronicle (B) 10:30 Trivia – Winter Olympics (MT) 1:30 Pet Therapy w/ Poppy (LR) 3:30 Cute Crafts (AR)	24	9:00 Daily Chronicle (B) 9:30 Communion & Prayers (R) 10:30 Balloon Bounce (LR) 2:00 Book Club (LR) 3:00 Strengthen & Meditation w/ Sandy (WC)	25	9:00 Daily Chronicle (B) 9:30 February Sports Scavenger Hunt (C) 10:30 Weekly Devotions (MT) 1:00 Pet Therapy w/ Cooper (LR) 2:00 February Journals (AR)	26	9:00 Daily Chronicle (B) 10:30 Bingo (B) 1:00 Games w/ Karen (CR) 2:30 Leap Year Social (B) 5:45 “Roman Holiday (1953)” (MT)	27	9:00 Daily Chronicle (B) 2:00 “Leap Year (2010)” (MT) 3:00 Active Adult Exercise w/ Sandy (WC)	28

O – Outing MT – Movie Theater B – Bistro R – Room AR – Activity/Art Room CR – Card Room LR – Living Room C – Common Areas WC – Wellness Center PR – Puzzle Room