



February 2020 Cottages Activities Calendar

lic: 197609830/197609896

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Month of February
Birthstone:
 Amethyst and Bloodstone
Flowers:
 Violet and Primrose
Colors:
 Light Blue and Yellow

February Days to Note...

02 Groundhog Day	16 Do A Grouch a Favor Day
04 Four Chaplains Day	17 Random Acts of Kindness Day
04 World Cancer Day	18 Battery Day
08 Kite Flying Day	19 Chocolate Mint Day
09 National Stop Bullying Day	20 National Love Your Pet Day
10 World Marriage Day	22 Washington's Birthday
11 Make a Friend Day	26 Tell a Fair Tale Day
12 Lincoln's Birthday	27 No Brainer Day
12 Darwin Day	28 Rare Disease Day
13 World Radio Day	29 Leap Day (once every 4 years)

BEAUTY SALON
 Open on
Tuesday and Thursday
NAIL SALON
 Open on **Tuesday**



SNACKS
 Snacks are available
 after 8:00 p.m.
 for those who wish it

This calendar is subject to change.

9:15 Cottages Morning Stroll	1
9:30 Saddleback Church Services	
10:15 Tone in the Zone	
10:45 Relax and Rehydrate	
11:30 Faces and Places: 50's Movie Stars	
1:00 Popcorn and Live Entertainment	
2:00 Love Poems: "Poem to First Love" by Matthew Yeager	
2:30 Saturday Smoothie Creation	
3:00 Montessori Method: Artistry	
6:00 Hollywood Golden Age Movies	

Groundhog Day 2

9:15 Cottages Walking Club
9:30 Guess the Smell: Spice Sachets
10:00 Warm Up and Weight Circuit
10:45 Flavored Water Tasting
11:00 Movie Star Trivia
11:30 Oil Pastel Designs
1:00 Classics Sing Along & Massage
1:45 Balloon Volleyball
2:30 Ladies' High Tea
3:00 Montessori Method: Puzzles
4:00 Montessori Method: Artistry
6:00 Classic Cinema

Horticultural Appreciation Walk 3

9:15 Horticultural Appreciation Walk
9:30 Daily Chronicle Discovery
10:00 Oldies Dance Fitness
10:45 Juice It Up! Drinks & Discourse
11:00 Floral Arrangement Design
11:30 Kinetic Sand Creations
1:00 DIY Valentine Craft Series
1:45 Jeopardy Challenge
2:30 Hot Cocoa Chats
3:00 Montessori Method: Memory
4:15 Montessori Method: Manipulation
6:00 Netflix Series: Grace & Frankie

Morning Walk and Talk 4

9:15 Morning Walk and Talk
9:30 Meaningful Words: Equality
10:00 Fitness Boot Camp
10:45 Refreshment and Re-ction
11:00 Aromatherapy and Massage
11:30 Mystery Box Manipulation
1:00 African American Artists: Jean-Michel Basquiat
1:45 American Songbook
2:30 Farmers Market Selections
2:45 Slicing, Dicing, and Tasting
3:00 Montessori Method: Puzzles
4:00 Montessori Method: Artistry
6:00 Classic Cinema

It's a Walk in the Park! 5

9:15 It's a Walk in the Park!
9:30 Today in History
10:00 Strength Circuit
10:45 Flavored Water Tasting
11:00 Bingo
11:30 Current Events Discussion
1:30 Black Composers and their Works: Scott Joplin
2:15 Bakers and Makers: Sweet and Fruity Pancakes
3:30 Montessori Method: Memory
4:15 Montessori Method: Manipulation
6:00 Netflix Series: The Crown

Step It Up! Walking Club 6

9:15 Step It Up! Walking Club
9:30 Laugh Out Loud: Jokes
10:00 Yoga Flex and Flow
10:45 Fruit Parfait Creation
11:30 African American Musicians: Ella Fitzgerald
1:00 Sing Along to Rat Pack Classics
2:00 Tea Sachets: Smell and Brew
2:30 Behind the Scenes with African American Celebrities: Barack Obama
3:00 Montessori Method: Puzzles
4:00 Montessori Method: Artistry
6:00 Docuseries

Morning Walk and Talk 7

9:15 Morning Walk and Talk
9:30 Unscramble the Word
10:00 Disco Dance Fitness
10:45 Colorful Fruit and Veggie Collage
11:30 Black Inventions That Changed The World: Gas Mask
1:00 Reading Poems that Rhyme
1:30 Zen Mindfulness and Massage
2:15 Watercolor Art & Aromatherapy
3:00 Jam & PB Tasting
3:30 Montessori Method: Memory
4:15 Montessori Method: Manipulation
6:00 Friday Night Fun Flick

Cottages Morning Stroll 8

9:15 Cottages Morning Stroll
9:30 Saddleback Church Services
10:15 Tone in the Zone
10:45 Relax and Rehydrate
11:30 Faces and Places: European Landmarks
1:00 Popcorn and Live Entertainment
2:00 Love Poems: "Love's Language" by Ella Wheeler Wilcox
2:30 Saturday Smoothie Creation
3:00 Montessori Method: Puzzles
4:00 Montessori Method: Artistry
6:00 Hollywood Golden Age Movies

Cottages Walking Club 9

9:15 Cottages Walking Club
9:30 Guess the Smell: Spice Sachets
10:00 Warm Up and Weight Circuit
10:45 Flavored Water Tasting
11:00 Movie Star Trivia
11:30 Oil Pastel Designs
1:00 Classics Sing Along & Massage
1:45 Balloon Volleyball
2:30 Ladies' High Tea
3:00 Montessori Method: Puzzles
4:00 Montessori Method: Artistry
6:00 Classic Cinema

Horticultural Appreciation Walk 10

9:15 Horticultural Appreciation Walk
9:30 Daily Chronicle Discovery
10:00 Oldies Dance Fitness
10:45 Juice It Up! Drinks & Discourse
11:00 Floral Arrangement Design
11:30 Kinetic Sand Creations
1:00 DIY Valentine Craft Series
1:45 Jeopardy Challenge
2:30 Hot Cocoa Chats
3:00 Montessori Method: Memory
4:15 Montessori Method: Manipulation
6:00 Netflix Series: Grace & Frankie

Morning Walk and Talk 11

9:15 Morning Walk and Talk
9:30 Meaningful Words: Love
10:00 Fitness Boot Camp
10:45 Refreshment and Reflection
11:00 Aromatherapy and Massage
11:30 Mystery Box Manipulation
1:00 African American Artists: Elizabeth Catlett
1:45 American Songbook
2:30 Farmers Market Selections
2:45 Slicing, Dicing, and Tasting
3:00 Montessori Method: Brain Games
4:00 Montessori Method: Artistry
6:00 Classic Cinema

It's a Walk in the Park! 12

9:15 It's a Walk in the Park!
9:30 Today in History
10:00 Strength Circuit
10:45 Flavored Water Tasting
11:00 Bingo
11:30 Current Events Discussion
1:30 Black Composers and their Works: Samuel Coleridge-Taylor
2:15 Bakers and Makers: Valentine Cookie Baking and Decoration
3:30 Montessori Method: Memory
4:15 Montessori Method: Manipulation
6:00 Netflix Series: The Crown

Step It Up! Walking Club 13

9:15 Step It Up! Walking Club
9:30 Laugh Out Loud: Jokes
10:00 Yoga Flex and Flow
10:45 Fruit Parfait Creation
11:30 African American Musicians: Prince
1:00 Sing Along to Rat Pack Classics
2:00 Tea Sachets: Smell and Brew
2:30 Behind the Scenes with African American Celebrities: Oprah Winfrey
3:00 Montessori Method: Puzzles
4:00 Montessori Method: Artistry
6:00 Docuseries

Morning Walk and Talk 14

9:15 Morning Walk and Talk
9:30 Unscramble the Word
10:00 Disco Dance Fitness
10:45 Colorful Fruit and Veggie Collage
11:30 Black Inventions That Changed The World: Ironing Board
1:00 Reading Poems that Rhyme
1:30 Zen Mindfulness and Massage
2:15 Watercolor Art & Aromatherapy
3:00 Jam & PB Tasting
3:30 Montessori Method: Memory
4:15 Montessori Method: Manipulation
5:00 Valentine Dinner & Dessert
6:00 Friday Night Fun Flick

Cottages Morning Stroll 15

9:15 Cottages Morning Stroll
9:30 Saddleback Church Services
10:15 Tone in the Zone
10:45 Relax and Rehydrate
11:30 Faces and Places: Civil Rights Movement
1:00 Popcorn and Live Entertainment
2:00 Love Poems: "Golden Anniversary" by Wislawa Szymborska
2:30 Saturday Smoothie Creation
3:00 Montessori Method: Puzzles
4:00 Montessori Method: Memory
6:00 Hollywood Golden Age Movies

Cottages Walking Club 16

9:15 Cottages Walking Club
9:30 Guess the Smell: Spice Sachets
10:00 Warm Up and Weight Circuit
10:45 Flavored Water Tasting
11:00 Movie Star Trivia
11:30 Oil Pastel Designs
1:00 Classics Sing Along & Massage
1:45 Balloon Volleyball
2:30 Ladies' High Tea
3:00 Montessori Method: Puzzles
4:00 Montessori Method: Artistry
6:00 Classic Cinema

Horticultural Appreciation Walk 17

9:15 Horticultural Appreciation Walk
9:30 Daily Chronicle Discovery
10:00 Oldies Dance Fitness
10:45 Juice It Up! Drinks & Discourse
11:00 Floral Arrangement Design
11:30 Kinetic Sand Creations
1:00 DIY Mardi Gras Craft Series
1:45 Jeopardy Challenge
2:30 Hot Cocoa Chats
3:30 Montessori Method: Memory
4:15 Montessori Method: Manipulation
6:00 Netflix Series: Grace & Frankie

Morning Walk and Talk 18

9:15 Morning Walk and Talk
9:30 Meaningful Words: Patriotism
10:00 Fitness Boot Camp
10:45 Refreshment and Reflection
11:00 Aromatherapy and Massage
11:30 Mystery Box Manipulation
1:00 African American Artists: Gordon Parks
1:45 American Songbook
2:30 Farmers Market Selections
2:45 Slicing, Dicing, and Tasting
3:00 Montessori Method: Puzzles
4:00 Montessori Method: Artistry
6:00 Classic Cinema

It's a Walk in the Park! 19

9:15 It's a Walk in the Park!
9:30 Today in History
10:00 Strength Circuit
10:45 Flavored Water Tasting
11:00 Bingo
11:30 Current Events Discussion
1:30 Black Composers and their Works: Duke Ellington
2:15 Bakers and Makers: Presidential Parfaits
3:30 Montessori Method: Memory
4:15 Montessori Method: Artistry
6:00 Netflix Series: The Crown

Step It Up! Walking Club 20

9:15 Step It Up! Walking Club
9:30 Laugh Out Loud: Jokes
10:00 Yoga Flex and Flow
10:45 Fruit Parfait Creation
11:30 African American Musicians: Sammy Davis Jr.
1:00 Sing Along to Rat Pack Classics
2:00 Tea Sachets: Smell and Brew
2:30 Behind the Scenes with African American Celebrities: Hattie McDaniel
3:00 Montessori Method: Puzzles
4:00 Montessori Method: Artistry
6:00 Docuseries

Morning Walk and Talk 21

9:15 Morning Walk and Talk
9:30 Unscramble the Word
10:00 Disco Dance Fitness
10:45 Colorful Fruit and Veggie Collage
11:30 Black Inventions That Changed The World: Three Color Trac Light
1:00 Reading Poems that Rhyme
1:30 Zen Mindfulness and Massage
2:15 Watercolor Art & Aromatherapy
3:00 Jam & PB Tasting
3:30 Montessori Method: Artistry
4:15 Montessori Method: Manipulation
6:00 Friday Night Fun Flick

Cottages Morning Stroll 22

9:15 Cottages Morning Stroll
9:30 Saddleback Church Services
10:15 Tone in the Zone
10:45 Relax and Rehydrate
11:30 Faces and Places: American Landmarks
1:00 Popcorn and Live Entertainment
2:00 Love Poems: "For What Binds Us" by Jane Hirshfeld
2:30 Saturday Smoothie Creation
3:00 Montessori Method: Puzzles
4:00 Montessori Method: Artistry
6:00 Hollywood Golden Age Movies

Cottages Walking Club 23

9:15 Cottages Walking Club
9:30 Guess the Smell: Spice Sachets
10:00 Warm Up and Weight Circuit
10:45 Flavored Water Tasting
11:00 Movie Star Trivia
11:30 Oil Pastel Designs
1:00 Classics Sing Along & Massage
1:45 Balloon Volleyball
2:30 Ladies' High Tea
3:00 Montessori Method: Puzzles
4:00 Montessori Method: Artistry
6:00 Classic Cinema

Horticultural Appreciation Walk 24

9:15 Horticultural Appreciation Walk
9:30 Daily Chronicle Discovery
10:00 Oldies Dance Fitness
10:45 Juice It Up! Drinks & Discourse
11:00 Floral Arrangement Design
11:30 Kinetic Sand Creations
1:00 DIY Mardi Gras Craft Series
1:45 Jeopardy Challenge
2:30 Hot Cocoa Chats
3:30 Montessori Method: Memory
4:15 Montessori Method: Manipulation
6:00 Netflix Series: Grace & Frankie

Morning Walk and Talk 25

9:15 Morning Walk and Talk
9:30 Meaningful Words
10:00 Fitness Boot Camp
10:45 Refreshment & Reflection
11:00 Aromatherapy & Massage
1:30 Mardi Gras History
2:15 Traditions and Beads
3:00 Music, Masks, & King Cake
4:00 Photobooth Fun
4:30 It's a Walk in the Park!
5:00 New Orleans Dinner & Dessert
6:00 Holiday Special: King Creole

It's a Walk in the Park! 26

9:15 It's a Walk in the Park!
9:30 Today in History
10:00 Strength Circuit
10:45 Flavored Water Tasting
11:00 Bingo
11:30 Current Events Discussion
1:30 Black Composers and their Works: WC Handy
2:15 Bakers and Makers: New Orleans Muffuletta Skewers
3:30 Montessori Method: Memory
4:15 Montessori Method: Manipulation
6:00 Netflix Series: The Crown

Step It Up! Walking Club 27

9:15 Step It Up! Walking Club
9:30 Laugh Out Loud: Jokes
10:00 Yoga Flex and Flow
10:45 Fruit Parfait Creation
11:30 African American Musicians: Miles Davis
1:00 Sing Along to Rat Pack Classics
2:00 Tea Sachets: Smell and Brew
2:30 Behind the Scenes with African American Celebrities: Sidney Poitier
3:00 Montessori Method: Puzzles
4:00 Montessori Method: Artistry
6:00 Docuseries

Morning Walk and Talk 28

9:15 Morning Walk and Talk
9:30 Unscramble the Word
10:00 Disco Dance Fitness
10:45 Colorful Fruit and Veggie Collage
11:30 Black Inventions That Changed The World: Automatic Elevator Doors
1:00 Reading Poems that Rhyme
1:30 Zen Mindfulness and Massage
2:15 Watercolor Art & Aromatherapy
3:00 Jam & PB Tasting
3:30 Montessori Method: Memory
4:15 Montessori Method: Manipulation
6:00 Friday Night Fun Flick

Cottages Morning Stroll 29

9:15 Cottages Morning Stroll
9:30 Saddleback Church Services
10:15 Tone in the Zone
10:45 Relax and Rehydrate
11:30 Faces and Places: America
1:00 Live Music & Entertainment??
2:00 Love Poems: "Love" by James Russell Lowell
2:30 Saturday Smoothie Creation
3:00 Montessori Method: Puzzles
4:00 Montessori Method: Artistry
6:00 Hollywood Golden Age Movies