



ACTIVITIES CALENDAR

TICONDEROGA
February 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LOCATION KEY: MDR = Main Dining Room ADK = Adirondack P = Patriot AR = Activity Room L = Library CY = Courtyard						
9:30 Sunday Stretch 4 10:00 Reminisce 1:30 Junk Drawer Detective 2:00 Square One 3:00 Who Am I? 4:00 Chair Aerobics	9:30 Coffee & Chronicles 5 10:00 Balloon Volleyball 10:30 Painting Project 1:00 Catholic Mass (L) 1:15 Chair Yoga 1:30 Food Forum 2:30 Bingo 3:30 Monday Movement	9:30 Noodle Ball 6 10:00 Culinary Arts: Lemon Truffles 1:30 What is your favorite? 2:00 Social & Scattegories 3:00 Resident Council 6:00 Bingo (MDR)	9:30 Seated Cardio 7 10:15 Brain Teaser 1:30 Hungry Hippo Game 2:00 Pokeno 3:00 Seated Stretching 3:30 What's in the Bag? 6:00 Bingo	9:30 Balloon Volleyball 1 10:00 Make Valentine's 10:30 Rosary (L) 10:30 Make Valentine's Table Centerpieces 1:30 Make No Sew Floral Sachets 2:30 Card Games: Pinochle & Rummy 4:00 Comfort Cart 6:00 Bingo (MDR)	9:30 Friday Fitness 2 10:00 Bible Study (L) 10:00 Culinary Arts: Crepes 11:00 Groundhog Fact or Fiction 1:30 What's in the Bag? 2:00 Music w/Dean Day of the Crepe	9:30 Saturday Stretch 3 10:00 Current Events 1:30 Spa Time 2:30 Culinary Arts: Make Chik Fil –A Lemonade 3:00 Bingo Social
9:30 Sunday Sit & Be Fit 11 10:00 Name that Tune 1:30 Bowling 2:30 Drinks, Dominoes & Football 3:30 Chair Aerobics	9:30 Move It or Lose It 12 10:00 This Day In History 10:45 Music Mania 1:00 Catholic Mass (L) 2:00 Dice Floor Game 3:00 Choice 3:30 Monday Movement	9:30 Chair Zumba 13 10:00 Culinary Arts: Cake Pops 1:30 Square One 2:30 Social & Sing Along 3:30 Sit & Stretch 4:00 Comfort Cart 6:00 Bingo (MDR) Mardi Gras	9:30 Move It or Lose It 14 10:15 Brain Teaser 1:30 Beach Ball Volley Ball 2:00 Valentine Happy Hour (L) 3:00 Bunco (L) 4:00 Stretching Exercise Valentine's Day Ash Wednesday	9:30 Balloon Volleyball 15 w/Fly Swatters 10:00 Card Games 10:30 Rosary (L) 2:00 Music w/Mark 4:00 Move It or Lose It 6:00 Bingo (MDR)	9:30 Friday Fitness 16 10:00 Bible Study (L) 10:15 Family Feud 11:00 Craft Corner 1:30 Balloon Volleyball 2:30 Pokeno 3:30 Friday Fitness National Pizza Day	9:30 Saturday Stretch 17 10:00 Current Events 1:30 Spa Time 2:30 Culinary Arts: Make Strawberry Banana Smoothie 3:00 Bingo Social
9:30 Sweating to Oldies 18 10:00 Travel Trivia 1:30 Pokeno 2:30 Scrabble & Sundaes 3:30 Chair Aerobics	9:30 Morning Stretch 19 10:00 Snowball Challenge 10:45 Name that 60's Tune 1:00 Catholic Mass (L) 2:00 Choice 3:00 Bingo President's Day	9:30 Chair Yoga 20 10:00 Culinary Arts: Mini Cheesecakes 1:30 Hangman 2:00 Social & Scattegories 3:00 Dominos 4:00 Comfort Cart 6:00 Bingo (MDR)	9:30 Cardio Drumming 21 10:15 Card Games 1:30 Sit Down Square Dancing 2:00 Junk Drawer Detective 2:30 Pokeno 3:30 Sit & Stretch 6:00 Bingo	9:30 Seated Cardio 22 10:00 Culinary Arts: Cornbread 10:30 Rosary (L) 10:30 Culinary Arts: Chili 1:30 Beach Ball Toss 2:15 Jeopardy 3:00 Bunco 4:00 Comfort Cart 6:00 Bingo (MDR)	9:30 Friday Fitness 23 10:00 Bible Study (L) 10:15 Culinary Arts: Make Dog Biscuits 11:00 Family Feud 1:30 What's in the Bag? 2:00 Music w/Dean International Dog Biscuit Day	9:30 Saturday Stretch 24 10:00 Current Events 1:30 Spa Time 2:30 Culinary Arts: Crockpot White Hot Chocolate 3:00 Bingo Social
9:30 Sunday Stretch 25 10:00 Pictionary 1:30 Sunday Square One 2:30 Movie & Munchies 4:00 Chair Aerobics	9:30 Balloon Volleyball 26 10:00 DIY Craft 10:45 Name that Tune 1:00 Catholic Mass (L) 1:45 Cover the Number Dice Game 3:00 Bingo 4:00 Monday Movement	9:30 Chair Zumba 27 10:00 Culinary Arts: Lemon Blueberry Drop Scones 1:30 Pictionary 2:00 Social & Sing Along 3:00 Shoot Out! 4:00 Comfort Cart 6:00 Bingo (MDR)	9:30 Move It or Lose It 28 10:00 Make Table Centerpieces 1:30 Whack A Mole 2:30 Pokeno 3:30 Seated Stretching	9:30 Balloon Volleyball 29 w/Fly Swatters 10:00 Armchair Travel: Italy 10:30 Rosary (L) 1:30 Beach Ball Toss 2:15 Jeopardy 3:00 Bunco 4:00 Comfort Cart 6:00 Bingo (MDR)		