

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2025

Cardigan Nursing & Rehabilitation Center



<p>11:00 Morning Group 1:30 Weekend Warriors 3:00 Coffee Talk</p>						1
2	3	4	5	6	7	8
 Groundhog Day	<p>11:00 Monday Morning Stretch 2:00 Memory Lane Singers 3:00 Afternoon Social</p>	<p>9:30 Morning Group 11:00 Keeping in Motion 1:30 Tony Rocks! 3:00 Refreshments</p>	<p>11:00 Mid-week Stretch 1:30 Bonus Bingo 3:00 Coffee Break</p>	<p>9:30 Morning Group 11:00 Silver Fitness 1:30 MA Day 2:00 Communion 3:00 Corn muffins & Coffee</p>	<p>9:30 Morning Group 11:00 Physical Friday 1:30 Bingo 3:00 Movie Matinee</p>	<p>11:00 Morning Group 1:30 Resident Recreation 3:00 Coffee Talk</p>
9	10	11	12	13	14	15
<p>11:00 Monday Morning Stretch 1:30 Chair Yoga w Sharon & Jax 3:00 Afternoon Social</p>	<p>9:30 Morning Group 11:00 Keeping in Motion 1:30 Sigy Moller 3:00 Refreshments</p>	<p>11:00 Mid-week Stretch 1:30 Candy Making Day 3:00 Cordial Cafe</p> <p style="text-align: center; font-size: small;">Tu B'Shevat Begins</p>	<p>9:30 Morning Group 11:00 Silver Fitness 1:30 Valentines 2:00 Communion 3:00 Coffee Hour</p>	<p>9:30 Morning Group 11:00 Physical Friday 1:30 We 😍 Bingo 3:00 Valentine's Day Tea Social</p> <p style="text-align: center; font-size: small;">Valentine's Day</p>	<p>11:00 Morning Group 1:30 Weekend Warriors 3:00 Coffee Talk</p>	<p>11:00 Morning Group 1:30 Resident Recreation 3:00 Coffee Talk</p>
16	17	18	19	20	21	22
<p>11:00 Monday Morning Stretch 1:30 Mani/Pedi Spa 3:00 Afternoon Social</p> <p style="text-align: center; font-size: small;">Presidents' Day (U.S.)</p>	<p>9:30 Morning Group 11:00 Keeping in Motion 1:30 Bonus Bingo 3:00 Coffee Break</p>	<p>11:00 Mid-week Stretch 1:30 Resident Birthday Party w Bill Burke 3:00 The After Party</p>	<p>9:30 Morning Group 11:00 Silver Fitness 2:00 Communion 3:00 Coffee Hour</p>	<p>9:30 Morning Group 11:00 Physical Friday 1:30 Friday Free Sale 3:00 Movie Matinee</p>	<p>11:00 Morning Group 1:30 Resident Recreation 3:00 Coffee Talk</p>	<p>11:00 Morning Group 1:30 Resident Recreation 3:00 Coffee Talk</p>
23	24	25	26	27	28	29
<p>11:00 Monday Morning Stretch 1:30 Resident Council 3:00 Afternoon Social</p>	<p>9:30 Morning Group 11:00 Keeping in Motion 1:30 Dwayne Sullivan 3:00 Refreshments</p>	<p>11:00 Mid-week Stretch 1:30 Nutella Day 3:00 Coffee, Tea, Cocoa</p>	<p>9:30 Morning Group 11:00 Silver Fitness 2:00 Communion 3:00 Coffee Hour</p>	<p>9:30 Morning Group 11:00 Physical Friday 1:30 Bingo 3:00 Movie Matinee</p> <p style="text-align: center; font-size: small;">Ramadan Begins</p>		