

| Sunday                                                                                                                                                                                    | Monday                                                                                                                                                                                                                                                         | Tuesday                                                                                                                                                                               | Wednesday                                                                                                                                                                        | Thursday                                                                                                                                           | Friday                                                                                                                 | Saturday                                                                                                                                                                         |
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|                                                                                                                                                                                           |                                                                                                                                                                                                                                                                |                                                                                                                                                                                       |                                                                                                                                                                                  |                                                                                                                                                    |                                                                                                                        |                                                                                                                                                                                  |
| 1<br><br>8:15 Catholic Communion 2<br>8:15 Worship Service 5<br>12:00 Brunch DR<br>3:00 FTRA Community Service 4<br>5:30 Sunday Movie (FTRA) 5                                            | 2<br><b>Happy Birthday Johanna R</b><br><br>11:30 Balance Group<br>12:00 Quick Trivia 2<br>1:30 Reminiscences 4<br>5:30 Mints & Music (FTRA) 2<br>7:30 FTRA Council Meeting 5 | 3<br><br>10:00 Stretch & Tone w/ Mary 2<br>10:30 GJL Valentine Floral Workshop 5<br>1:30 Sip n Paint (FTRA) 2<br>6:30 Bingo (FTRA) 4                                                  | 4<br><br>12:00 Movie & Chill 5<br>5:30 Mints & Music 2<br>6:30 Trivial Pursuit 2                                                                                                 | 5<br><br>10:00 Chair Yoga (FTRA) 5<br>11:30 Balance Group 5<br>6:30 Bingo (FTRA) 4                                                                 | 6<br><br>11:30 Balance Group 5<br>12:00 Movie & Chill 5<br>2:00 Catholic Mass 3                                        | 7<br><br>10:00 Chair Yoga (FTRA) 5<br>6:30 Movie Night (FTRA) 5<br><br>No Brunch on Saturday                                                                                     |
| 8<br><b>Happy Birthday Caesar T</b><br><br>8:15 Catholic Communion 2<br>12:00 Brunch DR<br>3:00 FTRA Community Service 4<br>5:30 Sunday Movie (FTRA) 5<br>6:30 Super Bowl Party ( FTRA) 5 | 9<br><br>11:30 Balance Group 5<br>12:05 Lunchbox Acting Class w/ GDS 2<br>5:30 Mints & Music (FTRA) 2                                                                                                                                                          | 10<br><br>10:00 Stretch & Tone w/ Mary 5<br>2:30 Current Events LI<br>6:30 Bingo (FTRA) 4                                                                                             | 11<br><br>11:00 Prayer Service 2<br>12:00 Sweetheart Party DR<br>12:15 Valentine Card Delivery 2<br>5:30 Mints & Music 2<br>6:30 Trivial Pursuit 2<br>7:00 Loss Support Group LI | 12<br><b>Happy Birthday Dair A</b><br><br>10:00 Chair Yoga (FTRA) 5<br>11:00 Balance Group 5<br>11:30 Chaplaincy Service LI<br>6:30 Bingo (FTRA) 4 | 13<br><b>Happy Birthday John Z</b><br><br>11:00 Balance Group 5<br>12:00 Bingo w Cindy DR<br>1:15 GDS Pre-K DR         | 14<br><br>10:00 Chair Yoga (FTRA) 5<br>6:30 Movie Night (FTRA) 5<br><br>No Brunch on Saturday |
| 15<br><br>8:15 Catholic Communion 2<br>10:30 Songs N Donuts 2<br>12:00 Brunch DR<br>5:30 Sunday Movie (FTRA) 5                                                                            | 16<br><br>11:30 Balance Group 5<br>12:00 Quick Trivia DR<br>1:30 Reminiscences 4<br>5:30 Mints & Music (FTRA) 2<br>                                                         | 17<br><br>10:00 Stretch & Tone w/ Mary 5<br>1:30 Sip n Paint (FTRA) 2<br>6:30 Bingo (FTRA) 4<br> | 18<br><br>11:00 Coffee Chat 2<br>1:00 Book Buzz 4<br>5:30 Mints & Music 2<br>6:30 Trivial Pursuit 2                                                                              | 19<br><br>10:00 Chair Yoga (FTRA) 5<br>11:30 Balance Group 5<br>2:00 Episcopal Eucharist 3<br>6:30 Bingo 4                                         | 20<br><br>11:30 Balance Group 5<br>12:00 Movie & Chill 5<br>6:00 Wine & Cheese Hour ( FTRA) 4                          | 21<br><br>10:00 Chair Yoga (FTRA) 5<br>6:30 Movie Night (FTRA) 5<br><br>No Brunch on Saturday                                                                                    |
| 22<br><br>8:15 Catholic Communion 2<br>12:00 Brunch DR<br>5:30 Sunday Movie (FTRA) 5                                                                                                      | 23<br><br>11:30 Balance Group 5<br>12:00 Quick Trivia 2<br>5:30 Mints & Music (FTRA) 2                                                                                                                                                                         | 24<br><b>Happy Birthday William N</b><br><br>10:00 Stretch & Tone w/ Mary 5<br>2:30 Current Events LI<br>6:30 Bingo (FTRA) DR                                                         | 25<br><br>5:30 Mints & Music 2<br>6:30 Trivial Pursuit 2<br>7:00 Loss Support Group LI                                                                                           | 26<br><b>Happy Birthday Gary H</b><br><br>10:00 Chair Yoga (FTRA) 5<br>11:30 Balance Group 5<br>6:30 Bingo (FTRA) 4                                | 27<br><b>Happy Birthday Felicia J</b><br><br>11:30 Balance Group 5<br>1:00 Terrace Talk DR<br>3:30 Shabbat Gathering 3 | 28<br><b>Happy Birthday John T</b><br><br>10:00 Chair Yoga (FTRA) 5<br>1:30 Seabury Book Club 5<br>6:30 Movie Night (FTRA) 5<br><br>No Brunch on Saturday                        |

LEGEND

FL– Front Lobby, 2nd Floor

DR–Dining Room, 2nd Floor

LI– Library, 3rd Floor

OS- Outside

2nd-Floor Lounge

4th–Game Room

6th–Roof Top Deck

Activity Color keycode: AD– Green, RSC– Blue, FTRA– Black, FT– Burgundy

Seabury at Friendship Terrace Senior Living



Celebrating

BLACK HISTORY





February