

February 2025 South Hampton Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 11:00 Exercise Balloon 2:00 Hydro-Break 2:30 Sing along with Jacob 3:00 Table Time 3:30 Remember when
2 11:00 Music and Movement 3:00 Hydro-Break 3:30 Afternoon Stroll 4:00 Individual Engagement	3 10:00 Morning Greeting 10:30 Exercise Balloon 11:00 Changing Seasons 11:30 What's Cookin'? 2:00 Music with The Secords (Old Time Country ALC) 3:00 Hydro-break Games & Puzzles 4:00 Music Monday	4 10:00 Morning Greeting 10:30 Full Body Fitness 11:00 Changing Seasons 11:30 What's Cookin'? 2:00 Hydro-Break 2:30 Music with Jazz Guitarist Brian Douglas 3:30 Happy Hour in the Windsor Room	5 10:00 Exercise Balloon 10:30 Baking Bread 11:00 Exercise Balloon 2:00 Hydro-Break with fresh bread 330 Arts & Crafts Paper Hearts Valentine Wreath (ALC) 	6 10:00 Reading with Tiffany 10:30 "Thor's day" dog visits 11:00 Full Body Fitness 11:30 What's Cookin'? 1:30 Movie Matinee 4:00 Hydro-Break and Individual Engagement	7 10:00 Range of Motion 10:45 Grounds of Sherwood Coffee Shop in the Windsor Room 11:30 What's Cookin'? 2:00 Washington Old Time Fiddlers (ALC) 3:30 Hydro-Break Games & Puzzles 4:00 Odie's Walkabout 	8 11:00 Exercise Balloon 2:00 Hydro-Break 2:30 Sing along with Jacob 3:00 Table Time 3:30 Remember when
9 11:00 Music and Movement 3:00 Hydro-Break 3:30 Superbowl 59  4:00 Individual Engagement	10 10:00 Morning Greeting 10:30 Exercise Balloon 11:00 Word Games 11:30 What's Cookin'? 2:00 In the Kitchen and Snack Time 3:30 Games & Puzzles 4:00 Music Monday	11 10:00 Morning Greeting 10:30 Reading with Tiffany 11:00 Full Body Fitness 11:30 What's Cookin'? 2:00 Music with Country Artist Buck Ellard and Hydro-break 3:30 Happy Hour in the Activity Room with the Helen Haller Kindness Club	12 10:00 Morning Greeting 10:30 Baking Bread 11:00 Exercise Balloon 11:30 What's Cookin'? 2:00 Hydro-Break with fresh bread 3:45 Read with Me with The Boys & Girls Club (Library) 	13 10:00 Reading with Tiffany 10:30 "Thor's day" dog visits 1:30 Movie Matinee 4:00 Hydro-Break and Individual Engagement	14 Valentine's Day 10:00 Morning Greeting 10:30 Resident Room Visits 12:00 A Slice of My Heart Pizza Party (by RSVP) 3:00 ALOHA, VALENTINE! MUSIC WITH RD & FRIENDS (ALC) 4:00 Hydro-break 	15 11:00 Exercise Balloon 2:00 Hydro-Break 2:30 Sing along with Jacob 3:00 Table Time 3:30 Remember when
16 11:00 Music and Movement 3:00 Hydro-Break 3:30 Afternoon Stroll 4:00 Individual Engagement	17 10:00 Morning Greeting 10:30 Exercise Balloon 11:00 Word Games 11:30 What's Cookin'? 2:00 In the Kitchen and Snack Time 3:30 Games & Puzzles 4:00 Music Monday	18 10:00 Morning Greeting 10:30 Reading with Tiffany 11:00 Full Body Fitness 11:30 What's Cookin'? 2:00 Hydro-Break 2:30 Hawaii Amore Music with Roma 3:30 Happy Hour in the Windsor Room	19 10:00 Morning Greeting 10:30 Baking Bread 11:00 Exercise Balloon 11:30 What's Cookin'? 2:00 Miracles of Nature Documentary Prime 4:00 Hydro-Break with fresh bread	20 10:00 Reading with Tiffany 10:30 "Thor's day" dog visits 11:00 Full Body Fitness 11:30 What's Cookin'? 1:30 Movie Matinee 4:00 Hydro-Break and Individual Engagement	21 10:00 Morning Greeting 10:30 Range of Motion 11:00 Glasses Tune-up with EJ (ALC) 11:30 What's Cookin'? 2:00 Music with Dennis Blair (Folk/Variety ALC) 3:30 Hydro-Break Games & Puzzles 4:00 Odie's Walkabout 	22 11:00 Exercise Balloon 2:00 Hydro-Break 2:30 Sing along with Jacob 3:00 Table Time 3:30 Remember when
23 11:00 Music and Movement 3:00 Dungeness Valley Mennonite Church Chorus (ALC) 4:00 Individual Engagement	24 10:00 Morning Greeting 10:30 Exercise Balloon 11:00 Word Games 11:30 What's Cookin'? 2:30 Music with Patti and Anna Piano and Cello 3:30 Games & Puzzles 4:00 Music Monday	25 10:00 Morning Greeting 10:30 Reading with Tiffany 11:00 Full Body Fitness 11:30 What's Cookin'? 2:00 Hydro-Break 2:30 Music with Pianist Gloria Hancock 3:30 Happy Hour in the Windsor Room	26 10:00 Exercise Balloon 10:30 Baking Bread 11:00 Exercise Balloon 2:00 Arts & Crafts Pencil Holders for the Regent Dining Room Pt. 1 (ALC)  3:30 Hydro-Break with fresh bread	27 10:00 Reading with Tiffany 10:30 "Thor's day" dog visits 11:00 Full Body Fitness 11:30 What's Cookin'? 1:30 Movie Matinee 4:00 Hydro-Break and Individual Engagement	28 10:00 Morning Greeting 10:30 Resident Room Visits 11:00 Range of Motion 11:30 What's Cookin'? 2:00 Clallam County Story-tellers (ALC)  3:30 Hydro-Break Games & Puzzles 4:00 Odie's Walkabout	Activities through the month may change. Please keep an eye on the daily activity schedule posted on the boards throughout Sherwood for the most up to date event information.