

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

3550 SW Corporate Pkwy
Palm City, FL 34990
(772)-529-6000
www.grandoakspalmcity.com

February 2020

Assisted Living



8:00 Celebrate the Day – *National Eat Ice Cream for Breakfast Day*
8:30 Good Morning Friends!
9:30 Meditation & Exercise
10:00 Daily Chronicles & Brain Exercises
10:30 Celebrate the Day – *Leap into February Day*
2:00 Songs of the Heart Sing a Long Saturday
3:00-5:00 Afternoon Movie

<p>8:30 Good Morning Friends! 9:00 Meditation & Exercise 10:00 Church Transportation 10:30 Zen Coloring Den 11:00 Fresh Air Fun 2:00 Let's Get Creative 3:00 Celebrate the Day & Afternoon Movie – <i>Groundhog Day</i> 6:30 Super Bowl LIV</p> <p style="text-align: right;">2</p> <p style="text-align: center;"><small>Groundhog Day</small></p>	<p>8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Exercises 11:00-2:00 Retail Therapy & Lunch Bunch 12:00 Celebrate the Day – <i>National Carrot Cake Day</i> 2:30 Walgreens 3:30 Celebrate the Day – <i>National Feed the Birds Day</i></p> <p style="text-align: right;">3</p>	<p>8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 10:00 Men's Group Therapy 10:30 Celebrate the Day – <i>Thank a Mailman (woman) Day</i> 1:30-3:00 Painting w/ Valerie & Jackie Robbins Performing 2:30-4:00 Girl Scout Meeting 3:30 Victoria Leigh Performing</p> <p style="text-align: right;">4</p>	<p>8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Exercises 11:00 Celebrate the Day – <i>Readers Digest Birthday</i> 11:30 Lunch Bunch 1:30 Catholic Eucharistic Minister 2:00 Publix 3:30 Jeff Fereshetian Performing</p> <p style="text-align: right;">5</p>	<p>8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Exercises 11:00 Bingo 1:30-3:00 Painting w/ Valerie 3:30 Celebrate the Day – Professor Farley Presents Bob Marley</p> <p style="text-align: right;">6</p>	<p>8:00 Celebrate the Day – Wear Red Day 8:30 Good Morning Friends! 9:30 Meditation & Exercise 11:00 Celebrate the Day – Send a Friend a Card Day. Card Making 2:00 Celebrate the Day – #Move w/ Heart Day. Zumba w/ Teri 3:30 Carla Holbrook Performing</p> <p style="text-align: right;">7</p>	<p>8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Exercises 10:30 Card Sharks 11:00 Let's Get Creative 2:00 Celebrate the Day – <i>Love Makes the World Go 'Round, but it is Laughter That Keeps You from Getting Dizzy. Comedy Act w/ Spaz & Casey</i></p> <p style="text-align: right;">8</p>
<p>8:00-11:00 Westminster Dog Show 8:30 Good Morning Friends! 9:00 Meditation & Exercise 10:00 Church Transportation 10:30 Zen Coloring Den 11:00 Fresh Air Fun 2:00 Celebrate the Day – <i>Happy Birthday, Carole King.</i> 2:30 Rosalyn and Sons Performing 3:30 Afternoon Movie 8:00 92nd Academy Awards</p> <p style="text-align: right;">9</p>	<p>8:30 Celebrate the Day – <i>National Secondhand Wardrobe Week</i> 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 10:30 Celebrate the Day – <i>National Heart to Heart Day</i> 11:00-2:00 Retail Therapy & Lunch Bunch 2:15 Walgreens 3:30 Hank Finken Readers' Theatre</p> <p style="text-align: right;">10</p>	<p>8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Games 11:00 Celebrate the Day & Mind&Melody – National Guitar Day 1:00-2:30 Painting w/ Valerie 3:00 Monthly Birthday Party</p> <p style="text-align: right;">11</p>	<p>8:00 Chamber of Commerce Breakfast 8:30 Good Morning Friends! 9:30 Meditation, Daily Chronicles & Brain Exercises 10:30 Zumba w/ Teri 11:00 Lunch Bunch 1:30 Catholic Eucharistic Minister 2:30 Publix 3:30 Celebrate the Day – <i>Lincoln's Birthday</i></p> <p style="text-align: right;">12</p>	<p>8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Exercises 11:00 Town Hall Meeting 1:30-3:00 Painting w/ Valerie & w/ Filicia Porter 3:30 Celebrate the Day – <i>Madly in Love w/ Me Day. Hand Massages</i></p> <p style="text-align: right;">13</p>	<p>8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Exercises 11:00 Bingo 2:00 Helen Sagan Presents Love Songs in Opera 3:30 Jonathan Cummings Performing 4:30 Happy Hour & Celebrate the Day – <i>Valentine's Day</i></p> <p style="text-align: right;">14</p>	<p>8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Exercises 11:00 Sing a long 2:00 Drama Club 3:00-5:00 Celebrate the Day & Afternoon Movie – <i>Cinderella Debut</i></p> <p style="text-align: right;">15</p>
<p>8:30 Good Morning Friends! 9:00 Meditation & Exercise 10:00 Church Transportation 10:30 Zen Coloring Den 11:00 Fresh Air Fun 2:00 Celebrate the Day – Random Acts of Kindness Week Begins 3:00 Afternoon Movie</p> <p style="text-align: right;">16</p>	<p>8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00-1:00 Retail Therapy & Lunch Bunch 1:30 Walgreens 3:00 Celebrate the Day - The Hall of Presidents Presented by the Drama Club</p> <p style="text-align: right;">17</p> <p style="text-align: center;"><small>Presidents' Day (US)</small></p>	<p>8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Men's Group Therapy 10:30 Daily Chronicles & Brain Games 11:00 Alice Luckhardt Presents 1:30-3:00 Painting w/ Valerie 2:30-4:00 Girl Scout Meeting 3:30 Celebrate the Day – <i>National Drink Wine Day</i></p> <p style="text-align: right;">18</p>	<p>8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Exercises 11:00 Publix 1:30 Catholic Eucharistic Minister 2:00 Let's Get Creative 3:00 Melanie Steinke Performing 6:30 Celebrate the Day – <i>Friendship Movie Night. Watch Beaches.</i></p> <p style="text-align: right;">19</p>	<p>8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Exercises 11:00 Let's Get Creative 1:30-3:00 Painting w/ Valerie 4:00 Celebrate the Day – <i>Happy Birthday, Sidney Poitier. Watch Free of Eden</i></p> <p style="text-align: right;">20</p>	<p>8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Exercises 11:00 Creating w/ Clay 2:00 Celebrate the Day – <i>National Caregivers Day</i> 3:00 Afternoon Movie</p> <p style="text-align: right;">21</p>	<p>8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Exercises 11:00 Sing-along Saturday 2:00 Celebrate the Day – <i>National Wildlife Day</i> 3:00 Afternoon Movie</p> <p style="text-align: right;">22</p>
<p>8:30 Good Morning Friends! 9:00 Meditation & Exercise 10:00 Church Transportation 10:30 Zen Coloring Den 11:00 Fresh Air Fun 2:00 Celebrate the Day – <i>Remember the Alamo</i> 3:00 Afternoon Movie</p> <p style="text-align: right;">23</p>	<p>8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Games 11:00-2:00 Retail Therapy & Lunch Bunch 2:30 Walgreens 3:00 Celebrate the Day – <i>National Tortilla Chip Day</i> 3:30 Andrea Performing</p> <p style="text-align: right;">24</p>	<p>8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Men's Group Therapy 10:30 Daily Chronicles & Brain Games 11:00 Bingo 1:30-3:00 Painting w/ Valerie 3:30 Celebrate the Day – <i>Mardi Gras</i> 4:30 Fresh Air Fun</p> <p style="text-align: right;">25</p> <p style="text-align: center;"><small>Mardi Gras</small></p>	<p>8:30 Good Morning Friends! 9:30 Meditation, Daily Chronicles & Brain Exercises 10:30 Zumba w/ Teri 11:00 Let's Get Creative 11:30 Lunch Bunch 1:30 Catholic Eucharistic Minister & Distribution of Ashes 2:30 Publix 3:30 Karin & Charles Performing</p> <p style="text-align: right;">26</p> <p style="text-align: center;"><small>Ash Wednesday</small></p>	<p>8:30 Good Morning Friends! 9:30 Meditation & Exercise 1:30 Daily Chronicles & Brain Exercises 11:00 Celebrate the Day – <i>Would You Rather Day</i> 12:00 Celebrate the Day – <i>National Chili Day</i> 1:30-3:00 Painting w/ Valerie 4:00 Sing A Long</p> <p style="text-align: right;">27</p>	<p>8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Exercises 11:00 Bingo 2:00 Celebrate the Day – <i>National Floral Design Day. Interactive Floral Design Class with Harbour Bay Florists</i> 3:00 Afternoon Movie</p> <p style="text-align: right;">28</p>	<p>8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Exercises 11:00 Sing-along Saturday 2:00 Celebrate the Day – <i>Leap Day</i> 3:00 Afternoon Movie</p> <p style="text-align: right;">29</p> <p style="text-align: center;"><small>Leap Day</small></p>

Calendar Subject to Change. Please See Daily Agenda for Updates