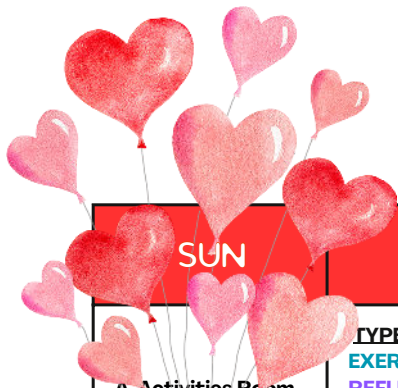


# THE HUNTINGTON ACTIVITY CALENDAR

## FEBRUARY The Huntington 2025

ASSISTED LIVING  
**VAHS** *Your best life is our mission.*



SUN	MON	TUE	WED	THU	FRI	SAT
<p>A-Activities Room M-Media Room TN-The Newport D-Dining Hall</p>	<p><b>TYPES OF ACTIVITIES</b>  <b>EXERCISE</b>    <b>CREATIVE</b>  <b>REFLECTIVE</b>    <b>SENSORY</b>  <b>SOCIAL</b>    <b>OUTINGS</b>  <b>OUTDOORS</b>    <b>COGNITIVE</b>  <b>ENTERTAINMENT</b></p>	<p>Program times 30 minutes unless:  *1=1 hour program  *1.25=1 hour &amp; 15 min  **2 hrs or more</p>	<p>American Heart Month  AMD/Low Vision Month  Black History Month  Great American Pie Month  Library Lovers Month</p>	<p><b>NEW INCENTIVE PROGRAM:</b>  <b>FOOTSTEPS TO FITNESS</b></p>		<p>1 9:30 <b>Word Fun</b> (A)  6:00 pm The Gaithers (TBN)</p>
<p>2 3:00 <b>Newport News Baptist Church</b> (D)*1  <b>GROUNDHOG DAY</b></p>	<p>3 10:30 <b>TAO: Chair Yoga</b> (A)  2:00 <b>Craft: Pinecone Hedgehog</b> (A)*1  3:30 <b>Bounce Battle Challenge</b> (A)*1</p>	<p>4 Schedule transportation  11:30 <b>Cancer Wreath Pins</b> (A)  2:30 <b>Bingo</b> (A) *1.25  <b>WORLD CANCER DAY</b></p>	<p>5 9:30 <b>Craft: Jesus 1st in my heart decor</b> (A)  10:30 <b>Bible Study</b> (M)  11:15 <b>Cardio Drumming</b> (A)*1  2:00 <b>Movie</b> (M)**</p>	<p>6 9:30 <b>Make Valentine's Day Cards</b> (A)  10:30 <b>Chair Zumba</b> (A)  2:30 <b>Bingo</b> (A)*1.25</p>	<p>7 9:30 <b>Word Fun</b> (A)  11:00 <b>Make Bear Valentine Magnet</b> (A)  2:30 <b>Wear Red Social</b> (A)*1.25  <b>WEAR RED DAY</b></p>	<p>8 <b>TRIP: 10:00** Main St. Library to see We Stand for Justice: Salute to African American Heroes of Newport News</b> (pre-register by Feb 6)</p>
<p>9 <b>Catholic Communion Visits with OLMC</b>  6:30 pm  Superbowl (M)  Fox Channel</p>	<p>10 9:30 <b>Word Fun</b> (A)  11:00 <b>Make no-sew bean bags</b> (A)  2:00 <b>Valentine Bean Bag Toss &amp; Cupid Floats</b> (A)*1</p>	<p>11 Schedule transportation  2:00 <b>Bingo</b> (A) *1.25</p>	<p>12 10:00 <b>Game: Penny Drop</b> (A)  10:30 <b>Bible Study</b> (M)  11:15 <b>Cardio Drumming</b> (A)*1  2:00 <b>Movie</b> (M)**</p>	<p>13 9:30 <b>Tootsie Dot Candy Mining</b> (A)  11:00 <b>Make rainbow tissue heart</b> (A)*1  2:30 <b>Bingo</b> (A)*1.25</p>	<p>14 10:30 <b>Make Plastic Egg Gumdrops</b> (A)*1  2:00 <b>Valentine's Day Party</b> (The Newport )</p>	<p>15 10:30 <b>Scavenger Hunt for Gumdrops</b> residents made (treats inside)  <b>Gumdrop Day</b>  6:00 pm The Gaithers (TBN)</p>
<p>16 3:00 <b>Newport News Baptist Church</b> (D)*1</p>	<p>17 10:00 <b>Make American Flag Pop</b> (A)  11:00 <b>Grab the Gumdrop</b> A*1 (similar to Bingo)  2:00 <b>Crafting w/Martha &amp; Jerry</b> (A)*1  <b>President's Day</b></p>	<p>18 Schedule transportation  11:00 <b>Bingo</b> (A)*1  3:00 <b>Have a Heart Happy Hour</b> (A)*2</p>	<p>19 9:30 <b>Name that Instrument</b> (A)  10:30 <b>Bible Study</b> (M)  11:15 <b>Cardio Drumming</b> (A)*1  2:00 <b>Movie</b> (M)**</p>	<p>20 9:30 <b>Word Fun</b> (A)  11:00 <b>Ladybug Clothespin Craft</b> (A)  2:30 <b>Birthday Celebration</b> (D)*1  <b>Music: Soundscapes National Cherry Pie Day</b></p>	<p>21 <b>Trip \$20 Depart lobby at 11am** Olive Garden Lunch Menu</b> (pre-register by Feb 19)</p>	<p>22 12:30 <b>February Tabletalk Tidbits</b> (D) (on the tables)  6:00 pm The Gaithers (TBN)</p>
<p>23 2:30 <b>Hampton Roads Indepe. Baptist Church</b> (D)*1</p>	<p>24 9:30 <b>Word Fun &amp; Manicures</b> (A)*1  11:00 <b>TAO: Clay Pottery</b> (A)*1  2:30 <b>Music: Bill Ren</b> (D)*1</p>	<p>25 Schedule Transportation w/Bonnie  2:30 <b>Bingo</b> (A) *1.25</p>	<p>26 9:30 <b>Group Puzzle</b> (A)*1  10:30 <b>Bible Study</b> (M)  11:15 <b>Cardio Drumming</b> (A)*1  2:00 <b>Movie</b> (M)**</p>	<p>27 9:30 <b>Blind date w/a book</b> (A)  10:30 <b>Chair Zumba</b> (A)  11:15 <b>Resident's Forum</b> (A)  2:30 <b>Bingo</b> (A) *1.25</p>	<p>28 9:45 <b>Floral Arranging</b> (A)  11:00 <b>Game: Put a ring on it</b> (A)  2:30 <b>X's &amp; O's Social</b> (A) *2  <b>Virgin Strawberry Daiquiris &amp; games Floral Design Day National Strawberry Day</b></p>	<p>(757) 223-0888  <b>RECREATION DIRECTOR</b>  <b>BONNIE FITZ</b>  <b>BFITZ@VAHS.COM</b></p>