

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# CityView February 2024 SOUL Calendar

<p>9:30 Power Up Hour 10:30 Sending Positive Blessings to All 1:00 <b>Ultimate Sports Recap: Nat'l Football League (NFL)</b> 2:00 <b>Heart Shaped Cookies &amp; Hot Chocolate.</b> 3:00 SOUL Ultimate Spa Day 6:00 "I Love Lucy" TV Series Marathon</p> <p>National Homemade Soup Day</p>	<p>9:30 Local Daily News Updates 10:30 Morning Massages 1:00 Spiritual Listening 2:00 <b>DIY Creative Valentine Craft: Reasons Why I Love You List.</b> 3:00 Music Appreciation: <b>Marvin Gaye</b> 6:00 Movies based on a true story</p>	<p>9:30 Shake it off Zumba 10:30 Sound Meditation &amp; Tea 1:00 <b>Self Love Floral Arrangements</b> 2:00 Ultimate Frozen Yogurt TrailMix . 3:00 <b>Ted Talk &amp; Tea Discussions</b> 6:00 Romantic Comedies</p> <p>National Frozen Yogurt Day</p>	<p>9:30 Stationary Cycling 10:30 Paint with Friends: <b>Candles</b> 1:00 Family Stories: Fun &amp; Happy Memories 2:00 Comedy Improv Hour 3:00 Hello, Love Bingo! 6:00 Classic Love Film</p>	<p>9:30 Morning Meditation 10:30 Breathe Right Exercise 1:00 Soul Self Love Refreshments 2:00 <b>Soul Adventures: Echo Park - Feed the Ducks!</b> 3:00 <b>DIY: Your own Chocolate Toppings</b> 6:00 Musical Theatre Movies</p> <p>National Dark Chocolate Day</p>	<p>9:30 Morning Refreshments 10:30 Bird walking Club 1:00 Admiring and Feeding Soul Birds 2:00 <b>Freshly Crafted SOUL Blueberry Pies</b> 3:00 Card Game Tournament: Blackjack 21 6:00 Classic Television Marathon</p> <p>Groundhog Day</p>	<p>9:30 Inhale &amp; Exhale Affirmations 10:30 Dance Aerobics 1:00 SOUL: Pen Pal Hour 2:00 Short Stories Book Club 3:00 <b>Loving Our Beautiful Garden: Edible Gardening</b> 6:00 Hollywood Blockbuster Pictionary with Friends</p>
<p>9:30 Joint Therapy Massage 10:30 Sending Positive Blessings 1:00 <b>ULTIMATE SUPER BOWL DAY Nat'l Football League (NFL)</b> 2:00 Cheerful Side: Warm Raspberry Rolls 3:00 VolunteersTournament Hour: Charades 6:00 "I Love Lucy" TV Series</p> <p>Super Bowl Sunday</p>	<p>9:30 Health Focused Affirmation 10:30 <b>Morning Facials</b> 1:00 Bird walking Club 2:00 Cream filled Sugar Free Rolls &amp; Shoot the Hoops! Basketball Tournament 3:00 Art Appreciation: <b>Edvard Munch</b> 6:00 Movies Based on a true story</p>	<p>9:30 Soul Morning Affirmations 10:30 Pilates Workout 1:00 <b>Famous New Orleans Chicory Coffee &amp; King Cakes</b> 2:00 SOUL Pet Therapy: Play with Me! 3:00 <b>DIY Craft Hour: My own Mardi Gras Beaded Necklace</b> 6:00 Romantic Comedies</p> <p>Fat Tuesday / Mardi Gras</p>	<p>9:30 Morning Meditation 10:30 Paint <b>LOVE</b> with Friends 1:00 <b>Soul Valentines Day Event</b> 2:00 <b>DIY Jewelry: Friendship Necklaces &amp; Bracelets</b> 3:00 <b>Soul Valentines Day Dinner with Entertainer: Richard G.</b> 6:00 Classic Love Film</p> <p>Ash Wednesday / Valentine's Day</p>	<p>9:30 Stationary Cycling 10:30 Local News: Los Angeles 1:00 <b>Poetry in the Courtyard</b> 2:00 <b>Soul Adventures: Neighborhood Library</b> 3:00 Tournament: HD Word Search 6:00 Musical Theatre Movies</p> <p>National Giving Hearts Day</p>	<p>9:30 Mindful Meditations 10:30 Aromatherapy Massage 1:00 <b>Acrylic Painting: Beautiful Chinese Dragons</b> 2:00 Admiring &amp; Feeding Soul Birds 3:00 <b>Lucky Lanes Dragon Bowling</b> 6:00 Classic Television Marathon</p>	<p>9:30 Today's News &amp; Tea Early Bird Stretches 10:30 Soul Remembrance &amp; Tea 1:00 Lunar New Year Horoscopes 2:00 <b>SOUL Chinese Food Cart: Orange Chicken &amp; Chow Mein</b> 3:00 DIY Make Your Own: Chinese Finger Trap 6:00 Hollywood Blockbuster</p> <p>Lunar New Year begins (Dragon)</p>
<p>9:30 Mindful Mediation 10:30 Sending Positive Blessings to All 1:00 <b>Ultimate Sports Recap: Nat'l Football League (NFL)</b> 2:00 <b>Muffins &amp; Sweet Tea</b> 3:00 <b>Holiday Tournament: Mix Match Cute &amp; Fluffy Pups</b> 6:00 "I Love Lucy" TV Series</p>	<p>9:30 Early Bird Stretches 10:30 Resistance Band Workout 11:00 Card Game: Prize Uno 2:00 <b>Residents Pick: Tasty Dessert</b> 4:00 Music Appreciation: <b>Diana Ross</b> 6:00 Movies Based on a true story</p> <p>Presidents' Day</p>	<p>9:30 Breathe Right Exercise! 10:30 Aromatherapy Warm up 1:00 <b>Self Love Floral Arrangements 2</b> 2:00 Nourishing our Bodies: Hydration Hour 3:00 <b>Chef Demo: Decorative Animal Shaped Cookies</b> 6:00 Romantic Comedies</p> <p>National Love Your Pet Day</p>	<p>9:30 Morning Refreshments 10:30 Paint with Friends: <b>Sunsets</b> 1:00 SOUL Band: Beat of the Drums &amp; Karaoke Hour. 2:00 <b>HAPPY HOUR: Residents Birthday Celebration</b> 3:00 Craft Hour: Six Step Funny Elephant Drawing 6:00 Classic Love Film</p>	<p>9:30 Positive Morning Affirmations 10:30 <b>Heart to Heart Hour</b> 1:00 <b>Soul Adventures: Rodeo Dr. Scenic Drive</b> 2:00 Cocktail Happy Hour Soul Yummy Berry Mojitos 3:00 SOUL Family Game Night: <b>Family Feud</b> 6:00 Musical Theatre Movies</p> <p>National Margarita Day</p>	<p>9:30 Hand to Hand Meditation 10:30 Morning Refreshments 1:00 DIY: Personalized Heart Fans. 2:00 <b>Chef Demo: Strawberry Vanilla Ice-Cream &amp; Cherry Pie</b> 3:00 Soul Friendship Bowling 6:00 Classic Television Marathon</p> <p>National Caregivers Day</p>	<p>9:30 Breathe Right Yoga 10:30 Soul Breakfast Warm up. 1:00 Flamingo Memory Chair Game 2:00 <b>Ice-Cream Parlor: Strawberry Shortcake.</b> 3:00 SOUL Brain Teaser: HD Word Search 6:00 Hollywood Blockbuster</p>
<p>9:30 Cheerful Morning Walk 10:30 Sending Positive Blessings to All 1:00 <b>Ultimate Sports Recap: Nat'l Football League (NFL)</b> 2:00 Berries &amp; Cream Snack Cart 3:00 Volunteers Tournament Hour: Can you Spot the Differences?! 6:00 "I Love Lucy" TV Series</p> <p>National Clam Chowder Day</p>	<p>9:30 Aromatherapy Massage 10:30 Fab, Fit, Fun Workout 1:00 <b>SOUL 70's Sing Along: Love Songs!</b> 2:00 <b>Studio Music Session w/Our Drumbeats &amp; Tambourines</b> 3:00 Art Appreciation: <b>Jean-Honoré Fragonard</b> 6:00 Movies Based on a true story</p>	<p>9:30 Soul Breakfast &amp; Power Up Pilates Body Stretches 10:30 Short Stories Book Club 1:00 <b>SOUL Sing-Along Karaoke</b> 2:00 Tasty Healthy Fruit Cups Cart 3:00 Poems from The Heart 6:00 Romantic Comedies</p> <p>National Strawberry Day</p>	<p>9:30 Morning Warm Up 10:30 Soul Paint with Friends: <b>Desserts.</b> 1:00 <b>WELCOME: New Residents Happy Hour</b> 2:00 Hello! Prize Bingo 3:00 <b>DIY: Soul Tasty Healthy Smoothies</b> 6:00 Classic Love Film</p> <p>National Pancake Day</p>	<p>9:30 Positive Energy Vibrations &amp; News Broadcast 10:30 <b>Basic Technology Class 101</b> 1:00 Fun Unique Shaped Donuts 2:00 <b>Soul Adventures: Beach Tour</b> 3:00 <b>SOUL Family Game Night: World Trivia</b> 6:00 Musical Theatre Movies</p> <p>Leap Year</p>		