

**Oaks February Activity Descriptions**

**Bean Bags (Resident Led)** – Get ready for some friendly competition at our resident-led Bean Bags game! Join fellow residents for a fun and casual game, perfect for staying active and socializing. Supplies are conveniently located upstairs by the NuStep bike—just grab a set and let the games begin

**Be Fit & Factual: Valentine’s Edition w/ Carrie** – Exercise your mind and body with this fun seated fitness routine for Valentine’s Day.

**Begins With** – In this game, choose a three-letter word and make new words that begin with the three-letter word. The team that lists the most words is the winner.

**Bible Study with Faith Lutheran** - Led by pastors from Faith Lutheran. Enjoy a time of scripture, reflection, and discussion in a welcoming and uplifting environment. All are welcome to participate!

**Bingo** – Come see if luck is on your side at a community favorite!

**Bingo with LaVonne and Allen** – Per the Resident Planning Committee, we’re trying something new—resident-led bingo! Join LaVonne and Allen as they call the numbers for a fun, interactive game that’s full of laughs, excitement, and community spirit. Everyone is welcome to play!

**Birthday Social** – Resident Requested! Let’s gather to celebrate those born in February!

**Blackjack** – Try your luck at a classic game of blackjack! Join us for a fun, relaxed round of this popular card game—no experience needed. Friendly competition, great company, and plenty of chances to win (bragging rights only!).

**Cards (Resident Led)** - Join us for a fun card game session! Residents will choose the

game, so bring your favorite ideas or learn something new. It's a great way to connect, relax, and enjoy friendly competition.

**Cash Wise Grocery** – Place your weekly grocery order online or by phone for delivery. Life Enrichment team members are available to assist.

**Coffee & Snack** - Daily social gathering with coffee and individually wrapped snacks in the dining room.

**Coffee & Snack: Meet with Emily** – Join us for our classic coffee and snack while taking time to sit down and meet our new Clinical Director, Emily. A great opportunity to connect and get to know her!

**Concession Stand** – Stop by the Concession Stand for a classic treat! Enjoy free popcorn, candy, and soda while you mingle with friends or grab a snack to go. Whether you're staying to chat or just picking up a favorite treat, this is a perfect way to add a little fun to your day!

**Craft Corner (Resident Led)** - Bring your own craft or art project to work on in a creative, social atmosphere. Coloring sheets will also be provided. Join fellow residents for a relaxing and fun time making art together at your own pace!

**Cranium Crunches** – Give your brain a workout with Cranium Crunches! There are six mentally challenging puzzles designed to spark thinking, conversation, and friendly problem-solving as a group. A fun and engaging way to keep minds sharp this month.

**Devotions with Shawn** - Join Shawn for a non-denominational spiritual study. A welcoming time for reflection, encouragement, and shared insight.

**Dine In: Knights of Columbus Fish Fry** – Residents are invited to sign up on the

bulletin board for this yearly favorite! The Knights of Columbus will deliver meals for us to enjoy onsite. The cost of the meal will be posted closer to the event, and payment will be collected by Melanie on the day of the event.

**Dining Committee** - Pull up a chair and let your voice be heard! In this new program, residents are invited to meet with our Dining Manager to discuss upcoming menus, share ideas, and offer feedback. Help create a dining experience everyone can enjoy!

**Ecumen Wellness** – Join us for our signature exercise program!

**Evening Bingo** – Come see if luck is on your side at a community favorite!

**Golf Card Game (Resident-Led)** - Join fellow residents for a friendly round of the classic Golf card game. Easy to learn and full of fun—bring your best strategy and enjoy!

**Grief Group with Jim Heymans** – Grief isn’t just about death—it can follow any major life change that reshapes your entire world. Join us for support, education and a time to heal and connect with others who are navigating life’s transitions. Led by Ecumen Hospice staff, our time together will allow us to learn and grow. (Pines Dining Room)

**Health & Nutrition with Toni Swanson** – This resident-requested program offers an opportunity to learn more about health and nutrition. Toni Swanson, Ecumen’s Registered Dietitian, will join us to share helpful information, answer questions, and support healthy living.

**Heart Healthy Social** – February is Heart Health Month! Join us to learn simple tips for keeping your heart healthy, have your blood pressure checked, and enjoy refreshing infused water options. A relaxed and

informative social focused on feeling your best.

**Ice Cream Social!** - Indulge in sweet treats and delightful company at our Ice Cream Social! Enjoy an ice cream treat while connecting with friends and creating cherished moments. A simple way to brighten your day!

**John Williams: Maestro of the Movies** – John Williams is one of the most influential composers of all time. His unforgettable film scores have shaped the way audiences experience movies for decades. This music program looks at the life, artistry, and lasting impact of John Williams.

**King & Queen Coronation** – Join us for our annual King and Queen Coronation! Residents cast their votes this week, and now it’s time to celebrate as the royal crowns are placed upon this year’s winners. A fun and festive tradition you won’t want to miss.

**Manicures** – Relax as we clip, file, and paint your nails each week.

**Mardi Gras Happy Hour** – Celebrate Mardi Gras with our monthly happy hour! Enjoy festive flavors, great company, and a lively atmosphere as we bring a little Mardi Gras spirit to the community.

**Men’s Group: Guy Talk**– Men are invited to gather for coffee and conversation in this relaxed group. Share stories, ideas, and whatever’s on your mind. This time, we’ll be hearing about and discussing Do-It-Yourself projects.

**Morning Coffee (Resident Led)** – Join us for a relaxed and social gathering, enjoy a hot cup of coffee, and connect with friends. It’s a perfect way to kick off the morning with conversation and good company!

**Morning Coffee and Facts & Chat with Aegis** - Our popular monthly educational program

is back! Join us as Katy will share helpful tips and information to keep you safe and informed this season.

**Movie Night** - See digital signs for specific movies each week, Tuesday/Wednesday Movie Night movies are played on the common area TV's upstairs.

**Music with Pastor Adam** – Pastor Adam is back to entertain us with music and familiar favorites. Join us for an enjoyable and uplifting time together.

**Outing: Shopping Around Hutch** - Weekly shopping trip to the store of your choice! Sign up on the bulletin board.

**Pancake Breakfast** – Celebrate Shrove Tuesday with a delicious pancake breakfast! Enjoy pancakes served fresh off the griddle as we gather together for a tasty and traditional treat.

**Pizza Party! (Resident Led)** – It's pizza time! Join us for a resident-led Pizza Party, organized through the Resident Planning Committee. Sign up on the bulletin board to reserve your spot. Pizza will be delivered from Domino's, and the cost will be approximately \$3–5 per person (exact amount will be announced day-of). Melanie will collect payment. Come enjoy great food and even better company!

**Remembering Classic Love Songs** – Take a trip down memory lane with a listening party featuring timeless love songs. Explore the stories and memories behind these classic tunes while enjoying good company and great music.

**Resident Meeting** – Held monthly. Please contact Melanie Z. with any agenda items you may have.

**Resident Planning Program** - Share your ideas and help shape February's activities! This empowering session gives you the

opportunity to suggest and plan programs that interest you most. Let your voice inspire our calendar!

**Root Beer Float Social** – A sweet treat by popular demand! Residents will lead this social as we enjoy classic root beer floats together. Come for the fun, the fizz, and the chance to connect with friends over a delicious treat.

**Silly Sound Off Game** – Get ready to laugh out loud with this fun, collaborative game! No matter who earns the most points, everyone's a winner. Encourage players to let loose and make funny sound remember, the more laughter, the better! Don't be shy cracking up your fellow players is half the fun.

**St. A's Communion** - Catholic communion from St. A's parish. Every Sunday morning.

**Super Bowl LX** – Watch the Seahawks and the Patriots face off in this year's Super Bowl! Enjoy all the action live on NBC and cheer on your favorite team with friends.

**Tic Card Game (Resident Led):** A fast-paced and fun group card game where players race to collect four cards of the same number or suit. Once a player has four of a kind, they subtly place a finger on the table — other players must quickly follow! The last person to notice gets a letter — spell "TIC" and you're out! Great for laughs, observation skills, and friendly competition.

**Travelogue – Destination: Exploring Singapore** - This month, we are traveling to Singapore.

**Universal Yums: Greece** - Explore a box of snacks and candies from a different country every month. The products are delicious, unique, and often extremely difficult (or even impossible) to find in the United States. But there's more than incredible Yums. Each

month we'll also discover an interactive guidebook to steer your adventure – including trivia, games, recipes, culture, and more!

**Visits with Carrie** – Social interaction in your apartment with Carrie.

**Weekend Bingo** – Come see if luck is on your side at a community favorite!

**What Am I? Trivia** – Put your thinking cap on! Listen to the clues and try to guess the mystery thing. A fun and engaging way to challenge your mind and enjoy some friendly competition!

**What's Your Verdict?** – Step into the jury box! Three intriguing cases will be presented, and it's up to you to decide—Guilty or Not Guilty? Join us for lively discussion and courtroom fun.

**Whist – Resident Led** – Join fellow residents for an enjoyable game of Whist, led by one of your peers! Sharpen your skills, enjoy friendly competition, and socialize in a relaxed, welcoming setting. All experience levels are welcome.

**Winter Olympic Event: Air Hockey** – Ecumen communities are competing for the Gold! The first event is air hockey—score the most goals for your chance to bring home the gold. Friendly competition, fun, and excitement await!

**Winter Olympic Event: Biathlon** – The second event in our Winter Olympics is the Biathlon! Residents will combine target shooting with walking in this fun and friendly competition. Aim carefully, stay steady, and see who can bring home the gold!

**Winter Olympics Trivia** – Test your knowledge with 30 fun and challenging trivia questions all about the Winter Olympics! Join us for a lively game that's perfect for friendly competition and learning something new.

**Winter Olympics Workout Stations with Carrie** – Celebrate the Winter Olympics with four sets of exercises that can be done in chairs.

**Worship with Faith Lutheran** - Lutheran - Faith Lutheran/Christ the King service and communion rotation.

**Yahtzee (Resident Led)** - Enjoy the classic dice game with friends, where strategy and luck combine for a fun and competitive experience. All are welcome to participate!

**Pines February Activity Descriptions**

**500 (Resident Led), Tuesdays** - Full of strategy and teamwork! Whether you're playing solo or with a partner, try to outscore your opponents and enjoy a friendly game of this classic card favorite. All are welcome to join!

**Aggravation (Resident Led), 2/11 & 2/25** – Join fellow residents for a fun and friendly game of Aggravation! This classic board game is all about strategy, a little luck, and plenty of laughs. Whether you're a seasoned player or new to the game, come check it out and enjoy some great company!

**Be Fit & Factual: Valentine's Edition w/ Carrie, 2/13** – Exercise your mind and body with this fun seated fitness routine for Valentine's Day.

**Bean Bags (Resident Led), 2/15** – A fun, resident-led program from the *Sometimes Funtimes Committee*! Join us for friendly competition and social fun as we play a classic game of bean bags together. Everyone is welcome!

**Begins With, 2/25** – In this game, choose a three-letter word and make new words that begin with the three-letter word. The team that lists the most words is the winner.

**Bible Study with Faith Lutheran, 2/19** - Join the pastors from Faith Lutheran to learn about the bible.

**Bingo, Fridays** – Come see if luck is on your side at a community favorite!

**Bingo with Brenda, 2/1** – Per the *Sometimes Funtimes Committee*, we're trying something new—resident-led bingo! Join Brenda as she calls the numbers for a fun, interactive game that's full of laughs, excitement, and community spirit. Everyone is welcome to play!

**Birthday Social, 2/19** – Resident Requested! Let's gather to celebrate those born in January!

**Blackjack, 2/14** – Try your luck at a classic game of blackjack! Join us for a fun, relaxed round of this popular card game—no experience needed. Friendly competition, great company, and plenty of chances to win (bragging rights only!).

**Cash Wise Grocery, Thursdays** – Place your weekly grocery order online or by phone for delivery. Life Enrichment team members are available to assist.

**Coffee & Snack, Daily** - Daily social gathering with coffee and individually wrapped snacks in the dining room.

**Communion with Pastor Paul – Peace Lutheran, 2/20** - Pastor Paul from Peace Lutheran will be here to provide communion.

**Concession Stand, 2/20** – Stop by the Concession Stand for a classic treat! Enjoy free popcorn, candy, and soda while you mingle with friends or grab a snack to go. Whether you're staying to chat or just picking up a favorite treat, this is a perfect way to add a little fun to your day!

**Cranium Crunches, 2/5** – Give your brain a workout with Cranium Crunches! There are six mentally challenging puzzles designed to spark thinking, conversation, and friendly problem-solving as a group. A fun and engaging way to keep minds sharp this month.

**Dine In: Knights of Columbus Fish Fry, 2/27** – Residents are invited to sign up on the bulletin board for this yearly favorite! The Knights of Columbus will deliver meals for us to enjoy onsite. The cost of the meal will be posted closer to the event, and payment will

be collected by Melanie on the day of the event.

**Dining Menu Committee, 2/2** – Pull up a chair and let your voice be heard! In this new program, residents are invited to meet with our Dining Manager to discuss upcoming menus, share ideas, and offer feedback. Help create a dining experience everyone can enjoy!

**Ecumen Wellness, Monday/Wednesday/Fridays** – Join us for our signature exercise program!

**Evening Bingo, 2/18** – Come see if luck is on your side at a community favorite!

**Facts & Chat with Aegis, 2/19** - Our popular monthly educational program is back! Join us for a friendly meet and greet with Katy, the newest member of the Aegis team. She'll also share helpful tips and information to keep you safe and informed this season.

**Farkle (Resident-Led), Saturdays** – By popular resident request, join us for a game of Farkle led by one of our own! This exciting dice game blends strategy and chance, making for a lively and friendly competition. Whether you're a seasoned player or new to the game, come enjoy great company and some resident-led fun!

**Grief Group with Jim Heymans, 2/23** – Grief isn't just about death—it can follow any major life change that reshapes your entire world. Join us for support, education and a time to heal and connect with others who are navigating life's transitions. Led by Ecumen Hospice staff, our time together will allow us to learn and grow. (Pines Dining Room)

**Heart Healthy Social, 2/6** – February is Heart Health Month! Join us to learn simple tips for keeping your heart healthy, have your blood pressure checked, and enjoy refreshing

infused water options. A relaxed and informative social focused on feeling your best.

**Health & Nutrition with Toni Swanson, 2/26** – This resident-requested program offers an opportunity to learn more about health and nutrition. Toni Swanson, Ecumen's Registered Dietitian, will join us to share helpful information, answer questions, and support healthy living.

**Ice Cream Social!, 2/13** - Indulge in sweet treats and delightful company at our Ice Cream Social! Enjoy an ice cream treat while connecting with friends and creating cherished moments. A simple way to brighten your day!

**John Williams: Maestro of the Movies, 2/24** – John Williams is one of the most influential composers of all time. His unforgettable film scores have shaped the way audiences experience movies for decades. This music program looks at the life, artistry, and lasting impact of John Williams.

**King & Queen Coronation, 2/13** – Join us for our annual King and Queen Coronation! Residents cast their votes this week, and now it's time to celebrate as the royal crowns are placed upon this year's winners. A fun and festive tradition you won't want to miss.

**Manicures, Tuesdays** – Relax as we clip, file, and paint your nails each week.

**Mardi Gras Happy Hour, 2/17** – Celebrate Mardi Gras with our monthly happy hour! Enjoy festive flavors, great company, and a lively atmosphere as we bring a little Mardi Gras spirit to the community.

**Mass/Communion with Father Paul, 2/6** - Catholic - Communion with Father Paul from St. A's

**Men's Coffee and Pastries, 2/3** – A relaxed gathering for the men of our community!

Enjoy coffee, pastries, and good conversation in a welcoming setting. A simple way to connect, socialize, and start the day on a positive note.

**Men's Group: Guy Talk, 2/12** – Men are invited to gather for coffee and conversation in this relaxed group. Share stories, ideas, and whatever's on your mind. This time, we'll be hearing about and discussing Do-It-Yourself projects.

**Mexican Train Dominoes (Resident Led), Mondays** - Strategy and luck come together! Players build their trains with dominoes, aiming to be the first to finish. It's a fun, social game that's easy to learn and perfect for friendly competition. All are welcome to play!

**Morning Coffee (Resident Led), Thursdays** - Join us for a relaxed and social gathering, enjoy a hot cup of coffee, and connect with friends. It's a perfect way to kick off the morning with conversation and good company!

**Movie Night, Tuesdays** - See separate handout for individual movie synopsis. Tuesday/Wednesday Movie Night movies are played on the common area TV's upstairs.

**Music with Pastor Adam, 2/5** – Pastor Adam is back to entertain us with music and familiar favorites. Join us for an enjoyable and uplifting time together.

**Outing: Shopping Around Hutch, Mondays** - Weekly shopping trip to the store of your choice! Sign up on the bulletin board.

**Pancake Breakfast, 2/17** – Celebrate Shrove Tuesday with a delicious pancake breakfast! Enjoy pancakes served fresh off the griddle as we gather together for a tasty and traditional treat.

**Pizza Party! (Resident Led), 2/26** – It's pizza time! Join us for a resident-led Pizza Party, organized through the Resident Planning Committee. Sign up on the bulletin board to reserve your spot. Pizza will be delivered from Domino's, and the cost will be approximately \$3–5 per person (exact amount will be announced day-of). Melanie will collect payment. Come enjoy great food and even better company!

**Play 9 (Resident-Led), Wednesdays** - Gather for a fun, resident-led introduction to this easy-to-learn card game! All skill levels welcome!

**Random Trivia, 2/26** - Join us for a lively round of trivia featuring 30 questions across a variety of topics. Answers and interesting facts are provided to inspire conversation and friendly competition.

**Remembering Classic Love Songs, 2/14** – Take a trip down memory lane with a listening party featuring timeless love songs. Explore the stories and memories behind these classic tunes while enjoying good company and great music.

**Resident Council (Resident Led), 2/3** – This resident-led council provides a space for open discussion on community life, concerns, and ideas. Created at the request of residents, the group meets independently to share thoughts and work together on topics they wish to bring forward to community leadership. A meaningful way to promote communication, collaboration, and resident voice.

**Resident Meeting, 2/10** – Held monthly. Please contact Melanie Z. with any agenda items you may have.

**Root Beer Float Social, 2/8** – A sweet treat by popular demand! Residents will lead this social as we enjoy classic root beer floats together. Come for the fun, the fizz, and the

chance to connect with friends over a delicious treat.

**Shoot Pool (Resident Led), Thursdays** - By popular request, residents will lead a friendly game of pool! Come show off your skills, enjoy some friendly competition, and socialize with fellow players in a relaxed, welcoming environment.

**Silly Sound Off Game, 2/3** – Get ready to laugh out loud with this fun, collaborative game! No matter who earns the most points, everyone's a winner. Encourage players to let loose and make funny sound remember, the more laughter, the better! Don't be shy cracking up your fellow players is half the fun.

**SomeTimes FunTimes Committee, 2/11**- Share your ideas and help shape June's activities! This empowering session gives you the opportunity to suggest and plan programs that interest you most. Let your voice inspire our calendar!

**St. A's Communion, Sundays** - Catholic communion from St. A's parish. Every Sunday morning.

**Super Bowl LX, 2/8** – Watch the Seahawks and the Patriots face off in this year's Super Bowl! Enjoy all the action live on NBC and cheer on your favorite team with friends.

**Travelogue – Destination: Exploring Singapore, 2/19** - This month, we are traveling to Singapore.

**Universal Yums: Greece, 2/25** - Explore a box of snacks and candies from a different country every month. The products are delicious, unique, and often extremely difficult (or even impossible) to find in the United States. But there's more than incredible Yums. Each month we'll also discover an interactive guidebook to steer

your adventure – including trivia, games, recipes, culture, and more!

**Visits with Carrie, Tuesdays** – Social interaction in your apartment with Carrie.

**Weekend Bingo, 2/28** – Come see if luck is on your side at a community favorite!

**What Am I? Trivia, 2/4** – Put your thinking cap on! Listen to the clues and try to guess the mystery thing. A fun and engaging way to challenge your mind and enjoy some friendly competition!

**What's Your Verdict?, 2/11** – Step into the jury box! Three intriguing cases will be presented, and it's up to you to decide—Guilty or Not Guilty? Join us for lively discussion and courtroom fun.

**Winter Olympic Event: Air Hockey, 2/4** – Ecumen communities are competing for the Gold! The first event is air hockey—score the most goals for your chance to bring home the gold. Friendly competition, fun, and excitement await!

**Winter Olympic Event: Biathlon, 2/18** – The second event in our Winter Olympics is the Biathlon! Residents will combine target shooting with walking in this fun and friendly competition. Aim carefully, stay steady, and see who can bring home the gold!

**Winter Olympics Trivia, 2/10** – Test your knowledge with 30 fun and challenging trivia questions all about the Winter Olympics! Join us for a lively game that's perfect for friendly competition and learning something new.

**Winter Olympics Workout Stations with Carrie, 2/9** – Celebrate the Winter Olympics with four sets of exercises that can be done in chairs.

**Worship with Faith Lutheran, 2/12** - Lutheran - Faith Lutheran/Christ the King service and communion rotation.