

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February 2025

## Friendship Towers Daily Activities

<ul style="list-style-type: none"> <li>10:00 Southland Christian Church- ABC36</li> <li>1:30 Church Service with Tom Cruze-EC</li> <li>2:15 Chess &amp; Checkers-BB</li> <li>3:00 Scrabble-LL</li> <li>3:00 Ping Pong Games-LL</li> <li>3:00 Music with Proverbs 31-EC</li> </ul> <p>Groundhog Day</p>	<ul style="list-style-type: none"> <li>10:00 Fit, Fun &amp; Fab-EC</li> <li>10:30 Morning News-EC</li> <li>1:30 Music with Ukin' Kats-LL</li> <li>2:30 Creative Cove: Valentine Vase - EC</li> <li>3:30 Happier Hour - EC</li> <li>6:00 Family Movie Night "Ground Hog Day"-EC</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Coffee &amp; Donuts-EC</li> <li>9:30 Dale/Craig Music-3<sup>rd</sup> FL</li> <li>10:00 Chair Drumming-EC</li> <li>1:15 Health Awareness-EC</li> <li>2:00 Bible Study-FF</li> <li>2:45 Special Video "Freedom Flyers of Tuskegee"-EC</li> <li>4:00 Praise &amp; Prayer-EC</li> <li>6:00 Music with Millie-EC</li> <li>7:00 UK vs Ole Miss-LL</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Tai Chi-EC</li> <li>10:30 Morning News-EC</li> <li>1:00 Bingo-EC</li> <li>2:30 Scrabble-LL</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Coffee Time-Bistro</li> <li>10:30 Bible Study-3<sup>rd</sup> FL</li> <li>1:45 Leisure Lounge Games-LL</li> <li>6:00 Love and Laughter Dance with Music by Bobby-EC</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Fit, Fun and Fab-EC</li> <li>10:30 Morning News-EC</li> <li>1:00 Bingo-EC</li> <li>2:30 Taste and Create: Molasses Cookies-EC</li> <li>3:00 Celebrating Laura Ingalls Wilder Birthday-EC</li> <li>4:30 Savor the Night: Dinner Music with Frank Sax-DR</li> </ul>	<ul style="list-style-type: none"> <li>11:00 Catholic Communion-LL</li> <li>1:30 Saturday Cinema-LL</li> <li>2:30 Game Table -EC</li> <li>6:00 Ping Pong Games-LL</li> <li>9:00 UK vs Arkansas-LL</li> </ul>
<ul style="list-style-type: none"> <li>10:00 Southland Christian Church Televised ABC 36</li> <li>1:30 Church Service with Chaplain Dale-EC</li> <li>2:15 Chess &amp; Checkers-BB</li> <li>3:00 Scrabble-LL</li> <li>3:00 Ping Pong Games-LL</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Fit, Fun &amp; Fab-EC</li> <li>10:30 Morning News-EC</li> <li>1:00 Hymn Sing with Barbara-EC</li> <li>2:15 Creative Cove: Make Valentines for 250Lex-EC</li> <li>3:00 Lexington History and Music with Jonathan Hagee-EC</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Coffee &amp; Donuts-Bistro</li> <li>10:00 Chair Dancing with Kathy-LL</li> <li>1:15 Lexington History Scavenger Hunt</li> <li>2:00 Bible Study-BB</li> <li>4:00 Praise &amp; Prayer-EC</li> <li>7:00 UK vs TN -LL</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Tai Chi-EC</li> <li>10:00 Book Van-2<sup>nd</sup> FL</li> <li>10:30 Morning News-EC</li> <li>1:00 Bingo-EC</li> <li>2:30 Scrabble-LL</li> <li>3:15 Baking Fun with LCA Volunteers-EC</li> <li>3:30 Music with Bob Allen-BB</li> </ul> <p>Tu B'Shevat Begins</p>	<ul style="list-style-type: none"> <li>9:30 Coffee Time-EC</li> <li>10:30 Bible Study-EC</li> <li>1:45 February Puzzle Packet Pickup-Outside of Activity Office</li> <li>4:30 Savor the Night: Dinner Music with Frank Sax and Sara-DR</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Candy-Gram Pass</li> <li>10:00 Fit, Fun &amp; Fab-EC</li> <li>10:30 Morning News-EC</li> <li>12:00 LCA Valentine Pass-DR</li> <li>1:00 Bingo-EC</li> <li>2:30 Valentine's Day Party-EC</li> <li>2:30 Kroger Mobile Market-FT</li> <li>4:30 Savor the Night: Dinner Music with Lee Ellen</li> </ul> <p>Valentine's Day</p>	<ul style="list-style-type: none"> <li>11:00 Catholic Communion-LL</li> <li>1:30 Saturday Cinema-LL</li> <li>2:30 Game Table -EC</li> <li>6:00 Ping Pong Games-LL</li> <li>8:00 UK vs Texas-LL</li> </ul>
<ul style="list-style-type: none"> <li>10:00 Southland Christian Church Televised ABC 36</li> <li>1:30 Church Service with Chaplain Dale-EC</li> <li>2:15 Chess &amp; Checkers-BB</li> <li>3:00 Scrabble-LL</li> <li>3:00 Ping Pong Games-LL</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Fit, Fun &amp; Fab-EC</li> <li>10:30 Morning News-EC</li> <li>1:00 Minister Monday</li> <li>2:30 Creative Cove: Apple Cinnamon Hearts-EC</li> <li>3:30 Trivia Time-EC</li> <li>6:00 Music with Four 2 Show-EC</li> </ul> <p>Presidents' Day (U.S.)</p>	<ul style="list-style-type: none"> <li>9:30 Coffee &amp; Donuts-EC</li> <li>9:30 Dale/Craig Music-3<sup>rd</sup> FL</li> <li>10:00 Chair Yoga</li> <li>1:00 Food Committee Mtg-EC</li> <li>2:00 Bible Study-FF</li> <li>4:00 Praise &amp; Prayer-EC</li> <li>6:00 Special Music Night with Millie and Keith-EC</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Tai Chi-EC</li> <li>10:30 Morning News-EC</li> <li>1:00 Bingo-EC</li> <li>2:30 Scrabble-LL</li> <li>2:30 Friendship 101-LL</li> <li>2:30 Chef Demo-EC</li> <li>7:00 UK vs Vandy-LL</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Coffee Time-EC</li> <li>10:30 Bible Study-EC</li> <li>10:45 Lunch Outing to Olive Garden-OC</li> <li>2:15 Women of the Bible "Rebekah"-EC</li> <li>3:30 Good News Only-EC</li> <li>6:00 Music with Aaron-EC</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Fit, Fun &amp; Fab-EC</li> <li>10:30 Catholic Mass-BC</li> <li>10:30 Morning News-EC</li> <li>1:00 Bingo-EC</li> <li>2:30 Friendship Follies Meeting-EC</li> <li>6:00 Music with Bobby-EC</li> </ul>	<ul style="list-style-type: none"> <li>11:00 Catholic Communion-LL</li> <li>1:30 Saturday Cinema-LL</li> <li>2:30 Game Table -EC</li> <li>6:00 Ping Pong Games-LL</li> <li>6:00 UK vs Alabama-LL</li> </ul>
<ul style="list-style-type: none"> <li>10:00 Southland Christian Church Televised ABC 36</li> <li>1:30 Church Service with Chaplain Dale-EC</li> <li>2:15 Chess &amp; Checkers-BB</li> <li>3:00 Scrabble-LL</li> <li>3:00 Ping Pong Games-LL</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Fit, Fun &amp; Fab-EC</li> <li>10:30 Morning News-EC</li> <li>1:00 Battle of Perryville presented by V.L. Harris and Jerry Case-EC</li> <li>2:30 Taste &amp; Create: Cornbread-EC</li> <li>3:30 Happier Hour-LL</li> <li>4:30 Savor the Night: Dinner Music with Mary-EC</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Coffee &amp; Donuts-EC</li> <li>9:30 Dale/Craig Music-3<sup>rd</sup> FL</li> <li>10:00 Chair Dancing with Kathy-EC</li> <li>2:00 Bible Study-BB</li> <li>2:00 Mandy Higgins, Executive Director of Lex History Museum-EC</li> <li>4:00 Praise &amp; Prayer-EC</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Tai Chi-EC</li> <li>10:00 Book Van-2<sup>nd</sup> FL</li> <li>10:30 Morning News-EC</li> <li>1:00 Bingo-EC</li> <li>2:30 Scrabble-LL</li> <li>2:30 Music with Clarinet Convergence/Trio 21-EC</li> <li>9:00 UK vs OK-LL</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Coffee Time-EC</li> <li>10:30 Bible Study-EC</li> <li>10:45 Lunch Outing Qdoba-OC</li> <li>2:00 Music with the Ol' Elkhorn Pickers-EC</li> <li>3:30 Your Lexington History-EC</li> <li>6:00 Special Night Time Bingo-EC</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Fit, Fun &amp; Fab-LL</li> <li>10:30 Morning News-LL</li> <li>2:30 Kroger Mobile Market-FT</li> <li>3:00 Choir Meeting-Bistro</li> <li>6:00 Music with Bill-EC</li> </ul> <p>Ramadan Begins</p>	<p><u>Dimensions of Wellness</u></p> <ul style="list-style-type: none"> <li>Intellectual</li> <li>Emotional</li> <li>Physical</li> <li>Spiritual</li> <li>Social</li> </ul>

**\*\*All Activities are subject to change. All changes will be posted ASAP. Thank you!**