ANGELUS PLAZA

A Retirement Housing Foundation® Community

The Flight / Angelus Plaza Senior Activity Center

FEBRUARY 2021

All Activities Are Subject to Change.

WISHING YOU ALL A HAPPY VALENTINE'S DAY!



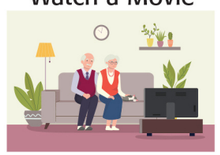
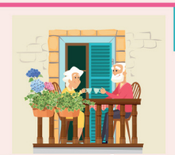
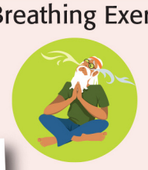
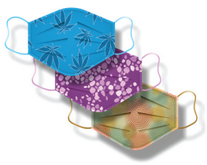






SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

SELF-CARE SELF-LOVE CALENDAR ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
"Our greatest glory is not in never falling, but in rising every time we fall." ~ Confucius	Eat Healthy 	1 Stay Hydrated 	2 Dance Like Nobody's Watching 	3 Read What You Love 	4 Listen to Classical Music 	5	6
7	8 Do Yoga 	9 Meditate 	10 Watch a Movie 	11 Video Call Best Friend 	12 *Lunar New Year* Do Self-Foot Massage 	13 "Life is 10% what happens to you and 90% how you react to it." ~ Charles R. Swindoll	
14 *Happy Valentine's Day*	15 *President's Day* Cook for Fun 	16 *Mardi Gras* Herbal Tea Party for Two 	17 Aromatherapy 	18 Bake Something Fun 	19 Play a Board Game 	20	
21 "꽃을 보고 좋아하면 꽃이 기분이 좋습니까? 내가 기분이 좋습니까? 내가 기분이 좋습니다. 행복도 내가 만들고 불행도 내가 만드는 것 입니다." By 법륜스님	22 Shop On-Line 	23 Laundry Day 	24 Make Handmade Pizza 	25 Do Breathing Exercises 	26 Have a Zoom Family Dinner 	27 "What lies behind us and what lies before us are tiny matters compared to what lies within us." ~ Ralph Waldo Emerson	
28 Reminder: Please wear Facial masks and keep 6ft social distance when you are outdoors. 	春節快樂,萬事如意! 祝大家新年身體健康!	El amor es esa espléndido disparo de humanos la vitalidad, la actividad suprema que la naturaleza permite a nadie para salir de sí mismo hacia alguien más. ~ Jose Ortega y Gasset					