

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2025

Trident Regional Ombudsman
5895 Core Road
Suite 419
North Charleston, SC 29406

*Activities are
subject to change
due to resident
needs/preferences.

Location Key

- (T) Terrace 2nd floor
- (B) Bistro 2nd floor
- (TR) Theater Room 2nd floor
- (OD) Overflow Dining
- (4) 4th Floor Dining
- (5) 5th Floor Dining
- (PD) Private Dining

Outings may be weather permitting. We will meet in the lobby at time indicated. Sign-up sheets are in the theater room. Please see Ashley or Leah with questions



1
Daily Chronicles (4,5)
10:10 & 10:45 Exercise
11:00 Bowling (4)
1:30 Bingo (TR)
3:00 1:1 Visits 4

2



2:00 Community
Worship (TR)

3
10:10 & 10:45 Exercise TR
11:30 Snack Cart (5)
1:30 Library to bring books (TR)
2:00 Frank Murray shares African American History (TR)
3:00 1:1 Visits

4
9:30 Daily Chronicles (2,5)
10:30 Chair Aerobics (TR)
11:30 Ladder Ball and Ax Throwing (TR)
1:30 Sip and Paint with Andre (TR)
3:30 Flower Arranging (OD)

5
9:30 Daily Chronicles (3,5)
10:10 & 10:45 Exercise (TR)
2:00 Valentine
Card Making (TR)
3:00 Happy Hour (TR)

6
9:30 Daily Chronicles (2,5)
10:10 & 10:45 Exercise (TR)
11:30 Puzzles (B)
1:45 Sing Along with Jessica (3)
2:45 Art Therapy (5)

7
9:30 Daily Chronicles (3,5)
10:10 & 10:45 Exercise TR
11:30 Trivia (TR)
1:30 Trip to Publix
1:30 Movie (TR)
3:00 1:1 Visits

8
Daily Chronicles (4,5)
10:10 & 10:45 Exercise
11:00 Outing (4)
1:30 Bingo (TR)
3:00 Cherry Cookies and Cream Parfait (4)

9

2:00 Community
Worship (TR)
6:30 pm: Super Bowl Game on FOX

10
10:10 & 10:45 Exercise TR
11:30 Snack Cart (5)
2:00 Star of the Month: Mia Farrow (TR)
3:00 Heart Health with Melodie (TR)

11
9:30 Daily Chronicles (2,5)
10:10 & 10:45 Exercise (TR)
11:30 Jenga (B)
1:30 Flower Arranging (OD)
3:30 Dance Movement (TR)

12
9:30 Daily Chronicles (3,5)
10:10 & 10:45 Exercise (TR)
11:30 Trivia (TR)
1:30 Valentine Glam and Photos (TR)
3:00 Valentine's Party with Sylvie (TR)

13
9:30 Daily Chronicles (2,5)
10:10 & 10:45 Exercise TR
11:30 Puzzles (B)
1:45 Sing Along (3)
2:45 Art Therapy (5)

Valentine's Day 14
9:30 Daily Chronicles (3,5)
10:10 & 10:45 Exercise TR
1:30 Trip to the Gibbes Art Museum
1:30 Movie (TR)
3:30 1:1 Visits

15
Daily Chronicles (4,5)
10:10 & 10:45 Exercise
11:00 Crafts with Mikayla (4)
2:00 Crafts with Mikayla (TR)

16

2:00 Community
Worship (TR)



17
10:10 & 10:45 Exercise TR
11:30 Snack Cart (5)
2:00 Resident Council: Rehab only
3:30 1:1 Visits

18
9:30 Daily Chronicles (2,5)
10:10 & 10:45 Exercise (TR)
11:30 Cornhole (TR)
2:00 Parfait and Banana Yogurt Pops Making TR
3:00 Flower Arranging (OD)

19
9:30 Daily Chronicles (3,5)
10:10 & 10:45 Exercise (TR)
11:30 Trivia (TR)
1:30 Virtual Travel: Dubai
3:00 Monthly Birthday Party (T)

20
9:30 Daily Chronicles (2,5)
10:10 & 10:45 Exercise TR
11:30 Puzzles (B)
1:45 Sing Along with Jessica (TR)
2:45 Art Therapy (5)

21
9:30 Daily Chronicles (3,5)
10:10 & 10:45 Exercise TR
12:00 Trip to NCUM Church for Lunch
1:30 Movie (TR)
2:30 1:1 Visits

22
Daily Chronicles (4,5)
10:10 & 10:45 Exercise
11:00 Pet Therapy With Henry (4)
1:30 Bingo (TR)
3:00 Popcorn And Movie (4)

23

2:00 Community
Worship (TR)



24
10:10 & 10:45 Exercise TR
11:30 Snack Cart (5)
2:30 Resident Council: Assisted Living only (TR)
3:30 1:1 Visits

25
9:30 Daily Chronicles (2,5)
10:10 & 10:45 Exercise (TR)
11:30 Ladder Ball (TR)
1:30 Bible Study with Tony (TR)
3:30 Flower Arranging (OD)

26
9:30 Daily Chronicles (3,5)
10:10 & 10:45 Exercise (TR)
11:30 Trivia (TR)
1:30 Rummikub (B)
3:00 Happy Hour (TR)

27
9:30 Daily Chronicles (2,5)
10:10 & 10:45 Exercise TR
11:30 Puzzles (B)
1:45 Sing Along (3)
2:45 Art Therapy (5)
4:30 Support Group Dinner (TR)

28
9:30 Daily Chronicles (3,5)
10:10 & 10:45 Exercise TR
1:30 Trip to La Patisserie (Hotel Bennett) for coffee and pastry
1:30 Movie (TR)
3:00 1:1 Visits

Life Enrichment Director-Leah Hall lehall@libertyseniorliving.com

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