

Activities subject to change.



VALENTINE'S DAY



FEBRUARY 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Dimensions of Wellness

- Physical
- Emotional
- Spiritual
- Environmental
- Vocational
- Social
- Intellectual

Meeting Places

- DT** Dining Tables
- BWL** Bardwell Room
- IH** Irvin Hall
- 6LR** 6th fl. Living Room
- CS** Community Store
- BFR** Bistro/Front Room
- DR** Dining Room
- 2SA** 2nd floor Salon

Birthdays:

Joyce B. 2/13

Holidays:

Black History Month

Valentine's Day 2/14

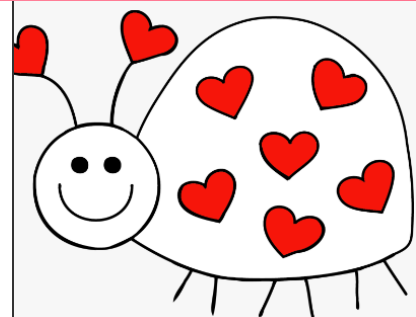
Random Acts of Kindness

Day 2/17

Love Your Pet Day 2/20

Presidents Day 2/20

MEMORY CARE!



04

- 9:30a | Hymn Sing Along Sundays' 6LR
- 10:00a | Coffee & Tea Social with Teresa 6LR
- 10:30a | Coloring & Crafting DT
- 11:00a | Chair yoga with Teresa DT
- 2:00p | Independent Coloring & Music DT
- 3:00p | Walk and Talk with cna DT

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- 9:30a | Hymn Sing Along Sundays' 6LR
- 10:00a | Coffee & Tea Social with Teresa 6LR
- 10:30a | Coloring & Crafting DT
- 11:00a | Chair yoga with Teresa DT
- 3:00p | Walk and Talk with cna DT
- 4:00p | Super Bowl LVIII Party! DR

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- 9:30a | Hymn Sing Along Sundays' 6LR
- 10:00a | Coffee & Tea Social with Teresa 6LR
- 10:30a | Coloring & Crafting DT
- 11:00a | Chair yoga with Teresa DT
- 2:00p | Independent Coloring & Music DT
- 3:00p | Walk and Talk with cna DT

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- 9:30a | Hymn Sing Along Sundays' 6LR
- 10:00a | Coffee & Tea Social with Teresa 6LR
- 10:30a | Coloring & Crafting DT
- 11:00a | Chair yoga with Teresa DT
- 2:00p | Independent Coloring & Music DT
- 3:00p | Walk and Talk with cna DT

05

- 10:00a | Community Store Visits CS
- 10:30a | Oldies Music & Balloon Toss 6LR
- 11:00a | Cranium Crunch - Picture Bingo DT
- 1:00p | Ice Cream Social with Teresa DT
- 1:30p | Personal Hugo Visits BFR
- 2:00p | Manicure Mondays! DT

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- 10:00a | Community Store Visits CS
- 10:30a | Oldies Music & Balloon Toss 6LR
- 11:00a | Cranium Crunch - Picture Bingo DT
- 1:00p | Walks with Teresa 6LR
- 2:00p | Manicure Mondays! DT

19

- 10:00a | Community Store Visits CS
- 10:30a | Oldies Music & Balloon Toss 6LR
- 11:00a | Cranium Crunch - Picture Bingo DT
- 1:00p | Ice Cream Social with Teresa DT
- 1:30p | Personal Hugo Visits BFR
- 2:00p | Manicure Mondays! DT

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- 10:00a | Community Store Visits CS
- 10:30a | Oldies Music & Balloon Toss 6LR
- 11:00a | Cranium Crunch - Picture Bingo DT
- 1:00p | Walks with Teresa 6LR
- 2:00p | Manicure Mondays! DT

06

- 10:00a | Coffee & Convo Cards with Jessica DT
- 11:00a | Fitness Fun - Chair Yoga 6LR
- 3:00p | Cranium Crunch - Puzzles & Music DT
- 3:30p | Independent Coloring & Drawing DT
- 5:00p | Trivia videos with CNA's 6LR

13

- 10:00a | Coffee & Convo Cards with Jessica DT
- 11:00a | Fitness Fun - Chair Yoga 6LR
- 3:00p | Cranium Crunch - Puzzles & Music DT
- 3:30p | Independent Coloring & Drawing DT
- 5:00p | Trivia videos with CNA's DT

20

- 10:00a | Coffee & Convo Cards with Jessica DT
- 11:00a | Fitness Fun - Chair Yoga 6LR
- 3:00p | Cranium Crunch - Puzzles & Music DT
- 3:30p | Independent Coloring & Drawing DT
- 5:00p | Trivia videos with CNA's DT

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- 10:00a | Coffee & Convo Cards with Jessica DT
- 11:00a | Fitness Fun - Chair Yoga 6LR
- 3:00p | Cranium Crunch - Puzzles & Music DT
- 3:30p | Independent Coloring & Drawing DT
- 5:00p | Trivia videos with CNA's DT

07

- 10:30a | Coffee & Tea with cna's DT
- 11:30a | Fitness Fun - Balloon Toss 6LR
- 1:00p | Cranium Crunch - Picture Bingo DT
- 2:00p | Crafty Hour w/ Teresa - Valentine Cards DT

14

- All Day | Wear Valentine's Day Colors today!
- 9:30a | Starbucks Coffee outing! BFR
- 11:30a | Fitness Fun - Balloon Toss 6LR
- 1:00p | Valentine Bingo & Treats w/ Tanya BWL
- 2:00p | Valentine Craft with Teresa DT

21

- 9:30a | Santori Library Outing! BFR
- 10:30a | Coffee & Tea with cna's DT
- 11:30a | Fitness Fun - Balloon Toss 6LR
- 1:00p | Cranium Crunch - Picture Bingo DT
- 1:30p | Cooking Class - Chicken Parmesan DR
- 2:00p | Crafty Hour with Teresa DT

28

- 10:30a | Coffee & Tea & Would You Rather's DT
- 11:30a | Fitness Fun - Balloon Toss 6LR
- 1:00p | Cranium Crunch - Picture Bingo DT
- 5:00p | Dementia Support Group BWL

01

- 10:00a | Communion Service IH
- 11:30a | Fitness Fun - chair cardio 6LR
- 3:00p | Cranium Crunch - Puzzles & Music DT
- 3:30p | Independent Coloring & Drawing DT
- 5:00p | Trivia videos with CNA's 6LR

08

- 10:00a | Communion Service IH
- 11:30a | Fitness Fun - chair cardio 6LR
- 3:00p | Cranium Crunch - Puzzles & Music DT
- 3:30p | Independent Coloring & Drawing DT
- 5:00p | Trivia videos with CNA's DT

15

- 10:00a | Communion Service IH
- 11:30a | Fitness Fun - chair cardio 6LR
- 3:00p | Cranium Crunch - Puzzles & Music DT
- 3:30p | Independent Coloring & Drawing DT
- 5:00p | Trivia videos with CNA's DT

22

- 10:00a | Communion Service IH
- 11:30a | Fitness Fun - chair cardio 6LR
- 1:00p | February Birthday Party! DR
- 3:00p | Cranium Crunch - Puzzles & Music DT
- 3:30p | Independent Coloring & Drawing DT
- 5:00p | Trivia videos with CNA's DT

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- 10:00a | Communion Service IH
- 11:30a | Fitness Fun - chair cardio 6LR
- 3:00p | Cranium Crunch - Puzzles & Music DT
- 3:30p | Independent Coloring & Drawing DT
- 5:00p | Trivia videos with CNA's DT

02

- 9:00a | Church Service & Hymn Singing BWL
- 10:00a | Resident Led Bible Study BWL
- 10:30a | Coffee & Tea Chats DT
- 11:00a | Fitness Fun - chair Zumba with Teresa 6LR
- 1:00p | Crafty Hour with Teresa DT
- 2:00p | Cranium Crunch - Trivia or a Game DT
- 2:30p | Classic Movie w/ Popcorn! 6LR

09

- 9:00a | Church Service & Hymn Singing BWL
- 10:00a | Resident Led Bible Study BWL
- 10:30a | Coffee & Tea Chats DT
- 11:00a | Fitness Fun - chair Zumba with Teresa 6LR
- 1:00p | Crafty Hour with Teresa DT
- 2:00p | Cranium Crunch - Trivia or a Game DT
- 2:30p | Classic Movie w/ Popcorn! 6LR

16

- 9:00a | Church Service & Hymn Singing BWL
- 10:00a | Resident Led Bible Study BWL
- 10:30a | Coffee & Tea Chats DT
- 11:00a | Fitness Fun - chair Zumba with Teresa 6LR
- 1:00p | Crafty Hour with Teresa DT
- 2:00p | Cranium Crunch - Trivia or a Game DT
- 2:30p | Classic Movie w/ Popcorn! 6LR

23

- 9:00a | Church Service & Hymn Singing BWL
- 10:00a | Hair Salon Day! 2SA
- 10:00a | Resident Led Bible Study BWL
- 10:30a | Coffee & Tea Chats DT
- 11:00a | Fitness Fun - chair Zumba 6LR
- 1:00p | Crafty Hour with Teresa DT
- 2:00p | Cranium Crunch - Trivia DT
- 2:30p | Classic Movie w/ Popcorn! 6LR

03

- All Day | Weekend Activity Packets
- 10:00a | Independent Puzzles DT
- 1:30p | Chair Exercise with CNA's DT
- 2:00p | Independent Coloring & Music DT
- 3:00p | Walk and Talk with cna DT

10

- All Day | Weekend Activity Packets
- 10:00a | Independent Puzzles DT
- 1:30p | Chair Exercise with CNA's DT
- 2:00p | Independent Coloring & Music DT
- 3:00p | Walk and Talk with cna DT

17

- All Day | Weekend Activity Packets
- 10:00a | Independent Puzzles DT
- 1:30p | Chair Exercise with CNA's DT
- 2:00p | Independent Coloring & Music DT
- 3:00p | Walk and Talk with cna DT

24

- All Day | Weekend Activity Packets
- 10:00a | Independent Puzzles DT
- 1:30p | Chair Exercise with CNA's DT
- 2:00p | Independent Coloring & Music DT
- 3:00p | Walk and Talk with cna DT

