



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

This Month's Theme.....

REFLECT

Location Keys

- Assisted Living AL
- Kitchen K
- Living Room L
- Private Dining Room 2nd Floor PD

Resident Birthdays

- Virginia M. 2/7
- Joseph I. 2/16
- melissa I. 2/16



A Time to Reflect

- CONNECT
- CONTRIBUTE
- FEEL
- GROW
- MOVE
- REFLECT

"When it rains, look for rainbows. When it's dark, look for stars."
— Unknown

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● Thymeless sessions AM ● Sing Along [L] AM ● Lunch PM ● Balloons and Tunes [L] PM ● Horse Game [K] PM ● Thymeless PM ● afternoon social club [L] PM ● Dinner [K] 6:30 ● Spiritual Sensations [L]</p> <p style="text-align: right;">3</p>	<p>● CONNECT ● CONTRIBUTE ● FEEL ● GROW ● MOVE ● REFLECT</p> <p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● Thymeless sessions 10:20 ● Sing Along and dance with Deb [L] 10:30 ● Chair Yoga with Joellen AM ● Lunch 1:30 ● Art for Everyone with Jenny PM ● Arts and Craft Hour PM ● Thymeless PM ● Dinner [K] PM ● Relax your Breathing</p> <p style="text-align: right;">4</p>	<p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● Thymeless sessions AM ● Balloons and Tunes with Jan and Deb AM ● Lunch PM ● Spa Nails and Massages — Bill Nolan Birthday Bash PM ● Thymeless PM ● How much did it cost? I-Touch PM ● Dinner [K] PM ● Classic Movie</p> <p style="text-align: right;">5</p>	<p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● Thymeless sessions 10:30 ● Music with Susie Q i-touch AM ● Lunch 1:30 ● Memories in the Making [PD] 1:45 ● Dance to the Music [L] PM ● Thymeless 3:30 ● Parachute Game PM ● Dinner [K] 6:15 ● Just the 2 of us Performs [L] 6:30 ● Calming Hand Massages [L]</p> <p style="text-align: right;">6</p>	<p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● Thymeless sessions 10:30 ● Life Lesson Discussion AM ● Lunch PM ● Bingo 1:30 ● Rosary [PD] PM ● Thymeless 3:30 ● Embrace Program Spark PM ● Dinner [K] PM ● Calming Hand Massages</p> <p style="text-align: right;">7</p>	<p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● Thymeless sessions AM ● Balloon Toss 10:45 ● Holy Communion [AL] AM ● Lunch PM ● Baby Giggles I-Touch 1:30 ● Scenic Ride PM ● Hot chocolate Happy hour PM ● Thymeless PM ● Pop those Bubbles! I-Touch PM ● Dinner [K] 6:00 ● Friday night Giggles</p> <p style="text-align: right;">8</p>	<p>Groundhog Day AM ● Breakfast [K] AM ● Good Morning Wakeup — ● Thymeless sessions AM ● Lunch 1:30 ● Fresh Baked Muffins [K] PM ● Thymeless PM ● Balloon Fun PM ● Dinner [K] 6:30 ● Mass with Fr. Pete [AL]</p> <p style="text-align: right;">9</p>
<p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● Thymeless sessions AM ● Sing Along [L] AM ● Lunch PM ● Balloons and Tunes [L] PM ● Horse Game [K] PM ● Thymeless PM ● afternoon social club [L] PM ● Dinner [K] 6:30 ● Spiritual Sensations [L]</p> <p style="text-align: right;">10</p>	<p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● Thymeless sessions 10:20 ● Sing Along and dance with Deb [L] 10:30 ● Chair Yoga with Joellen AM ● Lunch PM ● Arts and Craft Hour PM ● Mens Club PM ● Thymeless PM ● Dinner [K] PM ● Relax your Breathing</p> <p style="text-align: right;">11</p>	<p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● Thymeless sessions AM ● Balloons and Tunes with Jan and Deb AM ● Lunch PM ● Spa Nails and Massages PM ● Thymeless PM ● How much did it cost? I-Touch PM ● Dinner [K] PM ● Classic Movie</p> <p style="text-align: right;">12</p>	<p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● Thymeless sessions 10:30 ● Music with Susie Q i-touch AM ● Lunch 1:30 ● Memories in the Making [PD] 1:45 ● Dance to the Music [L] PM ● Thymeless 3:30 ● Parachute Game PM ● Dinner [K] 6:30 ● Calming Hand Massages [L]</p> <p style="text-align: right;">13</p>	<p>Valentine's Day AM ● Breakfast [K] AM ● Good Morning Wakeup — ● Thymeless sessions AM ● Balloons and Tunes AM ● Lunch PM ● Bingo 1:30 ● Rosary [PD] PM ● Thymeless — Todd Hepburn 3:30 ● Embrace Program Spark PM ● Dinner [K] PM ● Calming Hand Massages</p> <p style="text-align: right;">14</p>	<p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● Thymeless sessions AM ● Balloon Toss 10:45 ● Holy Communion [AL] AM ● Lunch PM ● Baby Giggles I-Touch 1:30 ● Scenic Ride PM ● Hot chocolate Happy hour PM ● Thymeless PM ● Pop those Bubbles! I-Touch PM ● Dinner [K] 6:00 ● Friday night Giggles</p> <p style="text-align: right;">15</p>	<p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● Thymeless sessions AM ● Lunch 1:30 ● Fresh Baked Muffins [K] PM ● Thymeless PM ● Balloon Fun 3:30 ● Music music music PM ● Dinner [K] 6:30 ● Mass with Fr. Pete [AL]</p> <p style="text-align: right;">16</p>
<p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● Thymeless sessions AM ● Sing Along [L] AM ● Lunch PM ● Balloons and Tunes [L] PM ● Horse Game [K] PM ● Thymeless PM ● afternoon social club [L] PM ● Dinner [K] 6:30 ● Spiritual Sensations [L]</p> <p style="text-align: right;">17</p>	<p>Presidents' Day AM ● Breakfast [K] AM ● Good Morning Wakeup — ● Thymeless sessions 10:20 ● Sing Along and dance with Deb [L] 10:30 ● Chair Yoga with Joellen AM ● Lunch 1:30 ● Art for Everyone with Jenny PM ● Arts and Craft Hour PM ● Mens Club PM ● Thymeless PM ● Dinner [K] PM ● Relax your Breathing</p> <p style="text-align: right;">18</p>	<p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● Thymeless sessions AM ● Balloons and Tunes with Jan and Deb AM ● Lunch PM ● Spa Nails and Massages PM ● Thymeless PM ● How much did it cost? I-Touch PM ● Dinner [K] PM ● Classic Movie</p> <p style="text-align: right;">19</p>	<p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● Thymeless sessions 10:30 ● Music with Susie Q i-touch AM ● Lunch 1:30 ● Memories in the Making [PD] 1:45 ● Dance to the Music [L] PM ● Thymeless 3:30 ● Parachute Game PM ● Dinner [K] 6:30 ● Calming Hand Massages [L]</p> <p style="text-align: right;">20</p>	<p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● Thymeless sessions AM ● Balloons and Tunes AM ● Lunch PM ● Bingo 1:30 ● Rosary [PD] PM ● Thymeless 3:30 ● Embrace Program Spark PM ● Dinner [K] PM ● Calming Hand Massages</p> <p style="text-align: right;">21</p>	<p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● Thymeless sessions AM ● Balloon Toss 10:45 ● Holy Communion [AL] AM ● Lunch PM ● Baby Giggles I-Touch 1:30 ● Scenic Ride PM ● Hot chocolate Happy hour PM ● Thymeless PM ● Pop those Bubbles! I-Touch PM ● Dinner [K] 6:00 ● Friday night Giggles</p> <p style="text-align: right;">22</p>	<p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● Thymeless sessions AM ● Lunch 1:30 ● Fresh Baked Muffins [K] PM ● Thymeless PM ● Balloon Fun 3:30 ● Music music music PM ● Dinner [K] 6:30 ● Mass with Fr. Pete [AL]</p> <p style="text-align: right;">23</p>
<p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● Thymeless sessions AM ● Sing Along [L] AM ● Lunch PM ● Balloons and Tunes [L] PM ● Horse Game [K] PM ● Thymeless PM ● afternoon social club [L] PM ● Dinner [K] 6:30 ● Spiritual Sensations [L]</p> <p style="text-align: right;">24</p>	<p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● Thymeless sessions 10:20 ● Sing Along and dance with Deb [L] AM ● Lunch PM ● Arts and Craft Hour PM ● Mens Club PM ● Thymeless PM ● Dinner [K] PM ● Relax your Breathing</p> <p style="text-align: right;">25</p>	<p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● Thymeless sessions AM ● Balloons and Tunes with Jan and Deb AM ● Lunch PM ● Spa Nails and Massages PM ● Thymeless PM ● How much did it cost? I-Touch PM ● Dinner [K] PM ● Classic Movie</p> <p style="text-align: right;">26</p>	<p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● Thymeless sessions 10:30 ● Music with Susie Q i-touch AM ● Lunch 1:30 ● Memories in the Making [PD] 1:45 ● Dance to the Music [L] PM ● Thymeless 3:30 ● Parachute Game PM ● Dinner [K] 6:30 ● Calming Hand Massages [L]</p> <p style="text-align: right;">27</p>	<p>AM ● Breakfast [K] AM ● Good Morning Wakeup — ● Thymeless sessions AM ● Balloons and Tunes AM ● Lunch PM ● Bingo 1:30 ● Rosary [PD] PM ● Thymeless — Todd Hepburn 3:30 ● Embrace Program Spark PM ● Dinner [K] PM ● Calming Hand Massages</p> <p style="text-align: right;">28</p>		