calendar & activities

FEB 2019

Monthly Calendar

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

Location Keys

Around Community	AC
Assisted Living Activities Room	AL-AR
Assisted Living Living Room	AL-LR
Dining Room	DR
Living Room	LR

TRANSPORTATION SCHEDULE

Scheduled Doctor Days

TUESDAY

8 a.m - 5 p.m

THURSDAY

8 a.m - 5 p.m

MEMORY CARE embrace BY SENIOR LIFESTYLE

Resident Birthdays

Larry H.	2/3
William H.	2/9
Myrna P.	2/25
Metta J.	2/25

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
"JANUARY, The first month of the year, A perfect time to start all over again, Changing energies and deserting old moods, New beginnings, new attitudes" --- Charmaine J Forde					**1** 8:00 Daily Chronicles [DR] 9:30 Whoga Exercise [LR] 10:00 Shadow Box Craft (Valentines Theme) [AC] 1:00 Bingo [AC] 1:30 Lets Make Rice Krispies [DR] 3:00 Bowling with Staff [DR] 3:30 Sweetheart Craft (Paint Hearts) [AC] 5:30 Tea & Reminisce with Staff [LR]	**2** **Groundhog Day** 8:00 Daily Chronicles [DR] 9:00 Summerville Church [AL-LR] 9:30 Range of Motion Sittercise [LR] 1:30 Snack Prep ~ Jello and Fruit [DR] 3:00 Balloon Ball with Staff [LR] 5:30 Popcorn & A Movie with Staff [LR]
3 ***Larry's Birthday*** 8:00 Daily Chronicles [DR] 9:30 Mind & Body Sittercise [LR] 10:00 Bible Story Trivia [LR] 1:00 Puzzles with Staff [AC] 1:30 Birthday Party For Larry [DR] 3:00 Nail Care [LR] 5:30 Your Special Month Article &Tea	**4** 8:00 Daily Chronicles [DR] 9:30 Stronger Seniors ~Strength Exercise [LR] 10:00 Sing Along with Staff [LR] 1:00 Bingo [AC] 1:30 Sugar Cookies For Your Valentine [DR] 3:00 Ring Toss with Staff [LR] 5:30 Hot Cocoa & Funny Movie [LR] 7:45 Music With Joy [LR]	**5** 8:00 Daily Chronicles [DR] 9:30 Stronger Seniors~Stretch Exercise [LR] 10:00 Book Club [LR] 1:00 Blue Mountaineers Band [AL-LR] 2:00 Bananas and Peanut Butter for Snack [DR] 2:30 First Christian Church [AL-LR] 3:00 Number Line Activity [DR] 5:30 Popcorn & A Movie with Staff [LR]	**6** 8:00 Daily Chronicles [DR] 9:30 Chair Dancing ~Core and Legs [LR] 10:00 Movie Trivia [LR] 10:30 Coloring Activity [AC] 1:30 Cottage Cheese & Fruit Prep for Snack [DR] 3:00 Ground Basketball [AC] 5:30 Tea & Read with Staff [LR]	**7** 8:00 Daily Chronicles [DR] 8:15 Newspaper & Coffee/Tea/ Cocoa 9:30 Arms & Back Sittercise [LR] 10:00 Train Trivia [LR] 1:30 February Birthday Bash [AL-AR] 1:30 Smoothie Time [DR] 3:00 Walk The Community [AC] 5:30 Popcorn & A Movie with Staff [LR]	**8** 8:00 Daily Chronicles [DR] 9:30 Whoga Exercise [LR] 10:00 Shadow Box Craft (Valentines Theme) [AC] 1:00 Bingo [AC] 1:30 Mac Salad Snack Prep [DR] 3:00 Bowling with Staff [DR] 5:30 Tea & Reminisce with Staff [LR]	**9** **Bill H. Birthday** 8:00 Daily Chronicles [DR] 9:00 Summerville Church [AL-LR] 9:30 Range of Motion Sittercise [LR] 12:00 Birthday Celebration for Bill H. [DR] 1:30 Cheese & Crackers For Snack Prep [DR] 3:00 Balloon Ball with Staff [LR] 5:30 Popcorn & A Movie with Staff [LR]
10 8:00 Daily Chronicles [DR] 9:30 Mind & Body Sittercise [LR] 10:00 Old Testament Trivia [LR] 1:00 Puzzles with Staff [AC] 1:30 Avacado Dip & Crackers Snack Prep [DR] 2:00 Lighthouse Church [AL-LR] 3:00 Nail Care [LR] 5:30 Tea & Reminisce with Staff [LR]	**11** 8:00 Daily Chronicles [DR] 9:30 Stronger Seniors ~Strength Exercise [LR] 10:00 Sing Along with Staff [LR] 1:00 Bingo [AC] 1:30 Peanut Butter & Jelly Sandwich Prep [DR] 3:00 Ring Toss with Staff [LR] 5:30 Hot Cocoa & Funny Movie [LR] 7:45 Music With Joy [LR]	**12** **Mardi Gras** 8:00 Daily Chronicles [DR] 9:30 Stronger Seniors~Stretch Exercise [LR] 10:00 Book Club [LR] 1:00 Blue Mountaineers Band [AL-LR] 2:00 Fruit Salad Snack Prep [DR] 2:30 First Christian Church [AL-LR] 3:00 Number Line Activity [DR] 5:30 Popcorn & A Movie with Staff [LR]	**13** **Ash Wednesday** 8:00 Daily Chronicles [DR] 9:30 Chair Dancing ~Core and Legs [LR] 10:00 Health Trivia [LR] 1:00 Bingo [AC] 1:30 Valentines Cookie Decorating [DR] 3:00 Ground Basketball [AC] 5:30 Tea & Read with Staff [LR]	**14** **Valentine's Day** 8:00 Daily Chronicles [DR] 8:15 Newspaper & Coffee/Tea/ Cocoa 9:30 Arms & Back Sittercise [LR] 11:30 Valentine's Luncheon 1:30 Hymns with Ruth [AL-LR] 1:30 Smoothie Time [DR] 3:00 Walk The Community [AC] 5:30 Popcorn & A Movie with Staff [LR]	**15** 8:00 Daily Chronicles [DR] 9:30 Whoga Exercise [LR] 10:00 Shadow Box Craft (Valentines Theme) [AC] 1:00 Bingo [AC] 1:30 Egg Salad Sandwich Snack Prep [DR] 3:00 Bowling with Staff [DR] 5:30 Tea & Reminisce with Staff [LR]	**16** 8:00 Daily Chronicles [DR] 9:00 Summerville Church [AL-LR] 9:30 Range of Motion Sittercise [LR] 1:30 Peanut Butter and Banana Roll UpsSnack Prep [DR] 3:00 Balloon Ball with Staff [LR] 5:30 Popcorn & A Movie with Staff [LR]
17 8:00 Daily Chronicles [DR] 9:30 Mind & Body Sittercise [LR] 10:00 Spiritual Trivia [LR] 1:00 Puzzles with Staff [AC] 3:00 Nail Care [LR] 5:30 Tea & Reminisce with Staff [LR]	**18** **Presidents' Day** 8:00 Daily Chronicles [DR] 9:30 Stronger Seniors ~Strength Exercise [LR] 10:00 Sing Along with Staff [LR] 1:00 Bingo [AC] 3:00 Ring Toss with Staff [LR] 5:30 Hot Cocoa & Funny Movie [LR] 7:45 Music With Joy [LR]	**19** 8:00 Daily Chronicles [DR] 9:30 Stronger Seniors~Stretch Exercise [LR] 10:00 Book Club [LR] 1:00 Blue Mountaineers Band [AL-LR] 2:00 Veggie Smoothie Snack Prep [DR] 2:30 First Christian Church [AL-LR] 3:00 Number Line Activity [DR] 5:30 Popcorn & A Movie with Staff [LR]	**20** 8:00 Daily Chronicles [DR] 9:30 Chair Dancing ~Core and Legs [LR] 10:00 Painting The Rainbow [AC] 1:00 Bingo [AC] 1:30 Cupcake Decorating Snack Prep [DR] 3:00 Ground Basketball [AC] 5:30 Tea & Read with Staff [LR]	**21** 8:00 Daily Chronicles [DR] 8:15 Newspaper & Coffee/Tea/Cocoa 9:30 Arms & Back Sittercise [LR] 1:30 Burning Bowl Ceremony 2:00 Smoothie Time [DR] 3:00 Walk The Community [AC] 5:30 Popcorn & A Movie with Staff [LR]	**22** 8:00 Daily Chronicles [DR] 9:30 Whoga Exercise [LR] 10:00 Shadow Box Craft (Valentines Theme) [AC] 1:00 Bingo [AC] 1:30 Potato Salad Snack Prep [DR] 3:00 Bowling with Staff [DR] 5:30 Tea & Reminisce with Staff [LR]	**23** 8:00 Daily Chronicles [DR] 9:00 Summerville Church [AL-LR] 9:30 Range of Motion Sittercise [LR] 1:30 Quesadilla Snack Prep [DR] 3:00 Balloon Ball with Staff [LR] 5:30 Popcorn & A Movie with Staff [LR]
24 8:00 Daily Chronicles [DR] 9:30 Mind & Body Sittercise [LR] 10:00 Spiritual Trivia [LR] 1:00 Puzzles with Staff [AC] 3:00 Nail Care [LR] 5:30 Tea & Reminisce with Staff [LR]	**25** ***Metta's Birthday*** **Myrna's Birthday** 8:00 Daily Chronicles [DR] 9:30 Stronger Seniors ~Strength Exercise [LR] 10:00 Sing Along with Staff [LR] 1:00 Bingo [AC] 2:30 Cupcakes For the Birthday Ladies [DR] 3:00 Ring Toss with Staff [LR] 5:30 Hot Cocoa & Funny Movie [LR] 7:45 Music With Joy [LR]	**26** 8:00 Daily Chronicles [DR] 9:30 Stronger Seniors~Stretch Exercise [LR] 10:00 Book Club [LR] 1:00 Blue Mountaineers Band [AL-LR] 2:00 Pudding Snack Prep [DR] 2:30 First Christian Church [AL-LR] 3:00 Number Line Activity [DR] 5:30 Popcorn & A Movie with Staff [LR]	**27** 8:00 Daily Chronicles [DR] 9:30 Chair Dancing ~Core and Legs [LR] 10:00 Veteran Trivia [LR] 1:00 Bingo [AC] 1:30 No Bake Cookie Snack Prep [DR] 3:00 Ground Basketball [AC] 5:30 Tea & Read with Staff [LR]	**28** 8:00 Daily Chronicles [DR] 8:15 Newspaper & Coffee/Tea/Cocoa 9:30 Arms & Back Sittercise [LR] 10:00 Kereoke/Dance Party [LR] 1:30 Smoothie Time [DR] 3:00 Walk The Community [AC] 5:30 Popcorn & A Movie with Staff [LR]		