The Sterling Memory Care - Love is in the Air

calendar & activities FEB 2019 SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY 9:00 • Morning Hymns **Groundhog Day** AM • Grateful For This CONNECT AM • Whoga/Wheel Chair Day Prayer [LR] Yoga [LR] AM • Yoga Mudras [LR] CONTRIBUTE AM • Thymeless Gardening Club AM • Ball Tossing PM • Arts & Crafts [GN] SENIOR FEEL PM • Rat Pack Hour [LR] 2:30 • Thymeless Snacks [LR] 2:30 • Thymeless Cooking Club 3:00 • Book Club Bookmarks [LR] LIFESTYLE Hummus & Pita Chips [LR] **GROW** 3:30 • Music Therapy [LR] 3:00 • Essence 3:30 • Time for Fresh Air your *life*, your *style* 3:30 • Music Therapy [LR] 4:00 • Thymeless Garden Club MOVE Trivia/Discussion [LR] 6:30 • Movie Night [LR] 6:30 • Meditation Music Time [LR] REFLECT AM • Good News AM • Grateful For This AM • Grateful For This 9:00 • Morning Hymns AM • Grateful For This AM • Good News 9:00 • Morning Hymns Day Prayer [LR] Day Prayer [LR] Devotional [LR] Day Prayer [LR] Devotional [LR] LOCATIONS 10:00 • Tai Chi [LR] AM • Yoga Mudras [LR] 10:00 • Tai Chi [LR] AM • Conductorsize [LR] AM • Yoga Mudras [LR] AM • Conductorsize [LR] AM • Whoga/Wheel Chair AM • Thymeless Gardening Club 11:00 • Thymeless Gardening Club AM • Ball Tossing AM • Ball Tossing AM • Arts & Crafts [GN] AM • Ball Tossing [LR] Yoga |LR| PM • Arts & Crafts [GN] AM • Thymeless Gardening Club 2:00 • Music Therapy [LR] PM • Arts & Crafts [GN] PM • Arts & Crafts [GN] PM • Rat Pack Hour [LR] 2:30 • Thymeless Snacks [LR] 2:30 • Thymeless Snacks [LR] 2:30 • Thymeless Snacks [LR] PM • Rat Pack Hour [LR] 2:30 • Thymeless Snacks [LR] Living Room-LR 3:00 • Book Club Bookmarks [LR] PM • Rat Pack Hour [LR] 2:30 • Thymeless Cooking Club 3:00 • Book Club Bookmarks [LR] PM • Thymeless Cooking Club 3:00 • Book Club Bookmarks [LR] 3:00 • Book Club Bookmarks [LR] Garden Nook- GN Granola & Yogurt [LR] Smoothies [LR] 3:30 • Music Therapy [LR] 3:30 • Music Therapy [LR] 2:30 • Thymeless Cooking Club 3:30 • Music Therapy [LR] 3:30 • Puzzles, Word Searches & Hummus & Pita Chips [LR] 3:30 • Time for Fresh Air More! [GN] 3:00 **●** Essence 3:30 • Time for Fresh Air 3:00 **●** Essence 3:30 • Time for Fresh Air Dining Room-DR 4:00 • Thymeless Garden Club 3:00 • Essence 3:30 • Time for Fresh Air 3:30 • Puzzles, Word Searches & 3:30 • Puzzles, Word Searches & 4:00 • Thymeless Garden Club 4:00 • Thymeless Garden Club More! [GN] More! [GN] 3:30 • Music Therapy [LR] 4:00 • Thymeless Garden Club 6:30 • Movie Night [LR] 6:30 • Movie Night [LR] 6:30 • Movie Night [LR] Courtyard - CY 4:00 • Trivia/Discussion [LR] 4:00 • Trivia/Discussion [LR] 4:00 • Trivia/Discussion [LR] 6:30 • Movie Night [LR] 6:30 • Meditation Music Time [LR] 6:30 • Meditation Music Time [LR] 6:30 • Meditation Music Time [LR] AM • Grateful For This AM • Grateful For This 9:00 • Morning Hymns AM • Good News Valentine's Day 9:00 • Morning Hymns AM • Grateful For This 13 16 Day Prayer [LR] Devotional [LR] Day Prayer [LR] Day Prayer [LR] AM • Good News Resident Birthdays 10:00 • Tai Chi [LR] AM • Conductorsize [LR] 10:00 🌘 Tai Chi [LR] AM • Conductorsize [LR] Devotional [LR] AM • Whoga/Wheel Chair AM • Yoga Mudras [LR] AM • Arts & Crafts [GN] 11:00 • Thymeless Gardening Club AM • Thymeless Gardening Club Yoga [LR] AM • Ball Tossing AM • Ball Tossing [LR] AM • Yoga Mudras [LR] Estrella Matos- 2/20 2:00 • Music Therapy [LR] AM • Thymeless Gardening Club PM • Arts & Crafts [GN] PM • Arts & Crafts [GN] AM • Ball Tossing PM • Rat Pack Hour [LR] 2:30 • Thymeless Snacks [LR] PM • Rat Pack Hour [LR] 2:30 • Thymeless Snacks [LR] 2:30 • Thymeless Snacks [LR] PM • Arts & Crafts [GN] 3:00 • Book Club Bookmarks [LR] 2:30 • Thymeless Cooking Club 3:00 • Book Club Bookmarks [LR] 2:30 • Thymeless Snacks [LR] PM • Rat Pack Hour [LR] 3:00 • Book Club Bookmarks [LR] PM • Thymeless Cooking Club 2:30 • Thymeless Cooking Club Granola & Yogurt [LR] Smoothies [LR] 3:30 • Music Therapy [LR] 3:30 • Puzzles, Word Searches & 3:30 • Music Therapy [LR] 3:00 • Book Club Bookmarks [LR] Hummus & Pita Chips [LR] 3:30 • Time for Fresh Air More! [GN] 3:00 • Essence 3:30 • Time for Fresh Air 3:00 • Essence 3:30 • Music Therapy [LR] SENIOR LIFESTYLE 3:30 • Puzzles, Word Searches & 3:30 • Time for Fresh Air 3:30 • Puzzles, Word Searches & 4:00 • Thymeless Garden Club 3:00 • Essence 4:00 • Thymeless Garden Club 3:30 • Time for Fresh Air 3:30 • Music Therapy [LR] More! [GN] More! [GN] 4:00 • Thymeless Garden Club 4:00 • Thymeless Garden Club 6:30 • Movie Night [LR] 6:30 • Movie Night [LR] Come grow with us! 4:00 • Trivia/Discussion [LR] 4:00 • Trivia/Discussion [LR] 4:00 • Trivia/Discussion [LR] 6:30 • Movie Night [LR] 6:30 • Movie Night [LR] 6:30 • Meditation Music Time [LR] 6:30 • Meditation Music Time [LR] 6:30 • Meditation Music Time [LR] SENIOR LIFESTYLE AM • Grateful For This AM • Grateful For This AM • Grateful For This Presidents' Day AM • Good News AM • Good News 9:00 • Morning Hymns 99 Day Prayer [LR] Devotional [LR] Day Prayer [LR] Devotional [LR] Day Prayer [LR] 9:00 • Morning Hymns Unlimited options, AM • Whoga/Wheel Chair 10:00 • Tai Chi [LR] 10:00 • Tai Chi [LR] AM • Conductorsize [LR] AM • Yoga Mudras [LR] AM • Yoga Mudras [LR] AM • Conductorsize [LR] AM • Arts & Crafts [GN] AM • Ball Tossing [LR] AM • Thymeless Gardening Club AM • Ball Tossing Yoga [LR] AM • Ball Tossing Unparalleled services PM • Arts & Crafts [GN] PM • Arts & Crafts [GN] PM • Arts & Crafts [GN] 2:00 • Music Therapy [LR] AM • Thymeless Gardening Club 11:00 • Thymeless Gardening Club 2:30 • Thymeless Snacks [LR] **Music Memories** 2:30 • Thymeless Snacks [LR] 2:30 • Thymeless Snacks [LR] 2:30 • Thymeless Snacks [LR] PM • Rat Pack Hour [LR] 3:00 • Book Club Bookmarks [LR] 3:00 • Book Club Bookmarks [LR] PM • Rat Pack Hour [LR] 3:00 • Book Club Bookmarks [LR] PM • Thymeless Cooking Club 3:00 • Book Club Bookmarks [LR] 3:30 • Puzzles, Word Searches & Smoothies [LR] 2:30 • Thymeless Cooking Club 3:30 • Music Therapy [LR] 3:30 • Music Therapy [LR] 3:30 • Music Therapy [LR] 2:30 • Thymeless Cooking Club Hummus & Pita Chips [LR] Granola & Yogurt 3:30 • Time for Fresh Air 3:00 • Essence 3:30 • Time for Fresh Air 3:30 • Time for Fresh Air More! [GN] WWW.SENIORLIFESTYLE.COM 3:30 • Time for Fresh Air 3:30 • Puzzles, Word Searches & 4:00 • Thymeless Garden Club 4:00 • Thymeless Garden Club 3:00 • Essence 4:00 • Thymeless Garden Club 3:00 • Essence 3:30 • Music Therapy [LR] 6:30 • Movie Night [LR] More! [GN] 6:30 • Movie Night [LR] 6:30 • Movie Night [LR] 4:00 • Thymeless Garden Club 3:30 • Puzzles, Word Searches & Activities are subject to change 4:00 • Trivia/Discussion [LR] 4:00 • Trivia/Discussion [LR] More! [GN] 6:30 • Movie Night [LR] 6:30 • Meditation Music Time [LR] 6:30 • Meditation Music Time [LR] 4:00 • Trivia/Discussion [LR] 6:30 • Meditation Music Time [LR] AM • Grateful For This AM • Grateful For This 9:00 • Morning Hymns AM • Good News AM • Good News 26 77 28 Devotional [LR] Day Prayer [LR] Devotional [LR] Day Prayer [LR] 10:00 • Tai Chi [LR] 10:00 • Tai Chi [LR] AM • Yoga Mudras [LR] AM • Conductorsize [LR] AM • Conductorsize [LR] AM • Arts & Crafts [GN] 11:00 • Thymeless Gardening Club AM • Ball Tossing [LR] AM • Thymeless Gardening Club AM

Ball Tossing 2:00 • Music Memories [LR] PM • Arts & Crafts [GN] PM • Arts & Crafts [GN] PM • Rat Pack Hour [LR] 2:30 • Thymeless Snacks [LR] 2:30 • Thymeless Snacks [LR] 2:30 • Thymeless Snacks [LR] PM • Rat Pack Hour [LR] 3:00 • Book Club Bookmarks [LR] 3:00 • Book Club Bookmarks [LR] PM • Thymeless Cooking Club 3:00 • Book Club Bookmarks [LR] 2:30 • Thymeless Cooking Club MEMORY CARE Granola & Yogurt [LR] 3:30 • Puzzles, Word Searches & Smoothies [LR] 3:30 • Music Therapy [LR] 3:30 • Music Therapy [LR] More! [GN] 3:00 • Essence 3:30 • Time for Fresh Air 3:00 • Essence 3:30 • Time for Fresh Air 3:30 • Time for Fresh Air 4:00 • Thymeless Garden Club 4:00 • Thymeless Garden Club 3:30 • Puzzles, Word Searches & 3:30 • Puzzles, Word Searches & More! [GN] More! [GN] 4:00 • Thymeless Garden Club 6:30 • Movie Night [LR] 6:30 • Movie Night [LR] 4:00 • Trivia/Discussion [LR] 6:30 • Movie Night [LR] 4:00 • Trivia/Discussion [LR] 6:30 • Meditation Music Time [LR] 6:30 • Meditation Music Time [LR]