February 2023 Legacy Court Programming Monthly Activities							
3 ,	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MEMORY CARE CENTRAL MEMORY CARE BY SENIOR LIFESTYLE WWW.SENIORLIFESTYLE.COM Activities are subject to change			I LOVE YOU	Music Stimulation 8:00 Restaurant Style Dining: Breakfast is Served 9:00 Exercise: Walk and Reminisce 10:30 Thymelss	<u> </u>		Music Stimulation 8:00 Restaurant Style Dining: Breakfast is Served 10:30 ¶¶ Thymelss 12:00 Restaurant Style Dining: Lunch is Served 2:30 ¶¶ Thymelss 4:30 Restaurant Style Dining: Dinner is Served [DR]
EVERGREEN & WELLSPRING a Senior Lifestyle community	8:00 Restaurant Style Dining: Breakfast is Served 9:00 Exercise: Walk and Reminisce 10:30 Thymelss 12:00 Restaurant Style Dining: Lunch is Served 2:30 Thymelss	Music Stimulation 8:00 Restaurant Style Dining: Breakfast is Served 9:00 Exercise: Chair Yoga 10:30 Thymelss 12:00 Restaurant Style Dining: Lunch is Served 2:30 Nail Salon 2:30 Thymelss Restaurant Style Dining: Dinner is Served [DR]	Music Stimulation Restaurant Style Dining: Breakfast is Served 9:00 Exercise: Chair Stretches 10:30 Thymelss 12:00 Restaurant Style Dining: Lunch is Served 2:00 Fresh Flower Arranging 2:30 Thymelss Restaurant Style Dining: Dinner is Served DR	8:00 Restaurant Style Dining: Breakfast is Served 9:00 Exercise: Walk and Reminisce	Music Stimulation 8:00 Restaurant Style Dining: Breakfast is Served 9:00 Exercise: Chair dancing 10:30 Thymelss 12:00 Restaurant Style Dining: Lunch is Served 2:30 Thymelss Restaurant Style Dining: Dinner is Served [DR]	Music Stimulation 8:00 Restaurant Style Dining: Breakfast is Served 9:00 Exercise: Chair Stretches 10:30 1 Thymelss 12:00 Restaurant Style Dining: Lunch is Served 2:30 1 Thymelss 4:30 Restaurant Style Dining: Dinner is Served [DR]	Music Stimulation 8:00 Restaurant Style Dining: Breakfast is Served 10:30 ¶ Thymelss 12:00 Restaurant Style Dining: Lunch is Served 2:30 ¶ Thymelss 4:30 Restaurant Style Dining: Dinner is Served [DR]
*BOOKMARKS **THYMELESS CONTRIBUTE FEEL MOVE	8:00 Restaurant Style Dining: Breakfast is Served 9:00 Exercise: Walk and Reminisce 10:30 Thymelss 12:00 Restaurant Style Dining: Lunch is Served	Music Stimulation 8:00 Restaurant Style Dining: Breakfast is Served 9:00 Exercise: Chair Yoga 10:30 Thymelss 12:00 Restaurant Style Dining: Lunch is Served 2:30 Nail Salon 2:30 Thymelss Restaurant Style Dining: Dinner is Served [DR]	Music Stimulation Valentine's Day 8:00 Restaurant Style Dining: Breakfast is Served 9:00 Exercise: Chair Stretches 10:30 Thymelss 12:00 Restaurant Style Dining: Lunch is Served 2:00 Fresh Flower Arranging 2:30 Thymelss 2:30pi Bake and Decorate Valentine cookies [DR] 4:30 Restaurant Style Dining: Dinner is Served [DR]	8:00 Restaurant Style Dining: Breakfast is Served 9:00 Exercise: Walk and Reminisce 10:30 Thymelss 12:00 Restaurant Style Dining: Lunch is	Music Stimulation 8:00 Restaurant Style Dining: Breakfast is Served 9:00 Exercise: Chair dancing 10:30 Thymelss 12:00 Restaurant Style Dining: Lunch is Served 2:30 Thymelss Restaurant Style Dining: Dinner is Served [DR]	Music Stimulation 8:00 Restaurant Style Dining: Breakfast is Served 9:00 Exercise: Chair Stretches 10:30 Thymelss 12:00 Restaurant Style Dining: Lunch is Served 2:30 Thymelss 4:30 Restaurant Style Dining: Dinner is Served [DR]	7 Music Stimulation 8:00 Restaurant Style Dining: Breakfast is Served 10:30 ¶ Thymelss 12:00 Restaurant Style Dining: Lunch is Served 2:30 ¶ Thymelss 4:30 Restaurant Style Dining: Dinner is Served [DR]
	8:00 Restaurant Style Dining: Breakfast is Served 9:00 Exercise: Walk and Reminisce 10:30 Thymelss 12:00 Restaurant Style Dining: Lunch is Served 2:30 Thymelss 4:30 Restaurant Style Dining: Dinner is	Music Stimulation Presidents' Day 8:00 Restaurant Style Dining: Breakfast is Served 9:00 Exercise: Chair Yoga 10:30 Thymelss 12:00 Restaurant Style Dining: Lunch is Served 2:30 Nail Salon 2:30 Thymelss 4:30 Restaurant Style Dining: Dinner is Served [DR]	Music Stimulation 8:00 Restaurant Style Dining: Breakfast is Served 9:00 Exercise: Chair Stretches 10:30 I Thymelss 12:00 Restaurant Style Dining: Lunch is Served 2:00 Fresh Flower Arranging 2:30 I Thymelss 4:30 Restaurant Style Dining: Dinner is Served [DR]	8:00 Restaurant Style Dining: Breakfast is Served 9:00 Exercise: Walk and Reminisce	Music Stimulation 8:00 Restaurant Style Dining: Breakfast is Served 9:00 Exercise: Chair dancing 10:30 Thymelss 12:00 Restaurant Style Dining: Lunch is Served 2:30 Thymelss Restaurant Style Dining: Dinner is Served [DR]	Music Stimulation 8:00 Restaurant Style Dining: Breakfast is Served 9:00 Exercise: Chair Stretches 10:30 1 Thymelss 12:00 Restaurant Style Dining: Lunch is Served 2:30 1 Thymelss 2:30pi Monthly Birthday Celebration [DR] 4:30 Restaurant Style Dining: Dinner is Served [DR]	Music Stimulation 8:00 Restaurant Style Dining: 25 10:30 Thymelss 12:00 Restaurant Style Dining: Lunch is Served 2:30 Thymelss 4:30 Restaurant Style Dining: Dinner is Served [DR]
Location Keys Dining Room DR	8:00 Restaurant Style Dining: Breakfast is Served 9:00 Exercise: Walk and Reminisce 10:30 Thymelss 12:00 Restaurant Style Dining: Lunch is Served 2:30 Thymelss	Music Stimulation 8:00 Restaurant Style Dining: Breakfast is Served 9:00 Exercise: Chair Yoga 10:30 Thymelss 12:00 Restaurant Style Dining: Lunch is Served 2:30 Nail Salon 2:30 Restaurant Style Dining: Dinner is Served [DR]	Music Stimulation 8:00 Restaurant Style Dining: Breakfast is Served 9:00 Exercise: Chair Stretches 10:30 1 Thymelss 12:00 Restaurant Style Dining: Lunch is Served 2:00 Fresh Flower Arranging 2:30 1 Thymelss 4:30 Restaurant Style Dining: Dinner is Served [DR]	8	Apus sports		