
















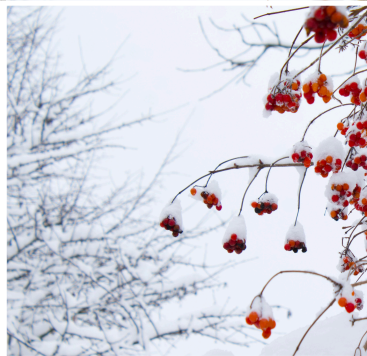
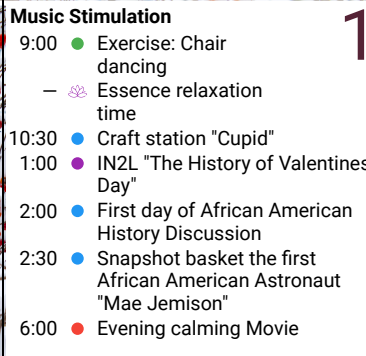












































Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<div><p>MEMORY CARE Embrace BY SENIOR LIFESTYLE</p><p>WWW.SENIORLIFESTYLE.COM Activities are subject to change</p></div> <div><p>EVERGREEN & WELLSPRING</p><p><i>a Senior Lifestyle community</i></p></div> <div><p> *BOOKMARKS</p><p> *ESSENCE</p><p> *Outing</p><p> *SNAPSHOTS</p><p> *SPARK</p><p> *THYMELESS</p><p> *_CONNECT</p><p> *_CONTRIBUTE</p><p> *_FEEL</p><p> *_MOVE</p><p> *_REFLECT</p><p> explore - Recreation & Entertainment</p><p> explore - Spiritual Health & Religion</p></div> <div><p>Location Keys</p><p>Dining Room</p><p>Living Room</p></div> <div><p>DR</p><p>LR</p></div>						<div>Music Stimulation 1</div> <div>9:00 ● Exercise: Chair dancing</div> <div>—  Essence relaxation time</div> <div>10:30 ● Craft station "Cupid"</div> <div>1:00 ● IN2L "The History of Valentines Day"</div> <div>2:00 ● First day of African American History Discussion</div> <div>2:30 ● Snapshot basket the first African American Astronaut "Mae Jemison"</div> <div>6:00 ● Evening calming Movie</div>	<div>Groundhog Day 2</div> <div>Music Stimulation</div> <div>9:00 ● Exercise: Chair Stretches</div> <div>10:00 ● Valentines day party planning with the Residents with coffee and donuts</div> <div>10:30  Veggie Bar [DR]</div> <div>1:00 ● IN2L Trivia "Groundhog Day"</div> <div>1:30 ● Popcorn and karaoke</div> <div>2:30  Bread Day [DR]</div> <div>6:00 ● evening calming activities small group</div>	<div>Music Stimulation 3</div> <div>9:00 ● Exercise: Chair dancing</div> <div>9:00a ● Coloring and conversation "Hearts"</div> <div>10:30 ● Craft Station "Heart picture frames"</div> <div>1:00 ● Movie of the day</div> <div>2:30 ● IN2L Trivia "How much does this cost"</div> <div>6:00 ● Evening calming Reading group</div>					
<div>Music Stimulation 4</div> <div>9:00 ● Exercise: Walk and Reminisce</div> <div>9:30 ● Joel Osteen Ministries [LR]</div> <div>10:30 ● Craft Station "Heart Boxes"</div> <div>2:00 ● Let's move and toss the balloon with conversation!</div> <div>2:30 ● Painting with the residents "Love"</div> <div>6:00 ● evening calming activities small group</div>		<div>Music Stimulation 5</div> <div>9:00 ● Exercise: Chair Yoga</div> <div>10:00 ● Spark Graduation 2024 Celebration</div> <div>10:30  Residents' choice Cookbook Recipe [DR]</div> <div>1:30 ● Popcorn and Entertainment</div> <div>2:30 ● Nail Salon</div> <div>6:00 ● evening calming activities small group</div>	<div>Music Stimulation 6</div> <div>9:00 ● Exercise: Chair Stretches</div> <div>10:00 ● Exercise with Dylan</div> <div>10:30 ● IN2L Word games</div> <div>1:30 ● Craft Station "Valentines Day Cards for Family"</div> <div>2:00 ● Fresh Flower Arranging</div> <div>2:30  Happy Hour Snack</div> <div>3:30  Fruit Bar [DR]</div> <div>6:00 ● evening calming group discussion with hot Chocolate</div>	<div>Music Stimulation 7</div> <div>9:00 ● Exercise: Walk and Reminisce</div> <div>10:00  Dip Day [DR]</div> <div>10:30 ● iN2L Word Games [DR]</div> <div>1:00  Outing with the residents</div> <div>1:30p  Bookmark club</div> <div>2:00 ● Reminisce "Snowy days" Hot Chocolate</div> <div>2:30 ● Painting with the residents "Max Robinson" First African American News Anchor</div> <div>6:00 ● evening calming activities small group</div>	<div>Music Stimulation 8</div> <div>9:00 ● Exercise: Chair dancing</div> <div>—  Essence relaxation time</div> <div>10:30 ● IN2L Trivia Reminisce</div> <div>1:30 ● A Walk around the Neighborhood</div> <div>2:00 ● Craft Station "Heart flowers"</div> <div>6:00 ● Evening calming Movie with lite snack</div>	<div>Music Stimulation 9</div> <div>9:00 ● Exercise: Chair Stretches</div> <div>10:00 ● Craft Station "Candy boxes"</div> <div>10:30  Veggie Bar [DR]</div> <div>1:00 ● IN2L Trivia " Cupids history story"</div> <div>1:30 ● Valentines Day Bingo with prizes</div> <div>2:30  Bread Day [DR]</div> <div>6:00 ● evening calming activities small group</div>	<div>Music Stimulation 10</div> <div>9:00 ● Exercise: Chair dancing</div> <div>10:00 ● IN2L Reminisce</div> <div>10:30 ● Craft station " Sensory Ball"</div> <div>1:30 ● Movie of the day with popcorn</div> <div>2:30 ● IN2L Trivia "Art History"</div> <div>6:00 ● evening calming puzzle group with light snack</div>						
<div>Music Stimulation 11</div> <div>9:00 ● Exercise: Walk and Reminisce</div> <div>9:30 ● Joel Osteen Ministries [LR]</div> <div>10:30 ● Craft Station "Harriet Tubman"</div> <div>2:00 ● Let's move and toss the balloon with conversation!</div> <div>2:30 ● Painting with the residents</div> <div>6:00 ● evening calming activities small group</div>		<div>Music Stimulation 12</div> <div>9:00 ● Exercise: Chair Yoga</div> <div>10:00 ● Learning Station</div> <div>10:30  Residents' choice Cookbook Recipe [DR]</div> <div>1:00 ● The Celebration of Lincoln Birthday</div> <div>1:30 ● IN2L Trivia "Lincoln"</div> <div>2:30 ● Nail Salon</div> <div>6:00 ● evening calming activities small group</div>	<div>Music Stimulation 13</div> <div>9:00 ● Exercise: Chair Stretches</div> <div>10:00 ● Exercise with Dylan</div> <div>10:30 ● Residents helping making party bags "Valentines Day party"</div> <div>1:00 ● Craft station "Heart Necklaces"</div> <div>1:30 ● Mardi Gras Celebration with cake and ice cream</div> <div>2:00 ● Fresh Flower Arranging</div> <div>2:30  Happy Hour Snack</div> <div>3:30  Fruit Bar [DR]</div> <div>6:00 ● evening calming activities small group with Hot Chocolate</div>	<div>Music Stimulation 14</div> <div>Valentine's Day</div> <div>9:00 ● Exercise: Walk and Reminisce</div> <div>10:00  Dip Day " Heart Cheese ball dip" [DR]</div> <div>10:30 ● IN2L Trivia "ST Valentine" [DR]</div> <div>1:00 ● Dancing, with Karaoke "50s Love songs"</div> <div>1:30p  Bookmark club</div> <div>2:00 ● Valentines Day party "Here Comes Elvis" Elvis Performer</div> <div>6:00 ● evening calming activities small group</div>	<div>Music Stimulation 15</div> <div>9:00 ● Exercise: Chair dancing</div> <div>—  Essence relaxation time</div> <div>10:30 ● IN2L Word games</div> <div>1:00  Outing with the residents</div> <div>1:30 ● Sensory group with light snack</div> <div>2:00 ● IN2L Trivia "February"</div> <div>6:00 ● evening calming activities "Google Earth"</div>	<div>Music Stimulation 16</div> <div>9:00 ● Exercise: Chair Stretches</div> <div>10:00 ● Group Discussion "10 Facts About me"</div> <div>10:30  Veggie Bar [DR]</div> <div>1:00  Making new Snapshot basket with the residents "Out with old in with the New"</div> <div>2:30  Bread Day [DR]</div> <div>6:00 ● evening calming activities small group</div>	<div>Music Stimulation 17</div> <div>9:00 ● Exercise: Chair dancing</div> <div>10:00 ● IN2L Trivia Reminisce "A look in to the past"</div> <div>10:30 ● African American History Games and puzzles with "Coffee and Donuts"</div> <div>1:00 ● Movie of the day</div> <div>2:30 ● Coloring and conversation " Marie M. Daly"</div> <div>6:00 ● evening calming activities small reading circle</div>						
<div>Music Stimulation 18</div> <div>9:00 ● Exercise: Walk and Reminisce</div> <div>9:30 ● Joel Osteen Ministries [LR]</div> <div>10:30 ● Craft Station</div> <div>2:00 ● Let's move and toss the balloon with conversation!</div> <div>2:30 ● Painting with the residents</div> <div>6:00 ● evening calming activities small group</div>		<div>Music Stimulation 19</div> <div>Presidents' Day</div> <div>9:00 ● Exercise: Chair Yoga</div> <div>10:00  Learning Station</div> <div>10:30 ● Celebrating President's Day</div> <div>10:30  Residents' choice Cookbook Recipe [DR]</div> <div>1:00 ● Craft station "George Washington"</div> <div>2:30 ● Nail Salon</div> <div>6:00 ● evening calming activities small group</div>	<div>Music Stimulation 20</div> <div>9:00 ● Exercise: Chair Stretches</div> <div>10:00 ● Exercise with Dylan</div> <div>10:00 ● Group Discussion "5 Famous African American Writers"</div> <div>2:00 ● Fresh Flower Arranging</div> <div>2:30  Happy Hour Snack</div> <div>3:30  Fruit Bar [DR]</div> <div>6:00 ● evening calming Group Discussion</div>	<div>Music Stimulation 21</div> <div>9:00 ● Exercise: Walk and Reminisce</div> <div>10:00  Dip Day [DR]</div> <div>10:30 ● Craft station "Jane Bolin" First African American Judge [DR]</div> <div>1:00  Outing with the Residents</div> <div>1:30p  Bookmark club</div> <div>2:00 ● IN2L Name that state</div> <div>2:30 ● Karaoke and Popcorn</div> <div>6:00 ● evening calming activities small group</div>	<div>Music Stimulation 22</div> <div>9:00 ● Exercise: Chair dancing</div> <div>—  Essence relaxation time</div> <div>10:30 ● Craft Station "Fritz Pollard" First African American NFL coach "Football"</div> <div>1:00 ● Group Discussion "Althea Gibson" African American Tennis player</div> <div>1:30 ● IN2L Trivia "George Washington"</div> <div>2:00 ● Celebrating the life of George Washington "Happy Birthday"</div> <div>6:00 ● evening calming movie and snack</div>	<div>Music Stimulation 23</div> <div>9:00 ● Exercise: Chair Stretches</div> <div>10:00 ● Coloring and conversation " Frederick McKinley Jones"</div> <div>10:30  Veggie Bar [DR]</div> <div>1:00 ● A Walk around the community with donuts and coffee</div> <div>2:30  Bread Day [DR]</div> <div>3:00 ● Birthday Celebration with ice cream and music</div> <div>6:00 ● evening calming activities small group</div>	<div>Music Stimulation 24</div> <div>9:00 ● Exercise: Chair dancing</div> <div>10:00 ● IN2L Word games</div> <div>10:30 ● Coloring and Conversation "Bessie Coleman' First African American Women to Become a Pilot</div> <div>1:00 ● Movie of the day</div> <div>2:30 ● IN2L "What holiday is coming up Next "</div> <div>6:00 ● evening calming activities small group with aromatherapy and light snack</div>						
<div>Music Stimulation 25</div> <div>9:00 ● Exercise: Walk and Reminisce</div> <div>9:30 ● Joel Osteen Ministries [LR]</div> <div>10:30 ● Craft Station</div> <div>2:00 ● Let's move and toss the balloon with conversation!</div> <div>2:30 ● Painting with the residents</div> <div>6:00 ● evening calming activities small group</div>		<div>Music Stimulation 26</div> <div>9:00 ● Exercise: Chair Yoga</div> <div>10:00  Learning Station</div> <div>10:30  Residents' choice Cookbook Recipe [DR]</div> <div>1:00 ● IN2L Word games</div> <div>2:30 ● Nail Salon</div> <div>6:00 ● evening calming activities small group</div>	<div>Music Stimulation 27</div> <div>9:00 ● Exercise: Chair Stretches</div> <div>10:00 ● Exercise with Dylan</div> <div>10:30 ● Sensory group and conversation</div> <div>1:00 ● Craft station "Beaded Necklaces"</div> <div>2:00 ● Fresh Flower Arranging</div> <div>2:30  Happy Hour Snack</div> <div>3:30  Fruit Bar [DR]</div> <div>6:00 ● evening calming activities with music and conversation</div>	<div>Music Stimulation 28</div> <div>9:00 ● Exercise: Walk and Reminisce</div> <div>10:00  Dip Day [DR]</div> <div>10:30 ● iN2L Word Games [DR]</div> <div>1:00  Outing with the residents</div> <div>1:30p  Bookmark club</div> <div>2:00 ● Group Discussion " Lets get ready for St. Patrick day"</div> <div>6:00 ● evening calming activities small group</div>	<div>Music Stimulation 29</div> <div>9:00 ● Exercise: Chair dancing</div> <div>—  Essence relaxation time</div> <div>10:30 ● IN2L "Guess who"</div> <div>1:00  Gardening with the residents</div> <div>1:30  Snapshot Basket " Name my Occupation"</div> <div>2:00 ● IN2L Trivia Reminisce</div> <div>6:00 ● evening calming movie with popcorn</div>	