calendar & activities FEB 2019					We	llspring Memory Care
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MEMORY CARE  BY SENIOR LIFESTYLE	<ul><li>GROW</li></ul>				NATIONAL WEAR RED DAY  A.M. • Gardening 9:30 • Morning Stretch 10:15 • Juice Break/News & Views 11:15 • Little Bit of Everything About February 1:00 • Memories in the Making 1:15 • Relaxation 2:15 • Afternoon Social Music and Manicures 4:00 • Exercises 4:00 • Sabbath Service 6:00 • Evening Activities	Groundhog Day 9:30 • Morning Stretch 10:15 • Juice Break/News & Views 11:15 • Little Bit of Everything 1:15 • Relaxation 1:30 • SATURDAY MOVIE Ground Hog Day 2:15 • Afternoon Popcorn Social 4:00 • Exercises 6:00 • Evening Activities
9:30 • Morning Stretch 10:15 • Juice Break/News & Views 10:15 • Koffee Klatsch 11:15 • Little Bit of Everything 1:15 • Relaxation 1:30 • Catholic Service 2:15 • Sunday Social 3:00 • Word Games 3:30 • Word Games 4:00 • Music and Music Trivia 6:00 • SUPER BOWL PARTY	ROSA PARKS DAY  A.M. • Gardening 9:30 • Morning Stretch 10:15 • Juice Break/News & Views 11:15 • Little Bit about Rosa Parks 1:15 • Relaxation 1:30 • Hand Massage 2:15 • Afternoon Social 2:30 POKENO 4:00 • Exercises 6:00 • Evening Activities	WORLD NUTELLA DAY!  A.M. • Gardening 9:30 • Morning Stretch 10:15 • Juice Break/News & Views 11:15 • Little Bit of Everything 1:15 • Chaplain Service with Cecil 2:15 • Making Nutella Snacks 2:45 • Penny Ante 3:00 • Flower Arranging 4:00 • Exercises 6:00 • Evening Activities	A.M. • Gardening 9:30 • Morning Stretch 10:15 • Juice Break/News & Views 10:15 • Koffee Klatsch 11:15 • Little Bit of Everything 1:15 • Relaxation 1:30 • Creative Corner-Making Snowmen 2:15 • Afternoon Social 4:00 • Exercises 6:00 • Evening Activities	A.M. • Gardening 9:30 • Morning Stretch 10:15 • Juice Break/News & Views 11:15 • Little Bit of Everything 1:15 • Relaxation 1:30 • The Story of Little House on the Prairie 2:15 • Afternoon Social 3:30 • Essence 4:00 • Exercises 6:00 • Evening Activities	A.M. • Gardening 9:30 • Morning Stretch 10:15 • Juice Break/News & Views 11:15 • Little Bit of Everything 1:00 • Memories in the Making 1:15 • Relaxation 2:15 • Afternoon Social 2:30   Music and Manicures 4:00 • Exercises 4:00 • Sabbath Service 6:00 • Evening Activities	9:30 • Morning Stretch 10:15 • Juice Break/News & Views 11:15 • Little Bit of Everything 1:15 • Relaxation 1:30 • MOVIE Sleeping Beauty 2:15 • Afternoon Popcorn Social 4:00 • Exercises 6:00 • Evening Activities
9:30 • Morning Stretch 10:15 • Juice Break/News & Views 10:15 • Koffee Klatsch 11:15 • Little Bit of Everything 1:15 • Relaxation 1:30 • Catholic Service 2:15 • Sunday Social 3:00 • Word Games 3:30 • Exercise 4:00 • Music and Music Trivia 6:00 • Evening Activities	A.M. • Gardening 9:30 • Morning Stretch 10:15 • Juice Break/News & Views 11:15 • Little Bit of Everything 1:15 • Relaxation 1:30 • Famous Couples 2:15 • Afternoon Social Bingo 3:30 • Essence 4:00 • Exercises 6:00 • Evening Activities	HAPPY BIRTHDAY RUTH ANN! LINCOLN'S B'DAY  A.M. • Gardening 9:30 • Morning Stretch & Juice Break 10:00 • JIM McBRIDE PERFORMS LOVE S 11:15 • Little Bit of Everything 1:15 • Chaplain Service with Cecil 2:15 • Happy B'Day Ruth Ann! 2:45 • Bingo 3:00 • Flower Arranging 4:00 • Exercises 6:00 • Evening Activities	A.M. • Gardening 9:30 • Morning Stretch 10:15 • Juice Break/News & Views 11:00 • LUNCH OUTING to Olive Garden 11:15 • Little Bit of Everything 1:15 • Relaxation 1:30 • Creative Corner-Making Valentines 2:15 • Afternoon Social-Making Brown Cow 4:00 • Exercises 6:00 • Evening Activities	HAPPY BIRTHDAY DON HAAS! Valentine's Day  A.M. • Gardening 9:30 • Morning Stretch 10:00 • Cupcake Decorating 10:15 • Juice Break/News & Views 11:15 • Little Bit of Everything 1:15 • Relaxation 2:15 • Birthday & Valentine Celebration 2:45 • Penny Ante 3:30 • Essence 4:00 • Exercises 6:00 • Evening Activities	HAPPY BIRTHDAY MARLENE!  A.M. • Gardening 9:30 • Morning Stretch 10:15 • Juice Break/News & Views 11:15 • Little Bit of Everything 1:00 • Memories in the Making 1:15 • Relaxation 2:15 • Happy B'Day Marlene! 2:45 • Music and Trivia 4:00 • Exercises 4:00 • Sabbath Service 6:00 • Evening Activities	9:30 • Morning Stretch 10:15 • Juice Break/News & Views 11:15 • Little Bit of Everything 1:15 • Relaxation 1:30 • MOVIE West Side Story 2:15 • Afternoon Popcorn Social 4:00 • Exercises 6:00 • Evening Activities
9:30 • Morning Stretch 10:15 • Juice Break/News & Views 10:15 • Koffee Klatsch 11:15 • Little Bit of Everything 1:15 • Relaxation 1:30 • Catholic Service 2:15 • Sunday Social 3:00 • Word Games 3:30 • Exercise 4:00 • Music and Music Trivia 6:00 • Evening Activities	Presidents' Day A.M. • Gardening 9:30 • Morning Stretch 10:15 • Juice Break/News & Views 11:15 • Little Bit about Presidents 1:15 • Relaxation 2:15 • Afternoon Social 2:30 • POKENO 3:30 • Essence 4:00 • Exercises 6:00 • Evening Activities	A.M. • Gardening 9:30 • Morning Stretch 10:15 • Juice Break/News & Views 11:15 • Little Bit of Everything 1:15 • Chaplain Service with Cecil 2:15 • Afternoon Social 2:45 • Penny Ante 3:00 • Flower Arranging 4:00 • Exercises 6:00 • Evening Activities	A.M. • Gardening 9:30 • Morning Stretch 10:15 • Julice Break/News & Views 10:15 • Koffee Klatsch 11:15 • Little Bit of Everything 1:15 • Relaxation 1:30 • Creative Corner-Making Jewelry 2:15 • Afternoon Social 4:00 • Exercises 6:00 • Evening Activities	A.M. • Gardening 9:30 • Morning Stretch 10:15 • Juice Break/News & Views 11:15 • Little Bit of Everything 1:15 • Relaxation 1:30 • BOOKMARKS 2:15 • Afternoon Social 3:30 • Essence 4:00 • Exercises 6:00 • Evening Activities		9:30 • Morning Stretch 10:15 • Juice Break/News & Views 11:15 • Little Bit of Everything 1:15 • Relaxation 1:30 • MOVIE Beauty and the Beast 2:15 • Afternoon Popcorn Social 4:00 • Exercises 6:00 • Evening Activities
9:30 Morning Stretch 10:15 Juice Break/News & Views 10:15 Koffee Klatsch 11:15 Little Bit of Everything 1:15 Relaxation 1:30 Catholic Service 2:15 Sunday Social 3:00 Word Games 3:30 Exercise 4:00 Music and Music Trivia 6:00 Evening Activities	A.M. • Gardening 9:30 • Morning Stretch 10:15 • Juice Break/News & Views 11:15 • Little Bit of Everything 1:15 • Relaxation 2:15 • Afternoon Social Bingo 3:30 • Essence 4:00 • Exercises 6:00 • Evening Activities	A.M. • Gardening 9:30 • Morning Stretch 10:15 • Juice Break/News & Views 11:15 • Little Bit of Everything 1:15 • Chaplain Service with Cecil 2:15 • Afternoon Social 2:30 • Flower Arranging 4:00 • Exercises 6:00 • Evening Activities	A.M. • Gardening 9:30 • Morning Stretch 10:15 • Juice Break/News & Views 11:00 • LUNCH OUTING to Snow's Lakeside 11:15 • Little Bit of Everything 1:15 • Relaxation 1:30 • Hand Meditation 2:15 • Afternoon Social 4:00 • Exercises 6:00 • Evening Activities	27  NATIONAL CHILI DAY  A.M. • Gardening  7:30 • Making Chili  9:30 • Morning Stretch  10:15 • Juice Break/News & Views  11:15 • Little Bit of Everything  1:15 • Relaxation  1:30 • BOOKMARKS  2:15 • Chili Dog Party  3:00 • Bingo  3:30 • Essence  4:00 • Exercises  6:00 • Evening Activities	3	