



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
● Connect ● Contribute ● Feel ● Grow ● Move ● Reflect							9:30 ● Sit & Be Fit Morning Exercise (FAA) 10:00 ● What Am I? (FAA) 10:30 ● Read & Reminisce (FAA) 11:00 ● Exercise with Desmond (FAA) 2:15 ● Noodle Ball (FAA) 3:00 ● Ice Cream Social (FAA) 6:00 ● Hallmark TV (FSA) 1
LOCATIONS Front Activity Area (FAA) Back Activity Area (BAA) Dining Room (DR) Theater Room (TR) Memory Care 2/FAA Memory Care 3/FAA Front Sitting Area (FSA) Retro Kitchen (RK) Mac Hills Community(MHC)	Groundhog Day 9:30 ● Devotion & Hymns (FAA) 10:00 ● Brain Quest & Small Group Activities with VT Seva (FAA) 2:15 ● Snack & Chat (DR) 2:45 ● Coupon Clipping & Small Group Activities (DR) 3:15 ● Art Projects & Small Group Activities (BAA) 5:30 ● Chair Volleyball (FAA) 6:00 ● Groundhog Day at the Movies & Munchies (TR) 2	Happy Groundhog Day 9:30 ● Walking & Wheeling Exercise (MHC) 10:00 ● February Trivia (FAA) 10:30 ● Music & Manicures (DR) 1:00 ● Daily Chronicles Reading (FAA) 1:30 ● Exercise with Desmond (FAA) 2:15 ● Snack & Chat (DR) 3:00 ● Crafts & Small Group Activities (DR) 5:00 ● Team Bowling & Music 6:00 ● Tea & Cookies with Leonard (FSA) 3	9:30 ● Sit & Be Fit Exercise (FAA) 10:00 ● Leaping Into February Trivia (FAA) 10:30 ● Bingo (DR) 2:15 ● Snack & Chat (DR) 3:00 ● Table Games (BAA) 5:00 ● Noodle Ball (FAA) 6:00 ● Hand Massages & Jazz Music (FAA) 4	9:30 ● Music & Motion Exercise (FAA) 10:00 ● Music & Manicures & Small Group Activities (DR) 11:00 ● Bible Trivia & Discussion (DR) 2:15 ● Snack & Chat (DR) 3:00 ● Puzzles & Painting (BAA) 5:00 ● Game Night (BAA) 6:00 ● The Lucy Show (TR) 5	9:30 ● Walking & Wheeling Exercise (MHC) 10:15 ● Exercise with Desmond (FAA) 11:00 ● Lunch Outing to Lupe Tortillia 2:15 ● Snack & Chat (DR) 3:00 ● Let's Get Cooking (RK) 5:00 ● TV Land Oldie (FSA) 6:00 ● Bingo (FSA) 6	9:30 ● Music & Motion Exercise (FAA) 10:00 ● Hangman Word Games (FAA) 10:30 ● Daily Chronicles Reading & Discussion (FAA) 11:00 ● Indoor Garden Club Conversation & Reading Groups (FSA) 2:15 ● Chair Volley Ball (FAA) 3:00 ● Happy Hour (FAA) 5:00 ● Chair Tennis (FAA) 6:00 ● Hand Massages & Jazz Music (FAA) 7	9:30 ● Sit & Be Fit Morning Exercise (FAA) 10:00 ● EZ Does It Random Trivia (FAA) 10:30 ● Read & Reminisce (FAA) 11:00 ● Exercise with Desmond (FAA) 2:15 ● Noodle Ball (FAA) 2:30 ● Daily Chronicles Reading (FAA) 3:00 ● Ice Cream Social (FAA) 5:00 ● Small Group Table Games (BAA) 6:00 ● Hallmark TV (FSA) 8
	9:30 ● Devotion & Hymns (FAA) 10:00 ● Sit & Be Fit Exercises (FAA) 2:15 ● Snack & Chat (DR) 2:45 ● Coupon Clipping & Small Group Activities (DR) 3:15 ● Art Projects & Small Group Activities (BAA) 5:30 ● Chair Volleyball (FAA) 6:00 ● Sunday Movie & Munchies (TR) 9	9:30 ● Walking & Wheeling Exercise (MHC) 10:15 ● Eldergrow Garden Education with Carmen (MC3/DR) 1:00 ● Daily Chronicles Reading (FAA) 1:30 ● Exercise with Desmond (FAA) 2:15 ● Snack & Chat (DR) 3:00 ● Music with Norris Perry (MC 2/FAA) 5:00 ● Team Bowling & Music (FAA) 6:00 ● Tea & Cookies with Leonard (FSA) 10	9:30 ● Sit & Be Fit Exercise (FAA) 10:00 ● Remembering Mardi Gras (FAA) 10:30 ● Bingo (DR) 2:15 ● Snack & Chat (DR) 3:00 ● Table Games (BAA) 5:00 ● Noodle Ball (FAA) 6:00 ● Hand Massages & Jazz Music (FAA) 11	9:30 ● Music & Motion Exercise (FAA) 10:00 ● Music & Manicures & Small Group Activities (DR) 11:00 ● Bible Trivia & Discussion (DR) 2:15 ● Snack & Chat (DR) 3:00 ● Puzzles & Painting (BAA) 5:00 ● Game Night (BAA) 6:00 ● Shirley Temple Movie (TR) 12	9:30 ● Walking & Wheeling Exercise (MHC) 10:15 ● Exercise with Desmond (FAA) 10:45 ● Choose Your Trivia (FAA) 2:15 ● Snack & Chat (DR) 3:00 ● Let's Get Cooking (RK) 4:30 ● Sweet Heart Family Dinner (DR) 5:00 ● TV Land Oldie (FSA) 6:00 ● Bingo (FSA) 13	Valentine's Day 9:30 ● Music & Motion Exercise (FAA) 10:00 ● Valentines Day Trivia (FAA) 10:30 ● Daily Chronicles Reading & Discussion (FAA) 11:00 ● Indoor Garden Club Conversation & Reading Groups (FSA) 2:15 ● Valentines Day Craft 3:00 ● Music with Denny & Happy Hour (MC2/FAA) 4:30 ● Sweet Heart Family Dinner (DR) 5:00 ● Chair Tennis (FAA) 6:00 ● Hand Massages & Jazz Music (FAA) 14	9:30 ● Sit & Be Fit Morning Exercise (FAA) 10:00 ● EZ Does It Random Trivia (FAA) 10:30 ● Read & Reminisce (FAA) 11:00 ● Exercise with Desmond (FAA) 2:15 ● Noodle Ball (FAA) 2:30 ● Daily Chronicles Reading (FAA) 3:00 ● Ice Cream Social (FAA) 3:30 ● Adult Art Therapy (DR) 5:00 ● Small Group Table Games (BAA) 6:00 ● Hallmark TV (FSA) 15
	9:30 ● Devotion & Hymns (FAA) 10:00 ● Brain Quest & Small Group Activities with VT Seva (FAA) 2:15 ● Snack & Chat (DR) 2:45 ● Coupon Clipping & Small Group Activities (DR) 3:00 ● Music with Mike (MC2/FAA) 3:15 ● Art Projects & Small Group Activities (BAA) 3:30 ● Music with Mike Frankel (MC3/FAA) 5:30 ● Chair Volleyball (FAA) 6:00 ● Sunday Movie & Munchies (TR) 16	Presidents' Day 9:30 ● Walking & Wheeling Exercise (MHC) 10:00 ● President's Day Trivia (FAA) 10:30 ● Music with Keith (MC 2/FAA) 1:00 ● Daily Chronicles Reading (FAA) 1:30 ● Exercise with Desmond (FAA) 2:15 ● Snack & Chat (DR) 3:00 ● Crafts & Small Group Activities (BAA) 5:00 ● Team Bowling & Music (FAA) 6:00 ● Tea & Cookies with Leonard (FSA) 17	9:30 ● Sit & Be Fit Exercise (FAA) 10:00 ● EZ Does It Random Trivia (FAA) 10:30 ● Bingo (DR) 2:15 ● Snack & Chat (DR) 3:00 ● Table Games (BAA) 5:00 ● Noodle Ball (FAA) 6:00 ● Hand Massages & Jazz Music (FAA) 18	9:30 ● Music & Motion Exercise (FAA) 10:00 ● Music & Manicures & Small Group Activities (DR) 10:30 ● Music with Don & Sharon (MC2/FAA) 11:00 ● Bible Trivia & Discussion (DR) 2:15 ● Snack & Chat (DR) 3:00 ● Puzzles & Painting (BAA) 5:00 ● Game Night (BAA) 6:00 ● Wednesday Night Western (TR) 19	9:30 ● Walking & Wheeling Exercise (MHC) 11:00 ● Choose Your Trivia (FAA) 2:15 ● Snack & Chat (DR) 3:00 ● Let's Get Cooking (RK) 5:00 ● TV Land Oldie (FSA) 6:00 ● Bingo (FSA) 20	9:30 ● Music & Motion Exercise (FAA) 10:00 ● Hangman Word Games (FAA) 10:30 ● Daily Chronicles Reading & Discussion (FAA) 11:00 ● Indoor Garden Club Conversation & Reading Groups (FSA) 2:15 ● Chair Volley Ball (FAA) 3:00 ● Happy Hour (FAA) 5:00 ● Chair Tennis (FAA) 6:00 ● Hand Massages & Jazz Music (FAA) 21	9:30 ● Sit & Be Fit Morning Exercise (FAA) 10:00 ● EZ Does It Random Trivia (FAA) 10:30 ● Read & Reminisce (FAA) 11:00 ● Exercise with Desmond (FAA) 2:15 ● Noodle Ball (FAA) 2:30 ● Daily Chronicles Reading (FAA) 3:00 ● Ice Cream Social (FAA) 3:30 ● Adult Art Therapy (DR) 5:00 ● Small Group Table Games (BAA) 6:00 ● Hallmark TV (FSA) 22
	9:30 ● Devotion & Hymns (FAA) 10:00 ● Sit & Be Fit Exercises (FAA) 2:15 ● Snack & Chat (DR) 2:45 ● Coupon Clipping & Small Group Activities (DR) 3:15 ● Art Projects & Small Group Activities (BAA) 5:30 ● Chair Volleyball (FAA) 6:00 ● Sunday Movie & Munchies (TR) 23	9:30 ● Walking & Wheeling Exercise (MHC) 10:15 ● Eldergrow Garden Education with Carmen (MC2/DR) 1:00 ● Daily Chronicles Reading (FAA) 1:30 ● Exercise with Desmond (FAA) 2:15 ● Snack & Chat (DR) 3:00 ● Crafts & Small Group Activities (BAA) 5:00 ● Team Bowling & Music (FAA) 6:00 ● Tea & Cookies with Leonard (FSA) 24	9:30 ● Sit & Be Fit Exercise (FAA) 10:00 ● EZ Does It Random Trivia (FAA) 10:30 ● Bingo (DR) 2:15 ● Snack & Chat (DR) 3:15 ● Music with David & Birthday Celebration(MC2/FAA) 5:00 ● Noodle Ball (FAA) 6:00 ● Hand Massages & Jazz Music (FAA) 25	9:30 ● Music & Motion Exercise (FAA) 10:00 ● Music & Manicures & Small Group Activities (DR) 11:00 ● Bible Trivia & Discussion (DR) 2:15 ● Snack & Chat (DR) 3:00 ● Puzzles & Painting (BAA) 5:00 ● Game Night (BAA) 6:00 ● Comedy TV (TR) 26	9:15 ● Meaningful Moments Outing to the DMA 9:30 ● Walking & Wheeling Exercise (MHC) 10:15 ● Exercise with Desmond (FAA) 10:45 ● Choose Your Trivia (FAA) 2:15 ● Snack & Chat (DR) 2:45 ● Music with Denny (MC2/FAA) 3:00 ● Let's Get Cooking (RK) 5:00 ● TV Land Oldie (FSA) 6:00 ● Bingo (FSA) 27	9:30 ● Music & Motion Exercise (FAA) 10:00 ● Hangman Word Games (FAA) 10:30 ● Daily Chronicles Reading & Discussion (FAA) 11:00 ● Indoor Garden Club Conversation & Reading Groups (FSA) 2:15 ● Chair Volley Ball (FAA) 3:00 ● Happy Hour & Music with Brandon (MC 2/FAA) 5:00 ● Chair Tennis (FAA) 6:00 ● Hand Massages & Jazz Music (FAA) 28	9:30 ● Sit & Be Fit Morning Exercise (FAA) 10:00 ● EZ Does It Random Trivia (FAA) 10:30 ● Read & Reminisce (FAA) 11:00 ● Exercise with Desmond (FAA) 2:15 ● Noodle Ball (FAA) 2:30 ● Daily Chronicles Reading (FAA) 3:00 ● Ice Cream Social (FAA) 3:30 ● Adult Art Therapy (DR) 5:00 ● Small Group Table Games (BAA) 6:00 ● Hallmark TV (FSA) 29
	9:30 ● Devotion & Hymns (FAA) 10:00 ● Sit & Be Fit Exercises (FAA) 2:15 ● Snack & Chat (DR) 2:45 ● Coupon Clipping & Small Group Activities (DR) 3:15 ● Art Projects & Small Group Activities (BAA) 5:30 ● Chair Volleyball (FAA) 6:00 ● Sunday Movie & Munchies (TR) 23	9:30 ● Walking & Wheeling Exercise (MHC) 10:15 ● Eldergrow Garden Education with Carmen (MC2/DR) 1:00 ● Daily Chronicles Reading (FAA) 1:30 ● Exercise with Desmond (FAA) 2:15 ● Snack & Chat (DR) 3:00 ● Crafts & Small Group Activities (BAA) 5:00 ● Team Bowling & Music (FAA) 6:00 ● Tea & Cookies with Leonard (FSA) 24	9:30 ● Sit & Be Fit Exercise (FAA) 10:00 ● EZ Does It Random Trivia (FAA) 10:30 ● Bingo (DR) 2:15 ● Snack & Chat (DR) 3:15 ● Music with David & Birthday Celebration(MC2/FAA) 5:00 ● Noodle Ball (FAA) 6:00 ● Hand Massages & Jazz Music (FAA) 25	9:30 ● Music & Motion Exercise (FAA) 10:00 ● Music & Manicures & Small Group Activities (DR) 11:00 ● Bible Trivia & Discussion (DR) 2:15 ● Snack & Chat (DR) 3:00 ● Puzzles & Painting (BAA) 5:00 ● Game Night (BAA) 6:00 ● Comedy TV (TR) 26	9:15 ● Meaningful Moments Outing to the DMA 9:30 ● Walking & Wheeling Exercise (MHC) 10:15 ● Exercise with Desmond (FAA) 10:45 ● Choose Your Trivia (FAA) 2:15 ● Snack & Chat (DR) 2:45 ● Music with Denny (MC2/FAA) 3:00 ● Let's Get Cooking (RK) 5:00 ● TV Land Oldie (FSA) 6:00 ● Bingo (FSA) 27	9:30 ● Music & Motion Exercise (FAA) 10:00 ● Hangman Word Games (FAA) 10:30 ● Daily Chronicles Reading & Discussion (FAA) 11:00 ● Indoor Garden Club Conversation & Reading Groups (FSA) 2:15 ● Chair Volley Ball (FAA) 3:00 ● Happy Hour & Music with Brandon (MC 2/FAA) 5:00 ● Chair Tennis (FAA) 6:00 ● Hand Massages & Jazz Music (FAA) 28	9:30 ● Sit & Be Fit Morning Exercise (FAA) 10:00 ● EZ Does It Random Trivia (FAA) 10:30 ● Read & Reminisce (FAA) 11:00 ● Exercise with Desmond (FAA) 2:15 ● Noodle Ball (FAA) 2:30 ● Daily Chronicles Reading (FAA) 3:00 ● Ice Cream Social (FAA) 3:30 ● Adult Art Therapy (DR) 5:00 ● Small Group Table Games (BAA) 6:00 ● Hallmark TV (FSA) 29
	9:30 ● Devotion & Hymns (FAA) 10:00 ● Sit & Be Fit Exercises (FAA) 2:15 ● Snack & Chat (DR) 2:45 ● Coupon Clipping & Small Group Activities (DR) 3:15 ● Art Projects & Small Group Activities (BAA) 5:30 ● Chair Volleyball (FAA) 6:00 ● Sunday Movie & Munchies (TR) 23	9:30 ● Walking & Wheeling Exercise (MHC) 10:15 ● Eldergrow Garden Education with Carmen (MC2/DR) 1:00 ● Daily Chronicles Reading (FAA) 1:30 ● Exercise with Desmond (FAA) 2:15 ● Snack & Chat (DR) 3:00 ● Crafts & Small Group Activities (BAA) 5:00 ● Team Bowling & Music (FAA) 6:00 ● Tea & Cookies with Leonard (FSA) 24	9:30 ● Sit & Be Fit Exercise (FAA) 10:00 ● EZ Does It Random Trivia (FAA) 10:30 ● Bingo (DR) 2:15 ● Snack & Chat (DR) 3:15 ● Music with David & Birthday Celebration(MC2/FAA) 5:00 ● Noodle Ball (FAA) 6:00 ● Hand Massages & Jazz Music (FAA) 25	9:30 ● Music & Motion Exercise (FAA) 10:00 ● Music & Manicures & Small Group Activities (DR) 11:00 ● Bible Trivia & Discussion (DR) 2:15 ● Snack & Chat (DR) 3:00 ● Puzzles & Painting (BAA) 5:00 ● Game Night (BAA) 6:00 ● Comedy TV (TR) 26	9:15 ● Meaningful Moments Outing to the DMA 9:30 ● Walking & Wheeling Exercise (MHC) 10:15 ● Exercise with Desmond (FAA) 10:45 ● Choose Your Trivia (FAA) 2:15 ● Snack & Chat (DR) 2:45 ● Music with Denny (MC2/FAA) 3:00 ● Let's Get Cooking (RK) 5:00 ● TV Land Oldie (FSA) 6:00 ● Bingo (FSA) 27	9:30 ● Music & Motion Exercise (FAA) 10:00 ● Hangman Word Games (FAA) 10:30 ● Daily Chronicles Reading & Discussion (FAA) 11:00 ● Indoor Garden Club Conversation & Reading Groups (FSA) 2:15 ● Chair Volley Ball (FAA) 3:00 ● Happy Hour & Music with Brandon (MC 2/FAA) 5:00 ● Chair Tennis (FAA) 6:00 ● Hand Massages & Jazz Music (FAA) 28	9:30 ● Sit & Be Fit Morning Exercise (FAA) 10:00 ● EZ Does It Random Trivia (FAA) 10:30 ● Read & Reminisce (FAA) 11:00 ● Exercise with Desmond (FAA) 2:15 ● Noodle Ball (FAA) 2:30 ● Daily Chronicles Reading (FAA) 3:00 ● Ice Cream Social (FAA) 3:30 ● Adult Art Therapy (DR) 5:00 ● Small Group Table Games (BAA) 6:00 ● Hallmark TV (FSA) 29