

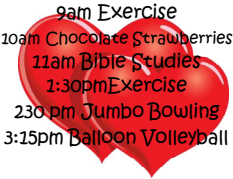



FEBRUARY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		If only our eyes saw souls Instead of bodies How very different our ideals of beauty would be.			1 Wear RED! 9:30am Chair Exercise 10:15am Banana Smoothies 11:15am 60's Music 2:30 pm Jumbo Blocks 3:15pm Refreshments with Staff	2 Groundhog Day! 9:30am Chair Exercise 10:15am Apples and Oranges 11am Magic Paint 1:30pm Movie "Groundhog Day" 2:30pm Snacks 3:30pm HAPPY HOUR
3  VS.  9:30am Morning Stretch 10:15am Popcorn 11am Sports Trivia 1:30 pm Refreshments 2:15pm Sunday Service Superbowl Sunday Patriots Vs. Rams GORAMS!!	4 9:30am Exercise 10:15am Banana Smoothie 12:30am Door Signs 1:30pm Crossword Puzzles 2:30 Snacks 3:30pm Resident Council Meeting	5 9:30am Yoga Breathing 10am Cookie Time 10:30am Bird Feeders 1:30pm Music from the 50's 2:30pm BINGO 3:30pm Book Club	6 Frozen Yogurt Day 9am Beauty Salon 10am Build Your Yogurt 11am Music with MIKE 1:30pm Exercise 2:30 pm Bottle Trivia 3:15pm Balloon Volleyball	7 9am Chair Exercise 10am Bible Studies 11am Word Scramble 1:30pm Popcorn + A Movie 3:15pm Staff Trivia	8 9am Walking Club 10am Coffee and Muffins 11am Family Feud 1:30pm Words That Start With 3:15pm Facts About Today	9 National Bagel Day 9:30am Chair Exercise 10am Bagels + Cream Cheese 11am Trivia 1:30pm Bowling 2:30pm BINGO 3:30pm Dance Along
10 9:30am Morning Stretch 10:15am Muffins 11:30am Word Search 1:30 pm Refreshments 2:15pm Sunday Service 3pm 60's Music	11 9:30am Exercise 10am Grapes and Bananas 11am Word Scramble 1:30pm KAREOKE 2:30 pm Jumbo Words 3:15pm Balloon Volleyball	12 9:30am Chair Exercise 10am PB&J's 11am Cards for Caregivers 1:30pm Trivia 2:30 pm Music from the 40's 3:15pm Book Club	13 9am Beauty Salon 10am Smoothies 11am Music with LARRY 1:30pm Exercise 2:30 pm BINGO 3:15pm Dog Therapy	14 Happy Valentine's Day!  9am Exercise 10am Chocolate Strawberries 11am Bible Studies 1:30pm Exercise 2:30 pm Jumbo Bowling 3:15pm Balloon Volleyball	15 9:30am Chair Exercise 10:15am Tips + Toes 11am Snacks 1:30pm Movies National Caregivers Day THANK YOU FOR ALL YOU DO!	16 9am Walking Club 10am Almond Trail Mix 11am Family Feud 1:30pm Fab 40's 3:15pm Black Jack Night
17 9:30am Morning Stretch 10:15am Blueberry Smoothie 11:30am Sunday Funday 1:30 pm Refreshments 2:15pm Sunday Service 3pm Oldies but Goodies	18 9am Yoga 10am Oranges + Apples 11am PUZZLES 1:30pm Exercise 2:30 pm Jumbo Bowling 3:15pm Balloon Volleyball	19 9am Chair Exercise 10am Garden Snacks 11am Spin the Bottle 1:30pm Book Club 3:15pm Facts About Today	20 National Love Your Pet Day  9am Beauty Salon 10am Fruit salad 11am Goodies for Pets 1:30pm Exercise 2:30 pm Arts + Crafts 3:15pm Music from the Past	21 9am Tips + Toes 10am PB&J 11am Bible Studies 1:30pm Exercise 2:30 pm Puzzles 3:15pm Crosswords	22 9am Morning Yoga 10am Snacks 11am Social with Your Team 1:30pm Music from the Past 3:15pm Staff Trivia	23 9am Walking Club 10am Coffee + Banana Muffins 11am Balloon Volleyball 1:30pm History Trivia 3:15pm BINGO
24 9:30am Morning Stretch 10:15am Chips + Salsa 11:30am Jumbo Blocks 1:30 pm Refreshments 2:15pm Sunday Service 3pm Poker Night	25 9am Walking Club 10am Strawberry Smoothies 11am Word That Start With \$ 1:30pm Bowling Staff VS. Residents 3:15pm Ladies Night	26 9am Walking Club 10am Birthday Cards 11am Tell US a Fact 1:30pm Birthday Celebration Month of February 3:15pm BINGO	27 9:30am Beauty Salon 10:15am Apples + Peanut Butter 11am Chair Exercise 2:30pm Bean Bag Toss 3:15pm Word Scramble	28 9am Exercise 10am Coffee and Muffins 11am Tips + Toes 1:30pm Popcorn + A Movie 3:15pm Facts About Today	<i>Caregiving is a series of small acts of care that alter the course of someone's life.</i>	