



# FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Please contact DENISE MITCHELL</b>  <b>To schedule your appointment With the Podiatrist on FEBRUARY 27</b>  <b>361-6141 ext 885</b></p>	<p><b>CAREGIVER SUPPORT GROUP</b>  <b>FEBRUARY 28</b>  <b>6:00 p.m.</b>  <b>RESPIRE CARE &amp; DINNER</b>  <b>AVAILABLE UPON REQUEST</b></p>			<p><b>1</b></p> <p>9:30 Breakfast            10:00 Reminisce            Stretching / Wellness Walk            10:30 Chair Yoga/ Tai Chi                Denise Dameron            10:30 Manicures (EF))</p> <p>12:00-1:00 Lunch / Social Hour            1:00 Art            1:00 MUSIC THERAPY            2:00 Snack / Home Stretch            3:00 Wind Down            SCARVES GALORE (AIT)</p>
<p><b>4</b></p> <p>9:30 Breakfast (AIT)            10:00 Reminisce Stretching/ Wellness Walk            10:30 Arts &amp; Crafts (EF)            10:30 VOCA Music Therapy            11:00 Massage Therapy            12:00-1:00 Lunch Social Hour            1:00 Latin Lounge Flow</p> <p>1:00 Art            1:10 Men's Group (RB)            2:00 Snack            2:30 Home Stretch            3:00 Wind Down</p>	<p><b>5 TBA TRIP</b></p> <p>9:30 Breakfast            10:00 Reminisce            Stretching / Wellness Walk            10:30 Do You Know? (RB)            10:30 Wii Bowling (TS)            10:30 ART THERAPY            10:30 Veterans Gathering Group (AIT)</p> <p>12:00-1:00 Lunch / Social Hour            1:00 Art            1:10 BINGO            1:10 Music Group (WJ)            2:00 Snack            2:30 Home Stretch            3:00 Wind Down</p>	<p><b>6 TBA TRIP</b></p> <p>9:30 Breakfast            10:00 Reminisce            Stretching / Wellness Walk            10:30 Senior Fitness (TS)            10:30 Trivia Time (RB))            10:30 Jazz the Walls (EF)</p> <p>Hour            12:50 News Flash Recall            1:00 Spiritual Hour (RB)            1:10 Arts &amp; Crafts (EF)            2:00 Snack /Home Stretch            3:00 Wind Down            3:00 Story Hour (AIT)</p> <p>12:00-1:00 Lunch / Social</p>	<p><b>7 CRACKER BARREL (RB)</b></p> <p>9:30 Breakfast            10:00 Reminisce            Stretching / Wellness Walk            10:30 Senior Fitness (RB)            10:30 Wii Bowling (EF)            10:30 Craft Class (EF)            10:30 Focus Group            12:00-1:00 Lunch/Social Hr.</p> <p>1:00 Board Game Bonanza (AIT)            1:00 Art            1:10 Manicures (EF)            2:30 Home Stretch            3:00 Wind Down</p>	<p><b>8 1:00 MOVIE DAY</b></p> <p>9:30 Breakfast            10:00 Reminisce            Stretching / Wellness Walk            10:30 Chair Yoga/ Tai Chi                Denise Dameron            10:30 Manicures (EF))</p> <p>12:00-1:00 Lunch / Social Hour            1:00 Art            1:00 MUSIC THERAPY            2:00 Snack / Home Stretch            3:00 Wind Down            SCARVES GALORE (AIT)</p>
<p><b>11</b></p> <p>9:30 Breakfast (AIT)            10:00 Reminisce Stretching/ Wellness Walk            10:00 Loving Hands Group            10:30 Arts &amp; Crafts (EF)            10:30 VOCA Music Therapy            12:00-1:00 Lunch Social Hour            1:00 Latin Lounge Flow</p> <p>1:00 Art            1:10 Men's Group (RB)            2:00 Snack            2:30 Home Stretch            3:00 Wind Down</p>	<p><b>12 MOBILE DENTIST</b></p> <p>9:30 Breakfast            10:00 Reminisce            Stretching / Wellness Walk            10:30 Do You Know? (RB)            10:30 Wii Bowling (TS)            10:30 ART THERAPY            10:30 Veterans Gathering Group (AIT)</p> <p>11:00 Massage Therapy            12:00-1:00 Lunch / Social Hour            1:00 Art            1:10 BINGO            1:10 Music Group (WJ)            2:00 Snack            2:30 Home Stretch            3:00 Wind Down</p>	<p><b>13 VALUE WORLD (EF)</b></p> <p>9:30 Breakfast            10:00 Reminisce            Stretching / Wellness Walk            10:30 Senior Fitness (TS)            10:30 Trivia Time (RB))            10:30 Jazz the Walls (EF)            10:30 Jackie the Storyteller</p> <p>12:00-1:00 Lunch / Social Hour            12:50 News Flash Recall            1:00 Spiritual Hour (RB)            1:10 Arts &amp; Crafts (EF)            2:00 Snack /Home Stretch            3:00 Wind Down            3:00 Story Hour (AIT)</p>	<p><b>14 TBA TRIP</b></p> <p>9:30 Breakfast            10:00 Reminisce            Stretching / Wellness Walk            10:30 Senior Fitness (RB)            10:30 Wii Bowling (EF)            10:30 Craft Class (EF)            10:30 Focus Group            11:00 Koinonia Home Group</p> <p>12:00-1:00 Lunch/Social Hr.            1:00 Art            1:00 Board Game Bonanza (AIT)            1:10 Manicures (EF)            2:30 Home Stretch            3:00 Wind Down</p>	<p><b>15</b></p> <p>9:30 Breakfast            10:00 Reminisce            Stretching / Wellness Walk            10:30 Chair Yoga/ Tai Chi                Denise Dameron            10:30 Manicures (EF))</p> <p>12:00-1:00 Lunch / Social Hour            1:00 Art            1:00 MUSIC THERAPY            2:00 Snack / Home Stretch            3:00 Wind Down</p>
<p><b>18</b></p> <p>9:30 Breakfast            10:00 Reminisce Stretching/ Wellness Walk            10:30 Arts &amp; Crafts (EF)            10:30 VOCA Music Therapy            10:30 Guardians of Praise            11:00 Massage Therapy            12:00-1:00 Lunch Social Hour</p> <p>1:00 Latin Lounge Flow (AIT)            1:00 Art            1:10 Men's Group (RB)            2:00 Snack            2:30 Home Stretch            3:00 Wind Down</p>	<p><b>19 TBA TRIP</b></p> <p>9:30 Breakfast            10:00 Reminisce            Stretching / Wellness Walk            10:30 Do You Know? (RB)            10:30 Wii Bowling (TS)            10:30 ART THERAPY            10:30 Veterans Gathering Group (AIT)</p> <p>11:00 Massage Therapy            12:00-1:00 Lunch / Social Hour            1:00 Art            1:10 BINGO            1:10 Music Group (WJ)            2:00 Snack            2:30 Home Stretch            3:00 Wind Down</p>	<p><b>20</b></p> <p>9:30 Breakfast            10:00 Reminisce            Stretching / Wellness Well-ness Walk            10:30 Senior Fitness (TS)            10:30 Trivia Time (RB))            10:30 Jazz the Walls (EF)</p> <p>12:50 News Flash Recall            1:00 Spiritual Hour (RB)            1:10 Arts &amp; Crafts (EF)            2:00 Snack /Home Stretch            3:00 Wind Down            3:00 Story Hour (AIT)</p> <p>12:00-1:00 Lunch / Social Hour</p>	<p><b>21 TBA TRIP</b></p> <p>9:30 Breakfast            10:00 Reminisce            Stretching / Wellness Walk            10:30 Senior Fitness (RB)            10:30 Wii Bowling (EF)            10:30 Craft Class (EF)            10:30 Guardians Praise                Dancing Group</p> <p>12:00-1:00 Lunch/Social Hr.            1:00 Board Game Bonanza (AIT)            1:00 Art            1:10 Manicures (EF)            2:30 Home Stretch            3:00 Wind Down</p>	<p><b>22 1:00 MOVIE DAY</b>  <b>BLACK HISTORY CELEBRATION</b></p> <p>9:30 Breakfast            10:00 Reminisce            Stretching / Wellness Walk            10:30 Chair Yoga/ Tai Chi                Denise Dameron            10:30 Manicures (EF))</p> <p>12:00-1:00 Lunch / Social Hour            1:00 Art            1:00 MUSIC THERAPY            2:00 Snack / Home Stretch            3:00 Wind Down            SCARVES GALORE (AIT)</p>
<p><b>25 TBA TRIP</b></p> <p>9:30 Breakfast            10:00 Reminisce Stretching/ Wellness Walk            10:00 Loving Hands Group            10:30 Arts &amp; Crafts (EF)            10:30 VOCA Music Therapy            12:00-1:00 Lunch Social Hour</p> <p>1:00 Latin Lounge Flow (AIT)            1:00 Art            1:10 Men's Group (RB)            2:00 Snack            2:30 Home Stretch            3:00 Wind Down</p>	<p><b>26</b></p> <p>9:30 Breakfast            10:00 Reminisce            Stretching / Wellness Walk            10:30 Do You Know? (RB)            10:30 Wii Bowling (TS)            10:30 ART THERAPY            10:30 Veterans Gathering Group (AIT)</p> <p>11:00 Massage Therapy            12:00-1:00 Lunch / Social Hour            1:00 Art            1:10 BINGO            1:10 Music Group (WJ)            2:00 Snack            2:30 Home Stretch            3:00 Wind Down</p>	<p><b>27 PODIATRIST</b></p> <p>9:30 Breakfast            10:00 Reminisce            Stretching / Wellness Walk            10:30 Senior Fitness (TS)            10:30 Trivia Time (RB))            10:30 Jazz the Walls (EF)            11:00 Cleveland Clinic Health talk</p> <p>12:00-1:00 Lunch / Social Hour            12:50 News Flash Recall            1:00 Spiritual Hour (RB)            1:10 Arts &amp; Crafts (EF)            2:00 Snack /Home Stretch            3:00 Wind Down            3:00 Story Hour (AIT)</p>	<p><b>28 CAREGIVER SUPPORT GROUP</b></p> <p>9:30 Breakfast            10:00 Reminisce            Stretching / Wellness Walk            10:30 Senior Fitness (RB)            10:30 Wii Bowling (EF)            10:30 Craft Class (EF)            10:30 Focus Group            11:00 Koinonia Home Group</p> <p>12:00-1:00 Lunch/Social Hr.            1:00 Art            1:00 Board Game Bonanza (AIT)            1:10 Manicures (EF)            2:30 Home Stretch            3:00 Wind Down</p>	

Activities on this calendar are subject to change. Any changes will be made to the appropriate calendar. **\*\*ALL TRIPS ARE WEATHER PERMITTING\*\***