



FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Please contact Denise Mitchell To schedule your appointment with the Podiatrist on February 26, 2019 at 216-361-6141 ext. 885</i></p>	<p><b>Caregiver Support Group is the 4th Thursday of the month from 6:00pm - 7:30pm. RSVP at 216-361-6150 with Ms. Russell. Topic: Self-Care</b></p>			
<p><b>3 Arts &amp; Crafts</b></p> <p>9:30 Breakfast 1:00 Crafts (JK) 10:00 Reminisce Stretching/ Wellness Walk 2:00 Snack 10:30 VOCA Music Therapy 3:00 Wind Down 10:30 Massage Therapy 11:30 Gospel Aerobics 12:00-1:00 Lunch</p>	<p><b>4</b></p> <p>9:30 Breakfast (EF) 10:00 Reminisce Stretching / Wellness Walk 11:30 Brain Games 10:30 Art Therapy 12:00-1:00 Lunch 10:30 Veterans Gathering 1:10 Bingo Group (DR) 2:00 Snack 10:30 Massage Therapy 3:00 Wind Down 11:00 Let's Get Physical</p>	<p><b>5 Dollar Tree</b></p> <p>9:30 Breakfast 2:00 Snack /Home Stretch 10:00 Reminisce 3:00 Wind Down Stretching / Wellness Walk 10:30 Brain Games 11:00 Crafts (EF) 12:00-1:00 Lunch 1:00 Spiritual Hour (RB)</p>	<p><b>6 Black Inventors</b></p> <p>9:30 Breakfast (EF) 10:00 Reminisce Stretching / Wellness Walk 12:00-1:00 Lunch 10:30 VOCA Grief Share (SM) 1:00 Art 10:30 Black Inventors (JK) 1:10 Manicures 11:00 Koinonia Home 2:00 Snack / Home Stretch 11:30 Let's Get Physical 3:00 Wind Down</p>	<p><b>7 Heart Health Talk</b></p> <p>9:30 Breakfast 12:00-1:00 Lunch 10:00 Reminisce Stretching/ Wellness Walk 1:00 Art 10:30-11:30 Chair Yoga/Tai Chi (Denise Dameron) 1:00 VOCA Music Therapy 10:30-11:00 Heart Health Talk w/ Tracy Freeman, RN 2:00 Snack / Home Stretch 3:00 Wind Down</p>
<p><b>10 Gospel Aerobics</b></p> <p>9:30 Breakfast 1:00 Crafts (JK) 10:00 Reminisce Stretching/ Wellness 2:00 Snack / Home Stretch 10:30 VOCA Music Therapy 3:00 Wind Down 10:30 Massage Therapy 11:30 Gospel Aerobics 12:00-1:00 Lunch</p>	<p><b>11 Valentine Bingo</b></p> <p>9:30 Breakfast (EF) 10:00 Reminisce Stretching / Wellness Walk 11:30 Brain Games 10:30 Art Therapy 12:00-1:00 Lunch 10:30 Veterans Gathering 1:10 Bingo (Valentine edition) Group (DR) 2:00 Snack /Home Stretch 10:30 Massage Therapy 3:00 Wind Down 11:00 Let's Get Physical</p>	<p><b>12 Family Feud</b></p> <p>9:30 Breakfast 2:00 Snack /Home Stretch 10:00 Reminisce 3:00 Wind Down Stretching / Wellness Walk 10:30 Brain Games 11:00 Family Feud 12:00-1:00 Lunch 1:00 Spiritual Hour (RB)</p>	<p><b>13 Fuji's Grill Buffet</b></p> <p>9:30 Breakfast 11:30 Let's Get Physical 10:00 Reminisce (EF) Stretching / Wellness Walk 12:00-1:00 Lunch 10:30 VOCA Grief Share (SM) 1:00 Art 10:30 Brain Games 1:10 Manicures 11:00 Koinonia Home 2:00 Snack / Home Stretch 3:00 Wind Down</p>	<p><b>14 Valentine's Day Party</b></p> <p>9:30 Breakfast Goolsby 10:00 Reminisce Stretching / Wellness Walk 12:00-1:00 Lunch 10:30-11:30 Chair Yoga/Tai Chi (Denise Dameron) 1:00 Art 11:00-12:00 Valentine's Day Party w/ Mary Kay (Florence) 2:00 Snack / Home Stretch 3:00 Wind Down</p>
<p><b>17 Music &amp; Massage Therapy</b></p> <p>9:30 Breakfast 1:00 Crafts (JK) 10:00 Reminisce Stretching/ Wellness 2:00 Snack / Home Stretch 10:30 VOCA Music Therapy 3:00 Wind Down 10:30 Massage Therapy 11:30 Gospel Aerobics 12:00-1:00 Lunch</p>	<p><b>18 Black History Bingo</b></p> <p>9:30 Breakfast 11:00 Let's Get Physical 10:00 Reminisce (EF) Stretching / Wellness Walk 11:30 Brain Games 10:30 Art Therapy 12:00-1:00 Lunch 10:30 Veterans Gathering 1:10 Bingo (Black History Edition) Group (DR) 2:00 Snack /Home Stretch 10:30 Massage Therapy</p>	<p><b>19 Value World</b></p> <p>9:30 Breakfast 1:00 Spiritual Hour (RB) 10:00 Reminisce 2:00 Snack /Home Stretch Stretching / Wellness Walk 3:00 Wind Down 10:30 Brain Games 11:00 Family Feud 12:00-1:00 Lunch</p>	<p><b>20 Jackie the Storyteller</b></p> <p>9:30 Breakfast 12:00-1:00 Lunch 10:00 Reminisce Stretching / Wellness Walk 1:00 Art 10:30 VOCA Grief Share (SM) 1:10 Manicures 10:30 Jackie the Storyteller 2:00 Snack / Home Stretch 11:30 Murtis Taylor Choir 3:00 Wind Down</p>	<p><b>21 Chair Yoga &amp; Movement</b></p> <p>9:30 Breakfast 1:00 VOCA Music Therapy 10:00 Reminisce 2:00 Snack / Home Stretch Stretching / Wellness Walk 3:00 Wind Down 10:30-11:30 Chair Yoga/Tai Chi (Denise Dameron) 10:30-12:00 Craft (EF) 12:00-1:00 Lunch 1:00 Art</p>
<p><b>24</b></p> <p>9:30 Breakfast 2:00 Snack / Home Stretch 10:00 Reminisce 3:00 Wind Down Stretching/ Wellness Walk 10:30 VOCA Music Therapy 10:30 Massage Therapy 11:30 Gospel Aerobics 12:00-1:00 Lunch 1:00 Crafts (JK)</p>	<p><b>25 Bingo with Police</b></p> <p>9:30 Breakfast 11:00 Let's Get Physical (EF) 10:00 Reminisce 12:00-1:00 Lunch Stretching / Wellness Walk 1:10 Bingo w/ Community Police 10:30 Art Therapy 2:00 Snack /Home Stretch 10:30 Veterans Gathering 3:00 Wind Down Group (DR) 10:30 Massage Therapy</p>	<p><b>26 Podiatrist</b></p> <p>9:30 Breakfast 12:00-1:00 Lunch 10:00 Reminisce 1:00 Spiritual Hour (RB) Stretching / Wellness Walk 2:00 Snack /Home Stretch 10:30 Brain Games 3:00 Wind Down 11:00 Crafts (EF)</p>	<p><b>27 Black History Celebration &amp; Caregiver Support Group</b></p> <p>9:30 Breakfast 10:00 Reminisce Stretching / Wellness Walk 12:00-1:00 Lunch 10:30 VOCA Grief Share (SM) 1:00 Art &amp; Manicures 10:30 Brain Games 2:00 Snack / Home Stretch 11:00 Black History Celebration 3:00 Wind Down</p>	<p><b>28 Golden Corral Buffet</b></p> <p>9:30 Breakfast 1:00 Art 10:00 Reminisce 1:00 VOCA Music Therapy Stretching / Wellness Walk 2:00 Snack / Home Stretch 10:30-11:30 Chair Yoga/Tai Chi (Denise Dameron) 3:00 Wind Down 10:30-11:50 Craft (EF) 12:00-1:00 Lunch</p>

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