

EVERY DAY ACTIVITIES

FIT FOR LIFE

Each morning will offer a form of physical activity to keep our bodies fit and healthy

STROKES OF MEMORY

Using our memories each day to reminisce or recall keeps our minds strong & hearts beating

THINKING BEYOND

Each day we will spend some time using our powers of thinking to fine tune our focus and strengthen our attention

MUSIC & MORE

There is nothing more enjoyable or therapeutic than the healing power of music!

REJUVENATING THE SPIRIT

Whether it's praying for our friends together or planting a garden we all need to renew our spirits as we will do each day.

TIME FOR FRIENDS

Joining others at meals, comforting one another, playing cards, putting a puzzle together, enjoying music, crocheting, baking cookies, watching a movie or simply laughing together can make a difference in someone's day when doing it with friends.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



5 10:00 MASS ON TV
1:00 Exercise & Stretch
1:30 Resident Bingo
2:30 Ice Cream Social In the Gardens
6:30 PAINTING to MUSIC

6 10:00 COMMUNION
10:00 Resident Visits w/\$heila our Canine Friend
10:30 Art Project Elaina
1:50 Exercise with Susan
2:00 Musical Memories w/Kathy
6:00 Musical on TV

7 10:00-11:00 Brain Challenge Trivia
1:15 Sing Along with RSVP
2:30 Exercise w/ Elaina
3:30 Board Games
6:00 Movie Comedy

12 10:00 MASS ON TV
1:00 Exercise & Stretch
1:30 Resident Bingo
2:30 Ice Cream Social In the Gardens
6:30 PAINTING MUSIC

13 10:00 COMMUNION
10:00 Resident Visits w/\$heila our Canine Friend
1:50 Exercise with Susan
2:00 Musical Memories With Kathy
6:00 Musical on TV

14 10:15-12:00 Word Find Puzzle Fun
Valentine's Day
2:30 Music w John Banker
3:30 Puzzles & Games
6:00 Romantic Movie

19 10:00 SUNDAY AM TV MASS
1:00 Exercise & Stretch
1:30 Resident Bingo
2:30 Ice Cream Social In the Gardens
6:30 PAINTING to MUSIC

20 10:00 COMMUNION
1:50 Exercise with Susan
2:00 President's Day Celebration

21 10:00-11:00 Story Reading
1:15 Sing Along with the IN2L
2:30 Exercise w/ Elaina
6:00 Bingo

26 10:00 SUNDAY AM TV MASS
1:00 Exercise & Stretch
1:30 Resident Bingo
2:30 Ice Cream Social In the Gardens
6:30 PAINTING to MUSIC

27 10:00 COMMUNION
10:00 Resident Visits w/\$heila our Canine Friend
1:50 Exercise with Susan
2:00 Musical Memories w/Kathy
6:00 Music on CD

28 10:00-11:00 Story Reading
1:15 Music with RSVP
2:30 Exercise w/ Elaina
3:30 Board Games
6:00 Tuesday Night Movie

1 10:00-10:30 Spa Day
11:00 Word Puzzles
1:50 Exercise with Susan
2:30 Country Songs
6:00 HOT COCOA & CONVERSATION

8 10:00-10:30 Spa Day
10:00-11:30 pm Xbox
11:30 Garden's Lunch Trip
1:50 Exercise with Susan
3:00 Gospel Sing Along
6:00 HOT COCOA

15 10:00-11:30 Spa Day
11:00 pm Garden's Lunch Trip
1:50 Exercise with Susan
3:00 I Love Puzzles
6:00 pm Movie Musical

22 10:30 IN2L Game Show
11:30 Lunch Trip & Scenic Drive
1:50 Exercise with Susan
4:00 BINGO
6:00 HOT COCOA & CONVERSATION

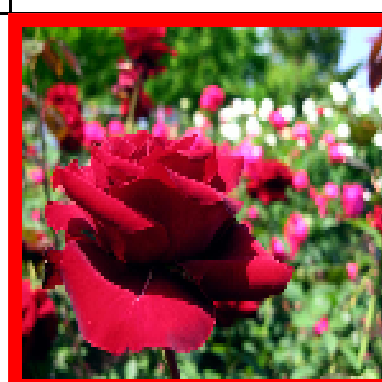
29 10:30 IN2L Game Show
11:30 Lunch Trip & Scenic Drive
1:50 Exercise with Susan
4:00 BINGO
6:00 HOT COCOA & CONVERSATION

2 10:00 Trivia Challenge
1:00 Becky Reads Stories
2:30 Exercise w/Elaina
2-3 Visit with Casey Therapy Dog
6:00 Thursday Night Movie With Popcorn

9 10:00 Qigong with Roger
11:00 Fun Challenge Trivia
2:00 Music W Doug M.
2-3 Visit with Casey Therapy Dog
6:00 Thursday Night Movie With Popcorn

16 10:00 Sing Along with Elaina
2:00 Music with Linda Wentz
3:30 BALLOON VOLLEYBALL AND DEAN MARTIN
6:00 HOT COCOA

23 10:00 QiGong with Roger
2:00 Music with Sophistication Birthday Party
3:30 BALLOON VOLLEYBALL AND DEAN MARTIN
6:00 HOT COCOA



3 10:15-12:00 In The Kitchen
1:00 Bingo
2:00 Hoe Down Square Dance on DVD
3:30 Board Games
6:00 PM Music w Ron sparto /Country Kitchen

10 10:15-12:00 Decorating with Elaina
2:00 Hoe Down Square Dance on DVD
2:00-3:00 Ball Toss and Exercise
6:00 PM Bingo

17 10:30 Sing Along Gospels
1:30 Roger Hart Slide Show
2:00-3:00 Ball Toss and Exercise
6:00 Music memories

24 10:15-12:00 Sing Along Gospels
1:00 Bingo
2:00 Volleyball Toss
3:30 Board Games
4:00 Happy Hour

4 11:00 Let's Stretch & Exercise
1:30 Resident Bingo
2:00 Coffee and Conversation
3:30 MEMORY MAGIC
6:30 SATURDAY NIGHT MOVIE

11 11:00 Let's Stretch & Exercise
1:30 Resident Bingo
2:00 Coffee and Conversation
3:30 MEMORY MAGIC
6:30 SATURDAY NIGHT MOVIE

18 11:00 Let's Stretch & Exercise
10:00-11:30 Xbox Fun
1:30 Resident Bingo
6:30 SATURDAY Holiday MOVIE With Popcorn & Soda

25 11:00 Let's Stretch & Exercise
1:30 Resident Bingo
2:00 Coffee and Conversation
3:30 MEMORY MAGIC
6:30 SATURDAY MOVIE With Popcorn & Soda

FEBRUARY 2012

BE MINE