

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

HAPPY VALENTINES DAY



1

10:30 Trivia
 10:30 Sunrise Club
 12:30 Lunch Time
 2:30 Zumba Exercise
 2:30 Sensory Stimulation
 4:00 1:1 Room Visits

2

10:30 Chair Yoga
 10:30 Sunrise Club
 12:30 Lunch Time
 2:30 Ground Hog Day
 2:30 Sensory Stimulation
 6:30 Night Bingo

Groundhog Day

3

10:30 Senior Moment Game
 10:30 Sunrise Program
 12:30 Lunch Time
 2:30 Afternoon Bingo
 2:30 Sensory Stimulation

4

10:30 Chair Exercise
 12:30 Lunch Time
 2:30 Resident's Choice

5

10:30 Catholic Mass on TV
 12:30 Lunch Time
 2:30 I Love Lucy

6

10:30 Chair Aerobic
 10:30 Sunrise Club
 12:30 Lunch Time
 2:30 Balloon Tennis
 2:30 Sensory Stimulation
 4:00 1:1 Room Visits

7

10:30 Chair Zumba
 10:30 Sunrise Club
 12:30 Lunch Time
 1:15 Gentle Touch NPO
 2:30 Sensory Stimulation
 2:30 Family Feud
 6:30 Bingo Club

8

10:30 Balloon Volleyball
 10:30 Sunrise Club
 12:30 Lunch Time
 2:30 The Price is Right
 2:30 Sensory Stimulation
 4:00 1:1 Room Visits

9

10:30 Bible Trivia
 10:30 Sunrise Club
 12:30 Lunch Time
 1:15 Gentle Touch NPO
 2:30 Spa Day and Music
 2:30 Sensory Stimulation
 6:30 Bingo Night

10

10:30 Making Valentine Cards
 10:30 Sunrise Club
 12:30 Lunch Time
 2:30 Horse Racing
 2:30 Sensory Stimulation
 4:00 1:1 Room Visits

11

10:30 Dear Abby
 12:30 Lunch Time
 2:30 Afternoon Bingo

12

10:30 Catholic Mas on TV
 12:30 Lunch Time
 2:30 The Love Boat
 2:30 Super Bowl Social

13

10:30 Ball Tossing
 10:30 Sunrise Club
 12:30 Lunch Time
 2:30 Sit and Be Fit
 2:30 Sensory Stimulation
 4:00 1:1 Room Visits

14

10:30 Independent Activity
 12:30 Lunch Time
 1:15 Gentle Touch NPO
 2:30 Valentine Day Party With Nicole
 6:30 Bingo Night

Valentine's Day

15

10:30 Chair Yoga
 10:30 Sunrise Club
 12:30 Lunch Time
 2:30 Sensory Stimulation
 2:30 Smarter than 5th Grader
 4:00 1:1 Room Visits

16

10:30 Ballroom Tennis
 10:30 Sunrise Club
 12:30 Lunch Time
 2:30 Roulette Game
 2:30 Sensory Stimulation
 6:30 Evening Bingo

17

10:30 Chair Aerobic
 10:30 Sunrise Club
 12:30 Lunch Time
 2:30 Hidden Figures Movie
 2:30 Sensory Stimulation
 4:00 1:1 Room Visits

18

10:30 Chair Zumba
 12:30 Lunch Time
 2:30 Resident's Private Party

19

10:30 Catholic Mass on TV
 12:30 Lunch Time
 2:30 Laverne & Shirley

20

10:30 Chair Exercise
 10:30 Sunrise Club
 12:30 Lunch Time
 2:30 President' Trivia
 2:30 Sensory Stimulation
 4:00 1:1 Room Visits

Presidents' Day

21

10:30 Basketball
 10:30 Sunrise Club
 12:30 Lunch Time
 2:30 Mardi Gras Social
 2:30 Sensory Stimulation
 6:30 Evening Bingo

Mardi Gras

22

10:30 Zumba Class
 10:30 Sunrise Club
 12:30 Lunch Time
 2:30 Word Search
 2:30 Sensory Stimulation
 4:00 1:1 Room Visits

Ash Wednesday

23

10:30 Independent Activity
 12:30 Lunch Time
 2:30 **Resident's Birthday Party with Van Martin**
 6:30 Evening Bingo

24

11:00 Resident's Council & Menu Planning Meeting
 12:30 Lunch Time
 2:30 Think like a Man Movie
 2:30 Sensory Stimulation
 4:00 1:1 Room Visits

25

10:30 Chair Yoga
 12:30 Lunch Time
 2:30 Resident's Choice

26

10:30 Catholic Mass on TV
 12:30 Lunch Time
 2:30 Resident's Choice

27

10:30 Chair Yoga
 10:30 Sunrise Club
 12:30 Lunch Time
 2:30 Scrabble Game
 2:30 Sensory Stimulation
 4:00 1:1 Room Visits

28

10:30 Classical Stretch
 10:30 Sunrise Club
 12:30 Lunch Time
 2:30 Balloon Tennis
 2:30 Sensory Stimulation
 6:30 Night Bingo

FEBRUARY 2023



Black History Month