

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY									
<p>Survey results are located at the Front Receptionist Desk. There will be live music for our Birthday Party Social. Activities are subject to change. Any changes will be reflected on the Daily Activity Schedule posted at the Nurses' Stations.</p>				9:30 Cycling Destination 1 10:15 Rest & Refuel: Refreshments 10:45 Newsreel 1:30 Table, Trivia or Card Games 3:00 Ice Cream Social 4:00 Dinner Music	GROUNDHOG DAY 2 9:30 Morning Stretch 10:15 Rest & Refuel: Refreshments 10:45 Reflections of the Past 1:30 Tiny Bubbles Relaxation 2:00 Guess What's Baking? 2:30 Reminiscing Trivia 4:00 Dinner Music	9:00 Spa Day 3 10:00 Circle of Motion 11:00 Rest & Refuel: Refreshments 11:30 Short Stories 1:30 Tiny Bubbles Relaxation 2:15 Movie & Snacks 4:00 Dinner Music									
4 10:30 Morning Stretch 1:00 Relax & Unwind 3:00 Church w/Pastor Sherlock, ML	9:45 Perfectly Strong 5 10:30 Rest & Refuel: Refreshments 11:00 Musical Memories 1:30 Tiny Bubbles Relaxation 2:15 Table, Card or Trivia Games 3:00 Ice Cream Social 3:30 Remember When 4:00 Dinner Music	9:30 Weekly Reading Club 6 10:30 Circle of Motion 11:15 Rest & Refuel: Refreshments 1:30 Tiny Bubbles Relaxation 2:45 Getting to Know You 4:00 Dinner Music	9:30 Perfectly Strong 7 10:15 Rest & Refuel: Refreshments 10:45 Bingo 1:30 Tiny Bubbles Relaxation 2:30 Resident Council, CLR 3:00 Table or Card Games 4:00 Dinner Music	9:30 Cycling Destination 8 10:15 Rest & Refuel: Refreshments 10:45 Newsreel 1:30 Table, Trivia or Card Games 3:00 Ice Cream Social 4:00 Dinner Music	9:30 Morning Stretch 9 10:45 Reflections of the Past 1:30 Tiny Bubbles Relaxation 2:00 Guess What's Baking? 2:30 Reminiscing Trivia 4:00 Dinner Music	9:00 Spa Day 10 10:00 Circle of Motion 11:00 Rest & Refuel: Refreshments 11:30 Short Stories 1:30 Tiny Bubbles Relaxation 2:15 Movie & Snacks 2:30 Movie & Snacks 4:00 Dinner Music									
11 10:30 Morning Stretch 1:00 Relax & Unwind 3:00 Church, ML	9:45 Perfectly Strong 12 10:30 Rest & Refuel: Refreshments 11:00 Musical Memories 1:30 Tiny Bubbles Relaxation 2:15 Table, Card or Trivia Games 3:00 News Reel 3:30 Remember When 4:00 Dinner Music	MARDI GRAS 13 9:00 Crafts w/Rachael 10:30 Circle of Motion 11:15 Rest & Refuel: Refreshments 1:30 Tiny Bubbles Relaxation 2:45 Getting to Know You 4:00 Dinner Music	ASH WEDNESDAY VALENTINE'S DAY 14 9:30 Perfectly Strong 10:15 Rest & Refuel: Refreshments 10:45 Bingo 1:30 Tiny Bubbles Relaxation 2:30 Birthday Party w/Live Music, MDR 3:00 Table or Card Games 4:00 Dinner Music	9:30 Cycling Destination 15 10:15 Rest & Refuel: Refreshments 10:45 Newsreel 1:30 Table, Trivia or Card Games 3:00 Ice Cream Social 4:00 Dinner Music	9:30 Morning Stretch 16 10:15 Rest & Refuel: Refreshments 10:45 Reflections of the Past 1:30 Tiny Bubbles Relaxation 2:00 Guess What's Baking? 2:30 Reminiscing Trivia 4:00 Dinner Music	9:00 Spa Day 17 10:00 Circle of Motion 11:00 Rest & Refuel: Refreshments 11:30 Short Stories 1:30 Tiny Bubbles Relaxation 2:15 Movie & Snacks 4:00 Dinner Music									
18 10:30 Morning Stretch 1:00 Relax & Unwind 3:00 Church w/John Steele, ML	PRESIDENTS DAY 19 9:45 Perfectly Strong 10:30 Rest & Refuel: Refreshments 11:00 Musical Memories 1:30 Tiny Bubbles Relaxation 2:30 Veterans Salute, MDR 3:30 Remember When 4:00 Dinner Music	20 9:30 Weekly Reading Club 10:45 Pearl Lunch Outing 1:30 Tiny Bubbles Relaxation 2:45 Getting to Know You 4:00 Dinner Music	9:30 Perfectly Strong 21 10:15 Rest & Refuel: Refreshments 10:45 Bingo 1:30 Tiny Bubbles Relaxation 3:00 Table or Card Games 4:00 Dinner Music	9:30 Cycling Destination 22 10:15 Rest & Refuel: Refreshments 10:45 Newsreel 1:30 Table, Trivia or Card Games 3:00 Ice Cream Social 4:00 Dinner Music 6:30 High Plains Brass Quartet, ML	9:30 Morning Stretch 23 10:45 Reflections of the Past 1:30 Tiny Bubbles Relaxation 2:00 Guess What's Baking? 2:30 Reminiscing Trivia 3:00 Happy Hour w/Live Music, ML 4:00 Dinner Music	9:00 Spa Day 24 10:00 Circle of Motion 11:00 Rest & Refuel: Refreshments 11:30 Short Stories 1:30 Tiny Bubbles Relaxation 2:15 Movie & Snacks 2:30 Movie & Snacks 4:00 Dinner Music									
25 10:30 Morning Stretch 1:00 Relax & Unwind 3:00 Church w/Major Bottjin, ML	9:45 Perfectly Strong 26 10:30 Rest & Refuel: Refreshments 11:00 Musical Memories 1:30 Tiny Bubbles Relaxation 2:15 Table, Card or Trivia Games 3:00 News Reel 3:30 Remember When 4:00 Dinner Music	9:00 Crafts w/Rachael 27 10:30 Circle of Motion 11:15 Rest & Refuel: Refreshments 1:30 Tiny Bubbles Relaxation 2:45 Getting to Know You 4:00 Dinner Music	9:30 Perfectly Strong 28 10:15 Rest & Refuel: Refreshments 10:45 Bingo 1:30 Tiny Bubbles Relaxation 2:30 Say Yes to Chocolate Social, MDR 3:00 Table or Card Games 4:00 Dinner Music	<p>Locations</p> <table> <tr> <td>Activities Department, AD</td> <td>Parlor, Parlor</td> </tr> <tr> <td>Classroom, CLR</td> <td>Room Visits, RV</td> </tr> <tr> <td>Front Lounge, FL</td> <td>Summit Dining Room, SDR</td> </tr> <tr> <td>Main Dining Room, MDR</td> <td>Summit Room Visits, SRV</td> </tr> <tr> <td>Main Lounge, ML</td> <td></td> </tr> </table>		Activities Department, AD	Parlor, Parlor	Classroom, CLR	Room Visits, RV	Front Lounge, FL	Summit Dining Room, SDR	Main Dining Room, MDR	Summit Room Visits, SRV	Main Lounge, ML	
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