February 2018

ALDER BAY ASSISTED LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HAPPY VALENTINES DAY!		RESIDENT BIRTHDAYS Barbara B 2/7 Iris C 2/7 Kay C 2/8 Sarah K 2/21	EMPLOYEE BIRTHDAYS Hannah B 2/6 Jonell S 2/16	1 10:00 Fitness 10:30 Hand Care 1:15 Target Outing 3:00 Bingo/Cards	2 9:30 Coffee & Donuts 10:30 Dog Visits 1:00 Cards 2:00 Bingo 3:00 Happy Hour	3 10:00 Tai Chi 11:00 Coffee & Tea 1:30 Bingo/Cards 6:00 Popcorn & a movie
4 10:00 Chair Yoga 1:00 Cards 3:00 Ice Cream Social 6:00 Movie Night	5 10:00 Fitness 10:30 Hand Care 2:00 Bingo/Cards 3:00 Cognitive Packet Review	MEDICAL APPTS 6 10:00 Fitness 10:30 Massages 2:00 Bingo/Cards 3:00 Make Valentines Cards	7 10:00 Fitness 11:00 Coffee & Tea 2:00 Bingo/Cards 3:00 Black Jack	8 10:00 Fitness 10:30 Hand Care 11:30 Fiesta Grill 3:00 Bingo/Cards	9 9:30 Coffee & Donuts 1:00 Cards 2:00 Bingo 3:00 Happy Hour	10 10:00 Tai Chi 11:00 Coffee & Tea 1:30 Bingo/Cards 6:00 Popcorn & a movie
11 10:00 Chair Yoga 1:00 Cards 3:00 Ice Cream Social 6:00 Movie Night	12 9:30 Fitness 10:00 Music Makers 2:00 Bingo/Cards 3:00 Cognitive Packet Review	MEDICAL APPTS 13 10:00 Fitness 10:30 Massages 1:15 Food Committee 2:00 Bingo/Cards 3:00 Baking Valentines Cookies	14 10:00 Fitness 2:00 Bingo/Cards 3:00 Resident Council 6:00 Valentines social & accordionaires	Errand Day 15 9:30 Fitness 10:00 Errands 2:00 Bingo/Cards 3:00 Root Beer Float Social	16 9:30 Coffee & Donuts 10:30 Dog Visits 1:00 Cards/Cards 2:00 Bingo 3:00 Happy Hour	17 10:00 Tai Chi 11:00 Coffee & Tea 1:30 Bingo/Cards 6:00 Popcorn & a movie
18 10:00 Chair Yoga 1:00 Cards 3:00 Ice Cream Social 6:00 Movie Night	19 10:00 Fitness 10:30 Hand Care 2:00 Bingo/Cards 3:00 Cognitive Packet Review	MEDICAL APPTS 20 10:00 Fitness 10:30 Massages 2:00 Bingo/Cards 3:00 Indoor Garden	Pajama Day! 21 10:00 Fitness 11:00 Coffee & Tea 2:00 Bingo/Cards 3:00 Cherry Pie Social	22 10:00 Fitness 10:30 Hand Care 11:30 Bear River Casino 3:00 Bingo/Cards	23 9:30 Coffee & Donuts 1:00 Cards 2:00 Bingo 3:00 Happy Hour	24 10:00 Tai Chi 11:00 Coffee & Tea 1:30 Bingo/Cards 6:00 Popcorn & a movie
25 10:00 Chair Yoga 1:00 Cards 3:00 Ice Cream Social 6:00 Movie Night	26 10:00 Fitness 10:30 Hand Care 2:00 Bingo/Cards 3:00 Cognitive Packet Review	MEDICAL APPTS 27 10:00 Fitness 10:30 Massages 2:00 Bingo/Cards 3:00 March Centerpieces	28 10:00 Fitness 11:00 Coffee & Tea 2:00 Bingo/Cards 3:00 Black Jack			**Alder Bay welcomes volunteers! Please contact Emily at 707-444-8000**