February 2019 In The Moment - Mo Sunday	emory Support Monday	Tuesday	Wednesday	Thursday	Friday	created Saturday
SAGE MOUNTAIN SENIOR LIVING Caring · Inspiring · Rewarding	3499 Grande Vista Drive Thousand Oaks, California 91320	AE Artistic Expression CC Community Connections	Healthy Snacks & Hydration offered throughout each day!	Location Keys ACTIVITY ROOM AR LIVING ROOM LR MULTI-PURPOSE ROOM MPR THEATRE T	•	Groundhog Day 9:30 PE Fit Happens!! (cardio) 10:30 Pushups for the Brain 11:00 Pushups for the Brain
9:30 Stretch w/ James (flexibility) 10:30 See Brawny Brain games 11:00 See Daily Chronicle 1:00 As Art in the Kitchen 1:30 Bingo [MPR] 3:00 See Get up and move!! 3:30 Sharper Minds!! (MC & AL) [MPR] 6:00 Bingo	10:00 PE Yoga (AL) 11:00 PE Mental Marathon 1:00 PE Yoga (AL) 4 4 4 4 4 4 4 4 4 4 4 5 6 6 7 8 9 9 9 9 9 9 9 9 9 9 9 9	9:30 Stretch, Bend, Twist (flexibility) 10:30 Spelling Bee Champs! 11:00 Daily Chronicle 1:15 Scenic Drive 1:30 Creative Arts (AL) 3:00 CHAPPY HOUR (AL) [AR] 4:00 Afternoon Stroll 6:00 Puzzle Partners	9:30 PE Wake up!! Work out!! (cardio) 10:30 PS Stimulate your Senses 11:00 PS Daily Chronicle 1:00 PS Word Search Party 1:30 PS Great Minds! 6:00 PS Board Games	9:30 Let's get Lean & Mean (strength) 10:30 Sharpen Your Mind! 11:00 Daily Chronicle 1:30 Bingo (AL) 2:30 Cookie Social 3:00 Sing Along, Let's Dance! [LR] 4:00 Learn something New 6:00 Bingo	9:30 Chair Yoga (flexibility) 10:30 Cognition Crossfit 11:00 LUNCH OUTING 1:30 Fitness w/ Catherine (AL) [MPR] 2:00 Crosswords & Word Search 2:30 10 Things in the News! 3:15 I Didn't Know That!?!? 6:00 Scrabble	9:30 PE Fit Happens!! (cardio) 10:30 Pushups for the Brain 11:00 Daily Chronicle 1:30 Bingo (AL) [MPR] 3:00 HAPPY HOUR (AL) [LR] 4:00 Word Search Party 6:00 Board Games
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9:30 Stretch w/ James (flexibility) 10:30 See Brawny Brain games 11:00 See Daily Chronicle 1:00 As Art in the Kitchen 1:30 See Bray Se	10:00 PE Yoga (AL) 11:00 Mental Marathon 1:00 Movie & Popcorn!! [T] 2:45 PE Let's Walk & Talk 3:15 PE Daily Chronicle 3:45 PE Topic of the Day 6:00 Mental Billiards Time! [AR] 6:00 Scrabble	9:30 Stretch, Bend, Twist (flexibility) 10:30 Spelling Bee Champs! 11:00 Daily Chronicle 1:15 Scenic Drive 1:30 Scenic Drive 1:30 Creative Arts (AL) 3:00 SHAPPY HOUR (AL) [AR] 4:00 Afternoon Stroll 6:00 Puzzle Partners	9:30 PE Wake up!! Work out!! (cardio) 10:30 Stimulate your Senses 11:00 Daily Chronicle 1:00 Word Search Party 1:30 Spa Day 3:30 Great Minds! 6:00 Board Games	9:30 PE Let's get Lean & Mean (strength) 10:30 Sharpen Your Mind! 11:00 Daily Chronicle 1:30 Sharpen (AL) 2:30 Cookie Social 2:45 TASTE & TELL 3:00 Sing Along, Let's Dance! [LR] 4:00 Sharpen Your Mind! 11:00 Daily Chronicle 1:30 Learn something New 6:00 Sharpen Your Mind!		