Legacies Pacifica Memory Care

February 2019

All calendar events are subject to change

PACIFICA SENIOR LIVING SANTA FE

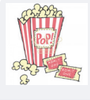
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MONTHLY HIGHLIGHTS/ EVENTS FOR MEMORY CARE	**SUPER BOWL 02/03** **VALENTINES DAY PARTY 02/14** **DEMENTIA/ALZHIEMER CLASSES EVERY THURSDAY** **FEB. 21st through MAR. 14th 5:30p to 7:30p**				1 9:30 DANCE PARTY 10:00 HYDRATION MEET 12:00 MOVIE & RELAX 2:00 ARTS 3:00 SOCIAL HOUR HYDRATION	2 10:00 DANCE PARTY 10:30 HYDRATION 12:00 MOVIE & RELAX 2:00 CG ACTIVITY 3:00 SOCIAL HOUR HYDRATION
3 9:30 DANCE PARTY 10:00 SPIRITUAL MEET 12:00 MOVIE & RELAX 2:00 SUPER BOWL	4 9:30 DANCE PARTY 10:00 HYDRATION 12:00 MOVIE & RELAX 2:00 HAND MASSAGES 3:00 SOCIAL HOUR HYDRATION	5 9:30 DANCE PARTY 10:00 HYDRATION 12:00 MOVIE & RELAX 2:00 JOY RIDE 3:00 **EXERCISE W RICKY** HYDRATION	6 9:30 DANCE PARTY 10:00 HYDRATION 12:00 MOVIE & RELAX 2:00 BALLOON FUN 3:00 SOCIAL HOUR HYDRATION	7 9:30 DANCE PARTY 10:00 HYDRATION 12:00 MOVIE & RELAX 2:00 MUSICSIZE 3:00 SOCIAL HOUR HYDRATION	8 9:30 DANCE PARTY 10:00 HYDRATION 12:00 MOVIE & RELAX 2:00 BALL TOSS 3:00 SOCIAL HOUR HYDRATION	9 10:00 DANCE PARTY 10:30 HYDRATION 12:00 MOVIE & RELAX 2:00 CG ACTIVITY 3:00 SOCIAL HOUR HYDRATION
10 9:30 DANCE PARTY 10:00 SPIRITUAL MEET 12:00 MOVIE & RELAX 2:00 BOWLING 3:00 SOCIAL HOUR HYDRATION	11 9:30 DANCE PARTY 10:00 HYDRATION 12:00 MOVIE & RELAX 2:00 HAND MASSAGES 3:00 SOCIAL HOUR HYDRATION	12 9:30 DANCE PARTY 10:00 HYDRATION 12:00 MOVIE & RELAX 2:00 JOY RIDE 3:00 **EXERCISE W RICKY** HYDRATION	13 9:30 DANCE PARTY 10:00 HYDRATION 12:00 MOVIE & RELAX 2:00 BALLOON FUN 3:00 SOCIAL HOUR HYDRATION	14 VALENTINES DAY 9:30 LOVE DANCE PARTY 10:00 HYDRATION 12:00 VALENTINES DAY MOVIE 3:00 SOCIAL/VD PARTY	15 9:30 DANCE PARTY 10:00 HYDRATION 12:00 MOVIE & RELAX 2:00 BALL TOSS 3:00 SOCIAL HOUR HYDRATION	16 10:00 DANCE PARTY 10:30 HYDRATION 12:00 MOVIE & RELAX 2:00 CG ACTIVITY 3:00 SOCIAL HOUR HYDRATION
17 9:30 DANCE PARTY 10:00 SPIRITUAL MEET 12:00 MOVIE & RELAX 2:00 BOWLING 3:00 SOCIAL HOUR HYDRATION	18 9:30 DANCE PARTY 10:00 HYDRATION 12:00 MOVIE & RELAX 2:00 HAND MASSAGES 3:00 SOCIAL HOUR HYDRATION	19 9:30 DANCE PARTY 10:00 HYDRATION 12:00 MOVIE & RELAX 2:00 JOY RIDE 3:00 **EXERCISE W RICKY** HYDRATION	20 9:30 DANCE PARTY 10:00 HYDRATION 12:00 MOVIE & RELAX 2:00 BALLOON FUN 3:00 SOCIAL HOUR HYDRATION	21 9:30 DANCE PARTY 10:00 HYDRATION 12:00 MOVIE & RELAX 2:00 WEIGHTERSIZE 3:00 SOCIAL HOUR HYDRATION	22 9:30 DANCE PARTY 10:00 HYDRATION 12:00 MOVIE & RELAX 2:00 BALL TOSS 3:00 SOCIAL HOUR HYDRATION	23 10:00 DANCE PARTY 10:30 HYDRATION 12:00 MOVIE & RELAX 2:00 CG ACTIVITY 3:00 SOCIAL HOUR HYDRATION
24 9:30 DANCE PARTY 10:00 SPIRITUAL MEET 12:00 MOVIE & RELAX 2:00 BOWLING 3:00 SOCIAL HOUR HYDRATION	25 9:30 DANCE PARTY 10:00 HYDRATION 12:00 MOVIE & RELAX 2:00 HAND MASSAGES 3:00 SOCIAL HOUR HYDRATION	26 9:30 DANCE PARTY 10:00 HYDRATION 12:00 MOVIE & RELAX 2:00 JOY RIDE 3:00 **EXERCISE W RICKY** HYDRATION	27 9:30 DANCE PARTY 10:00 HYDRATION 12:00 MOVIE & RELAX 2:00 BALLOON FUN 3:00 SOCIAL HOUR HYDRATION	28 9:30 DANCE PARTY 10:00 HYDRATION 12:00 MOVIE & RELAX 2:00 WEIGHTERSIZE 3:00 SOCIAL HOUR HYDRATION	**Outings** **Some outings have a fee. Please let me know if you would like your loved one to participate. Friends and family welcome to join!**	Meal Times Breakfast 7:30–9:00 Lunch 11:30–1:00 Dinner 4:30–6:00

Heartland Assisted Living

February 2019

All calendar events are subject to change

PACIFICA SENIOR LIVING SANTA FE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Outings **Some outings have a fee. Please let me know if you would like your loved one to participate. Friends and family welcome to join!**	Meal Times Breakfast 7:30–9:00 Lunch 11:30–1:00 Dinner 4:30–6:00				**1** 10:30 Outing: Shopping 11:00 Communion 1:00 Exercise: Stretching 2:00 Fine Art Friday 3:30 Social Hour: High Tea	**2** 10:30 Exercise: Strength 1:30 Bingo 2:00 Healthy Heart Habits 3:00 Social Hour: Root Beer Floats
3 10:30 Exercise: Yoga 1:30 Super Bowl LIII 2:30 Social Hour: Hot Chocolate 3:00 Teaching	**4** 10:30 Coffee and Chatter 2:00 Reminisce: Friendship 3:00 Social Hour: Men's Club 6:00 Monday Night Movie	**5** 10:30 Outing: Lunch 1:30 Open Game Room 2:00 Father Duncan Room Visits 3:00 Rosary 3:00 Dancersize with Ricky	**6** 10:30 Movie Matinee 1:30 Exercise: Balance 2:00 Weaving our Story 3:00 Healthy Heart Habits 3:30 Social Hour: Ladies Afternoon 	**7** 10:30 Exercise: Endurance 1:30 Pamper Yourself 2:00 Healthy Culinary Class 3:00 Social Hour: Bar Bingo	**8** 10:30 Outing: Kakawa Chocolate House 11:00 Communion 1:00 Exercise: Stretching 2:00 Fine Art Friday 3:30 Social Hour: High Tea	**9** 10:30 Exercise: Strength 1:30 Bingo 2:00 Healthy Heart Habits 3:00 Social Hour: Root Beer Floats
10 10:30 Exercise: Yoga 1:30 International Friendship Week 2:30 Social Hour: Hot Chocolate 3:00 Teaching	**11** 10:00 Father Duncan 10:30 Coffee and Chatter 2:00 Reminisce: Dance 3:00 Social Hour: Men's Club 6:00 Monday Night Movie	**12** 10:30 Outing: Georgia O'Keefe Museum 1:30 Valentine's Day Card Making 2:00 Father Duncan 3:00 Room Visits 3:00 Rosary 3:00 Dancersize with Ricky	**13** 10:30 Movie Matinee 1:30 Exercise: Balance 2:00 Weaving our Story 3:00 Healthy Heart Habits 3:30 Social Hour: Ladies Afternoon	**14** 10:30 Exercise: Endurance 1:30 Pamper Yourself 2:00 Healthy Culinary Class 3:00 Social Hour: Vintage Valentine's Day Party	**15** 10:30 Outing: Shopping 11:00 Communion 1:00 Exercise: Stretching 2:00 Fine Art Friday 3:30 Social Hour: High Tea	**16** 10:30 Exercise: Strength 1:30 Bingo 2:00 Healthy Heart Habits 3:00 Social Hour: Root Beer Floats
17 10:30 Exercise: Yoga 1:30 Daytona 500 2:30 Social Hour: Hot Chocolate 3:00 Teaching	**18** 10:30 Coffee and Chatter 2:00 Reminisce: Education 3:00 Social Hour: Men's Club 6:00 Monday Night Movie	**19** 10:30 Outing: Lunch 1:30 Best Friend's Day 2:00 Father Duncan Room Visits 3:00 Rosary 3:00 Dancersize with Ricky	**20** 10:30 Movie Matinee 1:30 Exercise: Balance 2:00 Weaving our Story 3:00 Resident Council Meeting 3:30 Social Hour: Ladies Afternoon	**21** 10:30 Exercise: Endurance 1:30 Pamper Yourself 2:00 Healthy Culinary Class 3:00 Social Hour: Bar Bingo 5:30 Caregiving Training	**22** 10:30 Outing: City of Gold 11:00 Communion 1:00 Exercise: Stretching 2:00 Fine Art Friday 3:30 Social Hour: High Tea	**23** 10:30 Exercise: Strength 1:30 Bingo 2:00 Healthy Heart Habits 3:00 Social Hour: Root Beer Floats
24 10:30 Exercise: Yoga 1:30 Floral Arrangements 2:30 Social Hour: Hot Chocolate 3:00 Teaching	**25** 10:00 Father Duncan 2:00 Reminisce: Career 10:30 Coffee and Chatter 3:00 Social Hour: Men's Club 6:00 Monday Night Movie	**26** 10:30 Outing: Coffee and Tea 1:30 Open Game Room 2:00 Father Duncan 3:00 Room Visits 3:00 Rosary 3:00 Dancersize with Ricky	**27** 10:30 Movie Matinee 1:30 Exercise: Balance 2:00 Weaving our Story 3:00 Healthy Heart Habits 3:30 Social Hour: Ladies Afternoon 5:00 Gallery Opening	**28** 10:30 Exercise: Endurance 1:30 Pamper Yourself 2:00 Healthy Culinary Class 3:00 Social Hour: Bar Bingo 5:30 Caregiving Training	Gallery Community Room Living Room Library Outing	