

February Activity Highlights

Every Thursday, 10:15am
Saturday, February 1st 3:30pm
Friday, February 7th @ 3:00pm
Monday, February 10th @ 1:30pm

Music Therapy with Liska
Dementia Support Group (Granite room)
Trains, trains and more trains with Dan
Music with Angel Ocasio

Mark your calendar for our Annual St. Patrick’s Day Lunch
Saturday, March 14th. RSVP by March 5th



Pet Therapy is One Way to Give Love to All!

Pet Therapy creates an environment of acceptance and unconditional love. Three teams of pet therapy dogs and their handlers come to visit with the residents throughout the month. Sally comes twice a month with her dogs Gracie and Lydia. Another handler, Mark, brings his pup Heidi every Thursday, and our volunteer Ray brings his greyhounds once a month. All three of these pet visits bring such joy to the residents.



Happy Birthday!

Chet February 6th

I asked Sally if she would share some of her experiences with some of our loved ones. Here are just a few experiences Sally has shared:

“When I departed from a few minutes with Lynn enjoying Gracie, Lynn said about herself and Gracie, “We’ve known each other a long time.”

“When I approached Lorna and asked how all her baby bears were today in her walker seat, she smiled and said “oh fine” and looked up to be surprised to see Gracie and said, “oh it is a real one!” As she giggled.

These pets are truly a gift to our loved ones! Thank you Sally, Mark and Ray!

February

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
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| <div>The Six Principles of Wellbeing:</div> <div> <div>Artistic Expression</div> <div>Physical Engagement</div> <div>Spiritual Support</div> </div> <div> <div>Community Connections</div> <div>Continuing Education</div> <div>Lifestyle & Leisure</div> </div> | | | | | | |
| 2 Groundhog Day AM It's A Brand New Day Relaxing Moments PM Fitness Fun Let's Do Trivia 3:00 Hymns & Devotions 7:00pm Classic Movies (Ch. 98) | 3 AM Yoga w/ Justice Fun with Words PM 1:30 Ron Ruiz Relaxing Moments Documentary Ch. 98 | 4 AM Movie Joy Ride PM 1:00 Catholic Rosary Fitness Fun 3:00 Sally's Love Songs Choir | 5 AM It's a Brand New Day Baking PM 1:00 Wags & Wiggles w/Gracie & Lydia Fitness Fun Singalong w/ Georgina Rae Relaxing Moments | 6 Happy Birthday Chet! AM 10:15 Music Therapy w/Liska PM Fitness Fun Fun with Words Wags & Wiggles w/Mark & Heidi 5:30 Relaxing Moments | 7 AM It's a Brand New Day Black Jack PM Fitness fun 3:00 Trains, trains, trains w/ Dan 5:30 Relaxing Moments | 8 AM Movie 9:30 Joy Ride w/ caregiver PM Fitness Fun Say it with Music |
| 9 AM It's A Brand New Day Relaxing Moments PM Fitness Fun Let's Do Trivia Hymns and Devotions w/ Sally | 10 AM Yoga w/ Justice Fun with Words PM 1:30 Music w/ Angel Ocasio Reminiscing Relaxing Moments | 11 AM Movie Joy Ride PM Fitness Fun 3:00 Music w/Phil Hall | 12 AM It's a Brand New Day PM Fitness Fun Singalong w/ Tim and Diane | 13 AM 10:15 Music Therapy w/Liska PM Fitness Fun Fun with Words Wags & Wiggles w/Mark & Heidi 5:30 Relaxing Moments | 14 Happy Valentine's Day! AM It's A Brand New Day Black Jack PM Fitness Fun Help thy neighbor games 5:30 Relaxing Moments | 15 AM Movie 9:30 Joy Ride PM Fitness Fun Say it with Music |
| 16 AM It's A Brand New Day Relaxing Moments PM Fitness Fun Let's Do Trivia Hymns and Devotions w/ Sally 7:00pm Classic Movies Ch. 98 | 17 President's Day AM Yoga w/ Justice Fun with Words PM 1:30 Music w/ Ron Ruiz Relaxing Moments Documentary Ch. 98 | 18 AM Movie Joy Ride PM 1:00 Catholic Rosary Fitness Fun 3:00 Anne Iams Relaxing Moments | 19 AM It's a brand New Day PM 1:00 Wags & Wiggles w/ Gracie & Lydia Fitness Fun Singalong w/ Tim & Diane Relaxing Moments | 20 AM 10:15 Music Therapy w/ Liska PM 1:30 Molly Paige Fun with Words Wags & Wiggles w/Mark & Heidi 5:30 Relaxing Moments | 21 AM It's A Brand New Day Black Jack PM Fitness Fun Help thy neighbor games 5:30 Relaxing Moments | 22 AM Movie 9:30 Joy Ride PM Fitness Fun Say it with Music |
| 23 AM It's A Brand New Day Relaxing Moments PM Fitness Fun Let's Do Trivia Hymns and Devotions 7:00 Classic Movies Ch. 98 | 24 AM Yoga w/ Justice Fun with Words PM Fitness Fun Reminiscing Relaxing Moments Documentary Ch. 98 | 25 AM Movie Joy Ride PM 1:00 Catholic Rosary Fitness Fun 3:00 Sally's Choir | 26 AM It's a brand New Day 10:30 Wags & Wiggles w/ The Greyhounds PM Fitness Fun Singalong w/ Tim & Diane Relaxing Moments | 27 AM 10:30 Music Therapy w/ Liska PM 1:30 Music w/ Molly Fun with Words Wags & Wiggles w/Mark & Heidi 5:30 Relaxing Moments | 28 AM Movie It's A Brand New Day Black Jack PM Fitness Fun Help thy neighbor games 5:30 Relaxing Moments | 29 AM Movie 9:30 Joy Ride PM Fitness Fun Say it with Music |