

February 2020  
In The Moment – Memory Support



created with Sage

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday


Saturday



3502 "K" Avenue  
Anacortes, WA 98221  
360-399-7263

**CC** Community Connections  
**CE** Continuing Education  
**LL** Lifestyle & Leisure  
**PE** Physical Engagement  
**SS** Spiritual Support

Healthy Snacks &  
Hydration offered throughout  
each day!

<div><div>3502 "K" Avenue Anacortes, WA 98221 360-399-7263</div></div>		<div><div>CC</div>Community Connections</div> <div><div>CE</div>Continuing Education</div> <div><div>LL</div>Lifestyle &amp; Leisure</div> <div><div>PE</div>Physical Engagement</div> <div><div>SS</div>Spiritual Support</div> <div>Healthy Snacks &amp; Hydration offered throughout each day!</div>				<div>8:00 <div>LL</div> Morning Meditation and Cocoa</div> <div>10:00 <div>PE</div> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <div>PE</div> Mid Morning walk</div> <div>12:30 <div>LL</div> Lunchtime hot towel essential health service</div> <div>2:30 <div>LL</div> Balloons &amp; Tunes</div> <div>3:30 <div>PE</div> NO SEW heart pillows</div> <div>4:30 <div>SS</div> 15 min Meditation</div> <div>5:00 <div>LL</div> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <div>LL</div> Evening Movie</div>	1						
<div>Groundhog Day</div> <div>8:00 <div>LL</div> Morning Meditation and Cocoa</div> <div>9:30 <div>SS</div> Worship Service w/ Cassandra</div> <div>10:30 Lets Move It!! Stretch &amp; Flex</div> <div>11:00 Groundhogs day discussion</div> <div>12:30 <div>LL</div> Lunchtime hot towel essential health service</div> <div>2:30 <div>LL</div> Piano With Jim</div> <div>3:30 <div>LL</div> superbowl party</div> <div>4:30 <div>SS</div> 15 min Meditation</div> <div>5:00 <div>LL</div> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <div>LL</div> evening film</div>	2	<div>8:00 <div>LL</div> Morning Meditation and Cocoa</div> <div>10:00 <div>PE</div> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <div>PE</div> Mid Morning walk</div> <div>12:30 <div>LL</div> Lunchtime hot towel essential health service</div> <div>2:30 <div>LL</div> Balloons &amp; Tunes</div> <div>3:30 <div>PE</div> Thumbprint heart Valentines</div> <div>4:30 <div>SS</div> 15 min Meditation</div> <div>5:00 <div>LL</div> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 evening film</div>	3	<div>8:00 <div>LL</div> Morning Meditation and Cocoa</div> <div>10:00 <div>PE</div> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <div>PE</div> Mid Morning walk</div> <div>12:30 <div>LL</div> Lunchtime hot towel essential health service</div> <div>2:30 <div>CE</div> Taste and Tell- Peanut butter brownie bites</div> <div>3:30 <div>LL</div> Music with Bonita</div> <div>4:30 <div>SS</div> 15 min Meditation</div> <div>5:00 <div>LL</div> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <div>LL</div> Evening Movie</div>	4	<div>8:00 <div>LL</div> Morning Meditation and Cocoa</div> <div>10:00 <div>PE</div> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <div>PE</div> Mid Morning walk</div> <div>12:30 <div>LL</div> Lunchtime hot towel essential health service</div> <div>2:30 <div>LL</div> Balloons &amp; Tunes</div> <div>3:30 <div>LL</div> Music &amp; Dancing w/Ann</div> <div>4:30 <div>SS</div> 15 min Meditation</div> <div>5:00 <div>LL</div> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <div>LL</div> Evening Movie</div>	5	<div>8:00 <div>LL</div> Morning Meditation and Cocoa</div> <div>10:00 <div>PE</div> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <div>PE</div> Mid Morning walk</div> <div>12:30 <div>LL</div> Lunchtime hot towel essential health service</div> <div>2:30 <div>LL</div> Balloons &amp; Tunes</div> <div>3:00 <div>PE</div> High tea - Valentines theme</div> <div>4:30 <div>SS</div> 15 min Meditation</div> <div>5:00 <div>LL</div> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <div>LL</div> Evening Movie</div>	6	<div>8:00 <div>LL</div> Morning Meditation and Cocoa</div> <div>10:00 <div>PE</div> Coffee &amp; News</div> <div>10:30 Scenic Drive</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <div>PE</div> Mid Morning walk</div> <div>12:30 <div>LL</div> Lunchtime hot towel essential health service</div> <div>2:30 <div>LL</div> Balloons &amp; Tunes</div> <div>2:30 <div>LL</div> Happy Hour</div> <div>3:30 <div>PE</div> yoga</div> <div>4:30 <div>SS</div> 15 min Meditation</div> <div>5:00 <div>LL</div> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <div>LL</div> Old Time film Night</div>	7	<div>8:00 <div>LL</div> Morning Meditation and Cocoa</div> <div>10:00 <div>PE</div> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <div>PE</div> Mid Morning walk</div> <div>12:30 <div>LL</div> Lunchtime hot towel essential health service</div> <div>2:30 <div>LL</div> Balloons &amp; Tunes</div> <div>3:30 <div>PE</div> white board games</div> <div>4:30 <div>SS</div> 15 min Meditation</div> <div>5:00 <div>LL</div> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <div>LL</div> Evening Movie</div>	8
<div>8:00 <div>LL</div> Morning Meditation and Cocoa</div> <div>9:30 <div>SS</div> Worship Service w/ Cassandra</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <div>PE</div> Mid Morning walk</div> <div>12:30 <div>LL</div> Lunchtime hot towel essential health service</div> <div>2:00 <div>LL</div> Guitar w/Steve</div> <div>3:30 <div>LL</div> yoga and balloon toss</div> <div>4:30 <div>SS</div> 15 min Meditation</div> <div>5:00 <div>LL</div> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <div>LL</div> evening film</div>	9	<div>8:00 <div>LL</div> Morning Meditation and Cocoa</div> <div>10:00 <div>PE</div> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <div>PE</div> Mid Morning walk</div> <div>12:30 <div>LL</div> Lunchtime hot towel essential health service</div> <div>2:00 <div>LL</div> Music with Terri and Frank</div> <div>3:00 <div>CC</div> Meaningful Mondays AFC care package</div> <div>4:30 <div>SS</div> 15 min Meditation</div> <div>5:00 <div>LL</div> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 evening film</div>	10	<div>8:00 <div>LL</div> Morning Meditation and Cocoa</div> <div>10:00 <div>PE</div> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <div>PE</div> Mid Morning walk</div> <div>12:30 <div>LL</div> Lunchtime hot towel essential health service</div> <div>2:30 <div>PE</div> Hula Hoop basket ball</div> <div>3:30 <div>LL</div> Music with Bonita</div> <div>5:00 <div>LL</div> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <div>LL</div> Evening Movie</div>	11	<div>8:00 <div>LL</div> Morning Meditation and Cocoa</div> <div>10:00 <div>PE</div> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <div>PE</div> Mid Morning walk</div> <div>12:30 <div>LL</div> Lunchtime hot towel essential health service</div> <div>2:00 <div>LL</div> Communion with West Presbyterian</div> <div>3:30 <div>LL</div> Music &amp; Dancing w/Ann</div> <div>5:00 <div>LL</div> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <div>LL</div> Evening Movie</div>	12	<div>8:00 <div>LL</div> Morning Meditation and Cocoa</div> <div>10:00 <div>PE</div> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <div>PE</div> Mid Morning walk</div> <div>12:30 <div>LL</div> Lunchtime hot towel essential health service</div> <div>2:00 <div>LL</div> Valentines Trivia</div> <div>3:00 <div>PE</div> Music &amp; Ice Cream with Ward</div> <div>4:30 <div>SS</div> 15 min Meditation</div> <div>5:00 <div>LL</div> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <div>LL</div> Evening Movie</div>	13	<div>Valentine's Day</div> <div>8:00 <div>LL</div> Morning Meditation and Cocoa</div> <div>10:00 <div>PE</div> Coffee &amp; News</div> <div>10:30 Scenic Drive</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <div>PE</div> Mid Morning walk</div> <div>11:30 <div>LL</div> Scenic Drive</div> <div>12:30 <div>LL</div> Lunchtime hot towel essential health service</div> <div>2:30 <div>LL</div> Valentines social</div> <div>3:45 <div>SS</div> yoga &amp;15 min Meditation</div> <div>5:00 <div>LL</div> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <div>LL</div> Old Time film Night</div>	14	<div>8:00 <div>LL</div> Morning Meditation and Cocoa</div> <div>10:00 <div>PE</div> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <div>PE</div> Mid Morning walk</div> <div>12:30 <div>LL</div> Lunchtime hot towel essential health service</div> <div>2:30 <div>LL</div> Balloons &amp; Tunes</div> <div>3:30 <div>PE</div> white board games</div> <div>4:30 <div>SS</div> 15 min Meditation</div> <div>5:00 <div>LL</div> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <div>LL</div> Evening Movie</div>	15
<div>8:00 <div>LL</div> Morning Meditation and Cocoa</div> <div>9:30 <div>SS</div> Worship Service w/ Cassandra</div> <div>10:30 <div>PE</div> Morning exercises</div> <div>11:00 Reading group with Jackie</div> <div>12:30 <div>LL</div> Lunchtime hot towel essential health service</div> <div>2:30 <div>LL</div> Piano With Jim</div> <div>3:30 <div>LL</div> yoga and balloon toss</div> <div>4:30 <div>SS</div> 15 min Meditation</div> <div>5:00 <div>LL</div> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <div>LL</div> evening film</div>	16	<div>Presidents' Day</div> <div>8:00 <div>LL</div> Morning Meditation and Cocoa</div> <div>10:00 <div>PE</div> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <div>PE</div> Mid Morning walk</div> <div>12:30 <div>LL</div> Lunchtime hot towel essential health service</div> <div>2:30 <div>LL</div> Balloons &amp; Tunes</div> <div>3:30 <div>CC</div> Manicures &amp; Mimosas</div> <div>4:30 <div>SS</div> 15 min Meditation</div> <div>5:00 <div>LL</div> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 evening film</div>	17	<div>8:00 <div>LL</div> Morning Meditation and Cocoa</div> <div>10:00 <div>PE</div> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <div>PE</div> Mid Morning walk</div> <div>12:30 <div>LL</div> Lunchtime hot towel essential health service</div> <div>2:30 <div>PE</div> Hula Hoop basket ball</div> <div>3:30 <div>LL</div> Music with Bonita</div> <div>4:30 <div>SS</div> 15 min Meditation</div> <div>5:00 <div>LL</div> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <div>LL</div> Evening Movie</div>	18	<div>8:00 <div>LL</div> Morning Meditation and Cocoa</div> <div>10:00 <div>PE</div> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <div>PE</div> Mid Morning walk</div> <div>12:30 <div>LL</div> Lunchtime hot towel essential health service</div> <div>2:30 <div>LL</div> Balloons &amp; Tunes</div> <div>3:30 <div>LL</div> Music &amp; Dancing w/Ann</div> <div>5:00 <div>LL</div> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <div>LL</div> Evening Movie</div>	19	<div>8:00 <div>LL</div> Morning Meditation and Cocoa</div> <div>10:00 <div>PE</div> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <div>PE</div> Mid Morning walk</div> <div>12:30 <div>LL</div> Lunchtime hot towel essential health service</div> <div>2:30 <div>LL</div> Balloons &amp; Tunes</div> <div>3:00 <div>Ice cream &amp; Music with Ward</div><div>4:30 <div>SS</div> 15 min Meditation</div><div>5:00 <div>LL</div> Dinner Time Hot Towel Essential Health Service</div><div>6:30 <div>LL</div> Evening Movie</div></div>	20	<div>8:00 <div>LL</div> Morning Meditation and Cocoa</div> <div>10:00 <div>PE</div> Coffee &amp; News</div> <div>10:30 Scenic Drive</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <div>PE</div> Mid Morning walk</div> <div>12:30 <div>LL</div> Lunchtime hot towel essential health service</div> <div>2:30 <div>LL</div> Happy Hour</div> <div>3:30 <div>PE</div> Balloons &amp; Tunes</div> <div>4:30 <div>SS</div> 15 min Meditation</div> <div>5:00 <div>LL</div> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <div>LL</div> Old Time film Night</div>	21	<div>8:00 <div>LL</div> Morning Meditation and Cocoa</div> <div>10:00 <div>PE</div> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <div>PE</div> Mid Morning walk</div> <div>12:30 <div>LL</div> Lunchtime hot towel essential health service</div> <div>2:30 <div>LL</div> Balloons &amp; Tunes</div> <div>3:30 white board games</div> <div>4:30 <div>SS</div> 15 min Meditation</div> <div>5:00 <div>LL</div> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <div>LL</div> Evening Movie</div>	22
<div>8:00 <div>LL</div> Morning Meditation and Cocoa</div> <div>9:30 <div>SS</div> Worship Service w/ Cassandra</div> <div>10:00 <div>PE</div> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>12:30 <div>LL</div> Lunchtime hot towel essential health service</div> <div>2:00 <div>LL</div> Guitar w/Steve</div> <div>3:30 <div>LL</div> yoga and balloon toss</div> <div>4:30 <div>SS</div> 15 min Meditation</div> <div>5:00 <div>LL</div> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <div>LL</div> evening film</div>	23	<div>8:00 <div>LL</div> Morning Meditation and Cocoa</div> <div>10:00 <div>PE</div> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <div>PE</div> Mid Morning walk</div> <div>12:30 <div>LL</div> Lunchtime hot towel essential health service</div> <div>2:30 <div>LL</div> Balloons &amp; Tunes</div> <div>3:30 <div>CC</div> Trivia game</div> <div>4:30 <div>SS</div> 15 min Meditation</div> <div>5:00 <div>LL</div> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 evening film</div>	24	<div>8:00 <div>LL</div> Morning Meditation and Cocoa</div> <div>10:00 <div>CC</div> Resident Council Meeting</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <div>PE</div> Mid Morning walk</div> <div>12:30 <div>LL</div> Lunchtime hot towel essential health service</div> <div>2:30 <div>PE</div> Hula Hoop basket ball</div> <div>3:30 <div>LL</div> Music with Bonita-- Mardi Gras party!</div> <div>5:00 <div>LL</div> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <div>LL</div> Evening Movie</div>	25	<div>8:00 <div>LL</div> Morning Meditation and Cocoa</div> <div>10:00 <div>PE</div> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <div>PE</div> Mid Morning walk</div> <div>12:30 <div>LL</div> Lunchtime hot towel essential health service</div> <div>2:30 <div>LL</div> Balloons &amp; Tunes</div> <div>3:30 <div>LL</div> Music &amp; Dancing w/Ann</div> <div>5:00 <div>LL</div> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <div>LL</div> Evening Movie</div>	26	<div>8:00 <div>LL</div> Morning Meditation and Cocoa</div> <div>10:00 <div>PE</div> Coffee &amp; News</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <div>PE</div> Mid Morning walk</div> <div>12:30 <div>LL</div> Lunchtime hot towel essential health service</div> <div>2:30 <div>LL</div> Balloons &amp; Tunes</div> <div>3:00 <div>Ice Cream &amp; Music with Ward</div><div>4:30 <div>SS</div> 15 min Meditation</div><div>5:00 <div>LL</div> Dinner Time Hot Towel Essential Health Service</div><div>6:30 <div>LL</div> Evening Movie</div></div>	27	<div>8:00 <div>LL</div> Morning Meditation and Cocoa</div> <div>10:00 <div>PE</div> Coffee &amp; News</div> <div>10:30 Scenic Drive</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <div>PE</div> Mid Morning walk</div> <div>12:30 <div>LL</div> Lunchtime hot towel essential health service</div> <div>2:30 <div>LL</div> Happy Hour</div> <div>3:30 <div>PE</div> yoga stretches &amp; Balloon toss</div> <div>4:30 <div>SS</div> 15 min Meditation</div> <div>5:00 <div>LL</div> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <div>LL</div> Old Time film Night</div>	28	<div>8:00 <div>LL</div> Morning Meditation and Cocoa</div> <div>10:00 <div>PE</div> Coffee &amp; News &amp; Discussion ITS LEAP YEAR!</div> <div>11:00 Lets Move It!! Stretch &amp; Flex</div> <div>11:30 <div>PE</div> Mid Morning walk</div> <div>12:30 <div>LL</div> Lunchtime hot towel essential health service</div> <div>2:30 <div>LL</div> Balloons &amp; Tunes</div> <div>3:30 <div>PE</div> white board games</div> <div>4:30 <div>SS</div> 15 min Meditation</div> <div>5:00 <div>LL</div> Dinner Time Hot Towel Essential Health Service</div> <div>6:30 <div>LL</div> Evening Movie</div>	29