

# February 2020

## In The Moment – Memory Support



created with **Sageley**

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!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<p>8:00 <b>LL</b> Morning Meditation and Cocoa</p> <p>10:00 <b>PE</b> Coffee &amp; News</p> <p>11:00 Lets Move It!! Stretch &amp; Flex</p> <p>11:30 <b>PE</b> Mid Morning walk</p> <p>12:30 <b>LL</b> Lunchtime hot towel essential health service</p> <p>2:30 <b>LL</b> Balloons &amp; Tunes</p> <p>3:30 <b>PE</b> NO SEW heart pillows</p> <p>4:30 <b>SS</b> 15 min Meditation</p> <p>5:00 <b>LL</b> Dinner Time Hot Towel Essential Health Service</p> <p>6:30 <b>LL</b> Evening Movie</p>
<p><b>Groundhog Day</b></p> <p>8:00 <b>LL</b> Morning Meditation and Cocoa</p> <p>9:30 <b>SS</b> Worship Service w/ Cassandra</p> <p>11:00 Lets Move It!! Stretch &amp; Flex</p> <p>11:00 Groundhogs day discussion</p> <p>12:30 <b>LL</b> Lunchtime hot towel essential health service</p> <p>2:30 <b>LL</b> Piano With Jim</p> <p>3:30 <b>LL</b> superbowl party</p> <p>4:30 <b>SS</b> 15 min Meditation</p> <p>5:00 <b>LL</b> Dinner Time Hot Towel Essential Health Service</p> <p>6:30 <b>LL</b> evening film</p>	<p>8:00 <b>LL</b> Morning Meditation and Cocoa</p> <p>10:00 <b>PE</b> Coffee &amp; News</p> <p>11:00 Lets Move It!! Stretch &amp; Flex</p> <p>11:30 <b>PE</b> Mid Morning walk</p> <p>12:30 <b>LL</b> Lunchtime hot towel essential health service</p> <p>2:30 <b>LL</b> Balloons &amp; Tunes</p> <p>3:30 <b>PE</b> Thumbprint heart Valentines</p> <p>4:30 <b>SS</b> 15 min Meditation</p> <p>5:00 <b>LL</b> Dinner Time Hot Towel Essential Health Service</p> <p>6:30 evening film</p>	<p>8:00 <b>LL</b> Morning Meditation and Cocoa</p> <p>10:00 <b>PE</b> Coffee &amp; News</p> <p>11:00 Lets Move It!! Stretch &amp; Flex</p> <p>11:30 <b>PE</b> Mid Morning walk</p> <p>12:30 <b>LL</b> Lunchtime hot towel essential health service</p> <p>2:30 <b>CE</b> Taste and Tell- Peanut butter brownie bites</p> <p>3:30 <b>LL</b> Music with Bonita</p> <p>4:30 <b>SS</b> 15 min Meditation</p> <p>5:00 <b>LL</b> Dinner Time Hot Towel Essential Health Service</p> <p>6:30 <b>LL</b> Evening Movie</p>	<p>8:00 <b>LL</b> Morning Meditation and Cocoa</p> <p>10:00 <b>PE</b> Coffee &amp; News</p> <p>11:00 Lets Move It!! Stretch &amp; Flex</p> <p>11:30 <b>PE</b> Mid Morning walk</p> <p>12:30 <b>LL</b> Lunchtime hot towel essential health service</p> <p>2:30 <b>LL</b> Balloons &amp; Tunes</p> <p>3:30 <b>LL</b> Music &amp; Dancing w/Ann</p> <p>4:30 <b>SS</b> 15 min Meditation</p> <p>5:00 <b>LL</b> Dinner Time Hot Towel Essential Health Service</p> <p>6:30 <b>LL</b> Evening Movie</p>	<p>8:00 <b>LL</b> Morning Meditation and Cocoa</p> <p>10:00 <b>PE</b> Coffee &amp; News</p> <p>11:00 Lets Move It!! Stretch &amp; Flex</p> <p>11:30 <b>PE</b> Mid Morning walk</p> <p>12:30 <b>LL</b> Lunchtime hot towel essential health service</p> <p>2:30 <b>LL</b> Balloons &amp; Tunes</p> <p>3:00 <b>PE</b> High tea - Valentines theme</p> <p>4:30 <b>SS</b> 15 min Meditation</p> <p>5:00 <b>LL</b> Dinner Time Hot Towel Essential Health Service</p> <p>6:30 <b>LL</b> Evening Movie</p>	<p>8:00 <b>LL</b> Morning Meditation and Cocoa</p> <p>10:00 <b>PE</b> Coffee &amp; News</p> <p>10:30 Scenic Drive</p> <p>11:00 Lets Move It!! Stretch &amp; Flex</p> <p>11:30 <b>PE</b> Mid Morning walk</p> <p>12:30 <b>LL</b> Lunchtime hot towel essential health service</p> <p>2:30 <b>LL</b> Balloons &amp; Tunes</p> <p>2:30 <b>LL</b> Happy Hour</p> <p>3:30 <b>PE</b> yoga</p> <p>4:30 <b>SS</b> 15 min Meditation</p> <p>5:00 <b>LL</b> Dinner Time Hot Towel Essential Health Service</p> <p>6:30 <b>LL</b> Old Time film Night</p>	<p>8:00 <b>LL</b> Morning Meditation and Cocoa</p> <p>10:00 <b>PE</b> Coffee &amp; News</p> <p>11:00 Lets Move It!! Stretch &amp; Flex</p> <p>11:30 <b>PE</b> Mid Morning walk</p> <p>12:30 <b>LL</b> Lunchtime hot towel essential health service</p> <p>2:30 <b>LL</b> Balloons &amp; Tunes</p> <p>3:30 <b>PE</b> white board games</p> <p>4:30 <b>SS</b> 15 min Meditation</p> <p>5:00 <b>LL</b> Dinner Time Hot Towel Essential Health Service</p> <p>6:30 <b>LL</b> Evening Movie</p>
<p>8:00 <b>LL</b> Morning Meditation and Cocoa</p> <p>9:30 <b>SS</b> Worship Service w/ Cassandra</p> <p>11:00 Lets Move It!! Stretch &amp; Flex</p> <p>11:30 <b>PE</b> Mid Morning walk</p> <p>12:30 <b>LL</b> Lunchtime hot towel essential health service</p> <p>2:00 <b>LL</b> Guitar w/Steve</p> <p>3:30 <b>LL</b> yoga and balloon toss</p> <p>4:30 <b>SS</b> 15 min Meditation</p> <p>5:00 <b>LL</b> Dinner Time Hot Towel Essential Health Service</p> <p>6:30 <b>LL</b> evening film</p>	<p>8:00 <b>LL</b> Morning Meditation and Cocoa</p> <p>10:00 <b>PE</b> Coffee &amp; News</p> <p>11:00 Lets Move It!! Stretch &amp; Flex</p> <p>11:30 <b>PE</b> Mid Morning walk</p> <p>12:30 <b>LL</b> Lunchtime hot towel essential health service</p> <p>2:00 <b>LL</b> Music with Terri and Frank</p> <p>3:00 <b>CC</b> Meaningful Mondays AFC care package</p> <p>4:30 <b>SS</b> 15 min Meditation</p> <p>5:00 <b>LL</b> Dinner Time Hot Towel Essential Health Service</p> <p>6:30 evening film</p>	<p>8:00 <b>LL</b> Morning Meditation and Cocoa</p> <p>10:00 <b>PE</b> Coffee &amp; News</p> <p>11:00 Lets Move It!! Stretch &amp; Flex</p> <p>11:30 <b>PE</b> Mid Morning walk</p> <p>12:30 <b>LL</b> Lunchtime hot towel essential health service</p> <p>2:30 <b>PE</b> Hula Hoop basket ball</p> <p>3:30 <b>LL</b> Music with Bonita</p> <p>5:00 <b>LL</b> Dinner Time Hot Towel Essential Health Service</p> <p>6:30 <b>LL</b> Evening Movie</p>	<p>8:00 <b>LL</b> Morning Meditation and Cocoa</p> <p>10:00 <b>PE</b> Coffee &amp; News</p> <p>11:00 Lets Move It!! Stretch &amp; Flex</p> <p>11:30 <b>PE</b> Mid Morning walk</p> <p>12:30 <b>LL</b> Lunchtime hot towel essential health service</p> <p>2:00 <b>LL</b> Communion with West Presbyterian</p> <p>3:30 <b>LL</b> Music &amp; Dancing w/Ann</p> <p>5:00 <b>LL</b> Dinner Time Hot Towel Essential Health Service</p> <p>6:30 <b>LL</b> Evening Movie</p>	<p>8:00 <b>LL</b> Morning Meditation and Cocoa</p> <p>10:00 <b>PE</b> Coffee &amp; News</p> <p>11:00 Lets Move It!! Stretch &amp; Flex</p> <p>11:30 <b>PE</b> Mid Morning walk</p> <p>12:30 <b>LL</b> Lunchtime hot towel essential health service</p> <p>2:00 <b>LL</b> Valentines Trivia</p> <p>3:00 <b>PE</b> Music &amp; Ice Cream with Ward</p> <p>4:30 <b>SS</b> 15 min Meditation</p> <p>5:00 <b>LL</b> Dinner Time Hot Towel Essential Health Service</p> <p>6:30 <b>LL</b> Evening Movie</p>	<p><b>Valentine's Day</b></p> <p>8:00 <b>LL</b> Morning Meditation and Cocoa</p> <p>10:00 <b>PE</b> Coffee &amp; News</p> <p>10:30 Scenic Drive</p> <p>11:00 Lets Move It!! Stretch &amp; Flex</p> <p>11:30 <b>PE</b> Mid Morning walk</p> <p>11:30 <b>LL</b> Scenic Drive</p> <p>12:30 <b>LL</b> Lunchtime hot towel essential health service</p> <p>2:30 <b>LL</b> Valentines social</p> <p>3:45 <b>SS</b> yoga &amp; 15 min Meditation</p> <p>5:00 <b>LL</b> Dinner Time Hot Towel Essential Health Service</p> <p>6:30 <b>LL</b> Old Time film Night</p>	<p>8:00 <b>LL</b> Morning Meditation and Cocoa</p> <p>10:00 <b>PE</b> Coffee &amp; News</p> <p>11:00 Lets Move It!! Stretch &amp; Flex</p> <p>11:30 <b>PE</b> Mid Morning walk</p> <p>12:30 <b>LL</b> Lunchtime hot towel essential health service</p> <p>2:30 <b>LL</b> Balloons &amp; Tunes</p> <p>3:30 <b>PE</b> white board games</p> <p>4:30 <b>SS</b> 15 min Meditation</p> <p>5:00 <b>LL</b> Dinner Time Hot Towel Essential Health Service</p> <p>6:30 <b>LL</b> Evening Movie</p>
<p>8:00 <b>LL</b> Morning Meditation and Cocoa</p> <p>9:30 <b>SS</b> Worship Service w/ Cassandra</p> <p>10:30 <b>PE</b> Morning exercises</p> <p>11:00 Reading group with Jackie</p> <p>12:30 <b>LL</b> Lunchtime hot towel essential health service</p> <p>2:30 <b>LL</b> Piano With Jim</p> <p>3:30 <b>LL</b> yoga and balloon toss</p> <p>4:30 <b>SS</b> 15 min Meditation</p> <p>5:00 <b>LL</b> Dinner Time Hot Towel Essential Health Service</p> <p>6:30 <b>LL</b> evening film</p>	<p><b>Presidents' Day</b></p> <p>8:00 <b>LL</b> Morning Meditation and Cocoa</p> <p>10:00 <b>PE</b> Coffee &amp; News</p> <p>11:00 Lets Move It!! Stretch &amp; Flex</p> <p>11:30 <b>PE</b> Mid Morning walk</p> <p>12:30 <b>LL</b> Lunchtime hot towel essential health service</p> <p>2:30 <b>LL</b> Balloons &amp; Tunes</p> <p>3:30 <b>CC</b> Manicures &amp; Mimosas</p> <p>4:30 <b>SS</b> 15 min Meditation</p> <p>5:00 <b>LL</b> Dinner Time Hot Towel Essential Health Service</p> <p>6:30 evening film</p>	<p>8:00 <b>LL</b> Morning Meditation and Cocoa</p> <p>10:00 <b>PE</b> Coffee &amp; News</p> <p>11:00 Lets Move It!! Stretch &amp; Flex</p> <p>11:30 <b>PE</b> Mid Morning walk</p> <p>12:30 <b>LL</b> Lunchtime hot towel essential health service</p> <p>2:30 <b>PE</b> Hula Hoop basket ball</p> <p>3:30 <b>LL</b> Music with Bonita</p> <p>4:30 <b>SS</b> 15 min Meditation</p> <p>5:00 <b>LL</b> Dinner Time Hot Towel Essential Health Service</p> <p>6:30 <b>LL</b> Evening Movie</p>	<p>8:00 <b>LL</b> Morning Meditation and Cocoa</p> <p>10:00 <b>PE</b> Coffee &amp; News</p> <p>11:00 Lets Move It!! Stretch &amp; Flex</p> <p>11:30 <b>PE</b> Mid Morning walk</p> <p>12:30 <b>LL</b> Lunchtime hot towel essential health service</p> <p>2:30 <b>LL</b> Balloons &amp; Tunes</p> <p>3:30 <b>LL</b> Music &amp; Dancing w/Ann</p> <p>5:00 <b>LL</b> Dinner Time Hot Towel Essential Health Service</p> <p>6:30 <b>LL</b> Evening Movie</p>	<p>8:00 <b>LL</b> Morning Meditation and Cocoa</p> <p>10:00 <b>PE</b> Coffee &amp; News</p> <p>11:00 Lets Move It!! Stretch &amp; Flex</p> <p>11:30 <b>PE</b> Mid Morning walk</p> <p>12:30 <b>LL</b> Lunchtime hot towel essential health service</p> <p>2:30 <b>LL</b> Balloons &amp; Tunes</p> <p>3:00 <b>PE</b> Ice cream &amp; Music with Ward</p> <p>4:30 <b>SS</b> 15 min Meditation</p> <p>5:00 <b>LL</b> Dinner Time Hot Towel Essential Health Service</p> <p>6:30 <b>LL</b> Evening Movie</p>	<p>8:00 <b>LL</b> Morning Meditation and Cocoa</p> <p>10:00 <b>PE</b> Coffee &amp; News</p> <p>10:30 Scenic Drive</p> <p>11:00 Lets Move It!! Stretch &amp; Flex</p> <p>11:30 <b>PE</b> Mid Morning walk</p> <p>12:30 <b>LL</b> Lunchtime hot towel essential health service</p> <p>2:30 <b>LL</b> Happy Hour</p> <p>3:30 <b>PE</b> Balloons &amp; Tunes</p> <p>4:30 <b>SS</b> 15 min Meditation</p> <p>5:00 <b>LL</b> Dinner Time Hot Towel Essential Health Service</p> <p>6:30 <b>LL</b> Old Time film Night</p>	<p>8:00 <b>LL</b> Morning Meditation and Cocoa</p> <p>10:00 <b>PE</b> Coffee &amp; News</p> <p>11:00 Lets Move It!! Stretch &amp; Flex</p> <p>11:30 <b>PE</b> Mid Morning walk</p> <p>12:30 <b>LL</b> Lunchtime hot towel essential health service</p> <p>2:30 <b>LL</b> Balloons &amp; Tunes</p> <p>3:30 white board games</p> <p>4:30 <b>SS</b> 15 min Meditation</p> <p>5:00 <b>LL</b> Dinner Time Hot Towel Essential Health Service</p> <p>6:30 <b>LL</b> Evening Movie</p>
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