Memory Care

February 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|---|--|--|
| | 1 Black History Month | 2 Groundhog Day | 3 | 4 | 5 | 6 |
| | 8:00 Independent Activities (RA) 10:00 Exercise (LEC) 12:00 Lunch 1:00 Reminiscing (LEC) 2:00 Coffee & Conversation - *Sit with Residents & Get to Know Them (RA) 4:00 Dancing Before Dinner (LEC) 4:00 Table Games (LEC) 6:00 Wind Down Activities (RA) | 8:00 Independent Activities (RA) 10:00 Music Therapy with Lyric 12:00 Lunch 1:00 Craft Time (LEC) 2:00 Coffee & Conversation - *Sit with Residents & Get to Know Them (RA) 4:00 Table Games (LEC) 4:00 Table Games (LEC) 6:00 Wind Down Activities (RA) | 8:00 Independent Activities (RA) 10:00 Exercise (LEC) 12:00 Lunch 1:00 Foodie Club (LEC) 2:00 Coffee & Conversation - *Sit with Residents & Get to Know Them (RA) 4:00 Table Games (LEC) 6:00 Wind Down Activities (RA) | 8:00 Independent Activities (RA) 10:00 Music Therapy with Lyric 12:00 Lunch 1:00 Film Club 2:00 Coffee & Conversation - *Sit with Residents & Get to Know Them (RA) 4:00 Balloon Tennis (LEC) 4:00 Table Games (LEC) 6:00 Wind Down Activities (RA) | 8:00 Independent Activities (RA) 10:00 Parachute Fun (LEC) 12:00 Lunch 1:00 One -2-Ones 2:00 Coffee & Conversation - *Sit with Residents & Get to Know Them (RA) 3:00 Snacks & Happy Hour (LEC/DRC) 6:00 Wind Down Activities (RA) | 8:00 Independent Activities (RA) 10:00 IN2L Trivia (RA) 1:00 Hair and Nail Care (RA) 4:00 Walking Club (RA) 6:00 Wind Down Activities (RA) |
| 7 | 8 | 9 | 10 | 11 | 12 Chinese New Year | 13 |
| 8:00 Independent Activities (RA) 10:00 IN2L Trivia (RA) 1:00 Hair and Nail Care (RA) 4:00 Walking Club (RA) 6:00 Wind Down Activities (RA) | 8:00 Independent Activities (RA) 10:00 Exercise (LEC) 12:00 Lunch 1:00 Reminiscing (LEC) 2:00 Coffee & Conversation - *Sit with Residents & Get to Know Them (RA) 4:00 Table Games (LEC) 6:00 Wind Down Activities (RA) | 8:00 Independent Activities (RA) 10:00 Music Therapy with Lyric 12:00 Lunch 1:00 Craft Time (LEC) 2:00 Coffee & Conversation - *Sit with Residents & Get to Know Them (RA) 4:00 Table Games (LEC) 6:00 Wind Down Activities (RA) | 8:00 Independent Activities (RA) 10:00 Exercise (LEC) 12:00 Lunch 1:00 Foodie Club (LEC) 2:00 Coffee & Conversation - *Sit with Residents & Get to Know Them (RA) 4:00 Table Games (LEC) 6:00 Wind Down Activities (RA) | 8:00 Independent Activities (RA) 10:00 Music Therapy with Lyric 12:00 Lunch 1:00 Film Club 2:00 Coffee & Conversation - *Sit with Residents & Get to Know Them (RA) 4:00 Table Games (LEC) 6:00 Wind Down Activities (RA) | 8:00 Independent Activities (RA) 10:00 Parachute Fun (LEC) 12:00 Lunch 1:00 One -2-Ones 2:00 Coffee & Conversation - *Sit with Residents & Get to Know Them (RA) 3:00 Snacks & Happy Hour (LEC/DRC) 6:00 Wind Down Activities (RA) | 8:00 Independent Activities (RA) 10:00 IN2L Trivia (RA) 1:00 Hair and Nail Care (RA) 4:00 Walking Club (RA) 6:00 Wind Down Activities (RA) |
| 14 Valentine's Day | 15 Presidents' Day | 16 Mardi Gras | 17 Ash Wednesday | 18 | 19 | 20 |
| 8:00 Independent Activities (RA) 10:00 IN2L Trivia (RA) 1:00 Hair and Nail Care (RA) 4:00 Walking Club (RA) 6:00 Wind Down Activities (RA) | 8:00 Independent Activities (RA) 10:00 Exercise (LEC) 12:00 Lunch 1:00 Reminiscing (LEC) 2:00 Coffee & Conversation - *Sit with Residents & Get to Know Them (RA) 4:00 Table Games (LEC) 6:00 Wind Down Activities (RA) | 8:00 Independent Activities (RA) 10:00 Music Therapy with Lyric 12:00 Lunch 1:00 Craft Time (LEC) 2:00 Coffee & Conversation - *Sit with Residents & Get to Know Them (RA) 4:00 Table Games (LEC) 6:00 Wind Down Activities (RA) | 8:00 Independent Activities (RA) 10:00 Exercise (LEC) 12:00 Lunch 1:00 Foodie Club (LEC) 2:00 Coffee & Conversation - *Sit with Residents & Get to Know Them (RA) 6:00 Wind Down Activities (RA) | 8:00 Independent Activities (RA) 10:00 Music Therapy with Lyric 12:00 Lunch 1:00 Film Club 2:00 Coffee & Conversation - *Sit with Residents & Get to Know Them (RA) 4:00 Table Games (LEC) 6:00 Wind Down Activities (RA) | 8:00 Independent Activities (RA) 10:00 Parachute Fun (LEC) 12:00 Lunch 1:00 One -2-Ones 2:00 Coffee & Conversation - *Sit with Residents & Get to Know Them (RA) 3:00 Snacks & Happy Hour (LEC/DRC) 6:00 Wind Down Activities (RA) | 8:00 Independent Activities (RA) 10:00 IN2L Trivia (RA) 1:00 Hair and Nail Care (RA) 4:00 Walking Club (RA) 6:00 Wind Down Activities (RA) |

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