# River Terrace Assisted Living Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Birthdays</u>	Activities & times are subject to change. If changes occur an announcement will be posted on campus LifeShare monitors. A printed daily schedule or verbal notification will also be distributed to reflect any changes.	<ol> <li>Chinese New Year</li> <li>9:00 Hospitality Cart-Daily Chronicle, Puzzle &amp; Coffee</li> <li>10:30 Artisans Club</li> <li>11:30 Healthy Hands</li> <li>1:30 Noodle Ball</li> <li>2:00 Chefs Circle</li> <li>2:30 February Trivia</li> </ol>	<ul> <li>2 Groundhog Day</li> <li>K 9:00 Hospitality Cart-Daily Chronicle, Puzzle &amp; Coffee</li> <li>V 10:00 4th Floor Exercise Class</li> <li>M 11:30 Healthy Hands</li> <li>K 1:30 Bingo</li> <li>GF 2:30 Ice Cream Social</li> <li>I 4:00 Afternoon Refresh</li> </ul>	<ul> <li>3</li> <li>9:00 Hospitality Cart-Daily Chronicle, Puzzle &amp; Coffee</li> <li>10:30 Craft + Cook- Activity Room</li> <li>11:30 Healthy Hands</li> <li>1:30 Bingo-AL</li> <li>3:00 Move &amp; Groove</li> </ul>	<ul> <li>4</li> <li>K 9:00 Hospitality Cart-Daily Chronicle, Puzzle &amp; Coffee</li> <li>0 10:30 Out &amp; About</li> <li>11:30 Healthy Hands</li> <li>V 11:15 Winter Olympic Games</li> <li>GF 2:30 Happy Hour Social- AL</li> <li>G 2:30 Men's Movie Group-</li> </ul>	<ul> <li>5</li> <li>K 9:00 Hospitality Cart- Daily Chronicle, Devotional, Puzzle &amp; Coffee</li> <li>M 10:45 Name that T une</li> <li>M 11:30 Healthy Hands</li> <li>K 1:30 Bingo</li> <li>V 2:30 Seated Exercise</li> <li>M 3:30 Spa Saturday</li> </ul>
<ul> <li>6</li> <li>K 9:00 Hospitality Cart- Daily Chronicle, Devotional, Puzzle &amp; Coffee</li> <li>I 10:45 Morning Prayer Service</li> <li>M 11:30 Healthy Hands</li> <li>K 1:30 Bingo-AL</li> <li>M 3:00 Spa Sunday</li> <li>V 4:00 Seated Exercise</li> </ul>	<ul> <li>7</li> <li>K 9:00 Hospitality Cart-Daily Chronicle, Puzzle &amp; Coffee</li> <li>M 9:30 Monday Music</li> <li>O 10:00 Out &amp; About</li> <li>M 11:30 Healthy Hands</li> <li>K 1:30 Bingo</li> <li>S 2:30 Happy Hour Social</li> </ul>	<ul> <li>8</li> <li>8</li> <li>9:00 Hospitality Cart-Daily Chronicle, Puzzle &amp; Coffee</li> <li>10:30 Artisans Club</li> <li>11:30 Healthy Hands</li> <li>1:30 Noodle Ball</li> <li>2:00 Chefs Circle</li> <li>2:30 February Trivia</li> </ul>	<ul> <li>9:00 Hospitality Cart-Daily Chronicle, Puzzle &amp; Coffee</li> <li>10:00 4th Floor Exercise Class</li> <li>11:30 Healthy Hands</li> <li>1:30 Bingo</li> <li>2:30 Ice Cream Social topped with Chocolate</li> </ul>	<ul> <li>10</li> <li>K 9:00 Hospitality Cart-Daily Chronicle, Puzzle &amp; Coffee</li> <li>CD 10:15 Resident Council</li> <li>A 10:30 Craft + Cook- Activity Room</li> <li>M 11:30 Healthy Hands</li> <li>K 1:30 Bingo-AL</li> </ul>	<ul> <li>9:00 Hospitality Cart-Daily Chronicle, Puzzle &amp; Coffee</li> <li>10:30 Out &amp; About</li> <li>11:30 Healthy Hands</li> <li>1:15 Seated Exercise</li> <li>2:30 Happy Hour Social- AL</li> <li>4:00 Afternoon Refresh</li> </ul>	<ul> <li>12</li> <li>K 9:00 Hospitality Cart- Daily Chronicle, Devotional, Puzzle &amp; Coffee</li> <li>M 10:45 Name that T une</li> <li>M 11:30 Healthy Hands</li> <li>K 1:30 Bingo</li> <li>V 2:30 Seated Exercise</li> <li>M 3:30 Spa Saturday</li> </ul>
<ul> <li>13</li> <li>K 9:00 Hospitality Cart- Daily Chronicle, Devotional, Puzzle &amp; Coffee</li> <li>I 10:45 Morning Prayer Service</li> <li>M 11:30 Healthy Hands</li> <li>K 1:30 Bingo-AL</li> <li>M 3:00 Spa Sunday</li> <li>V 4:00 Seated Exercise</li> </ul>	<ul> <li>Valentine's Day</li> <li>9:00 Hospitality Cart-Daily Chronicle, Puzzle &amp; Coffee</li> <li>9:30 Monday Music</li> <li>10:00 Out &amp; About</li> <li>11:30 Healthy Hands</li> <li>1:30 Bingo</li> <li>2:30 Happy Hour Social-</li> </ul>	<ul> <li>15</li> <li>K 9:00 Hospitality Cart-Daily Chronicle, Puzzle &amp; Coffee</li> <li>A 10:30 Artisans Club</li> <li>M 11:30 Healthy Hands</li> <li>V 1:30 Noodle Ball</li> <li>S 2:00 Chefs Circle</li> <li>K 2:30 February Trivia</li> </ul>	<ul> <li>16</li> <li>K 9:00 Hospitality Cart-Daily Chronicle, Puzzle &amp; Coffee</li> <li>V 10:00 4th Floor Exercise Class</li> <li>M 11:30 Healthy Hands</li> <li>K 1:30 Bingo</li> <li>GF 2:30 Ice Cream Social</li> <li>I 4:00 Afternoon Refresh</li> </ul>	<ul> <li>17</li> <li>K 9:00 Hospitality Cart-Daily Chronicle, Puzzle &amp; Coffee</li> <li>A 10:30 Craft + Cook- Activity Room</li> <li>M 11:30 Healthy Hands</li> <li>K 1:30 Bingo-AL</li> <li>V 3:00 Move &amp; Groove Games</li> </ul>	<ul> <li>18</li> <li>Solution State State</li></ul>	<ul> <li>19</li> <li>K 9:00 Hospitality Cart- Daily Chronicle, Devotional, Puzzle &amp; Coffee</li> <li>M 10:45 Name that Tune</li> <li>M 11:30 Healthy Hands</li> <li>K 1:30 Bingo</li> <li>V 2:30 Seated Exercise</li> <li>M 3:30 Spa Saturday</li> </ul>
<ul> <li>20</li> <li>K 9:00 Hospitality Cart- Daily Chronicle, Devotional, Puzzle &amp; Coffee</li> <li>I 10:45 Morning Prayer Service</li> <li>M 11:30 Healthy Hands</li> <li>K 1:30 Bingo-AL</li> <li>M 3:00 Spa Sunday</li> <li>V 4:00 Seated Exercise</li> </ul>	Trot Music 10:00 Out & About	<ul> <li>22</li> <li>Second Straig State Straig St</li></ul>	<ul> <li>23</li> <li>K 9:00 Hospitality Cart-Daily Chronicle, Puzzle &amp; Coffee</li> <li>V 10:00 4th Floor Exercise Class</li> <li>MM 11:30 Healthy Hands "Scent"sational</li> <li>1 2:00 Prince of Peace Mass</li> <li>K 2:45 Snowflake Bingo</li> </ul>	<ul> <li>24</li> <li>Solution</li> <li>Solution</li></ul>	<ul> <li>25</li> <li>Sector State Structure</li> <li>Sector Structure&lt;</li></ul>	<ul> <li>26</li> <li>K 9:00 Hospitality Cart- Daily Chronicle, Devotional, Puzzle &amp; Coffee</li> <li>M 10:45 Name that T une</li> <li>M 11:30 Healthy Hands</li> <li>K 1:30 Bingo</li> <li>V 2:30 Seated Exercise</li> <li>M 3:30 Spa Saturday</li> </ul>
<ul> <li>27</li> <li>K 9:00 Hospitality Cart- Daily Chronicle, Devotional, Puzzle &amp; Coffee</li> <li>10:45 Morning Prayer Service</li> <li>M 11:30 Healthy Hands</li> <li>K 1:30 Bingo-AL</li> <li>M 3:00 Spa Sunday</li> <li>V 4:00 Seated Exercise</li> </ul>	<ul> <li>28</li> <li>K 9:00 Hospitality Cart-Daily Chronicle, Puzzle &amp; Coffee</li> <li>M 9:30 Monday Music</li> <li>O 10:00 Out &amp; About</li> <li>M 11:30 Healthy Hands</li> <li>K 1:30 Bingo</li> <li>S 2:30 Happy Hour Social</li> </ul>	Unless otherwise noted, all activities will be held in the Health Center Dining Room. The Health Center Dining Room will also be the meeting place for all outdoor activities.	Ombudsman: Debbie Cole 866-689-3753			"Surround yourself with the things you LOVE. Discard the rest."



# River Terrace Health Center Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Birthdays</u>	Activities & times are subject to change. If changes occur an announcement will be posted on campus LifeShare monitors. A printed daily schedule or verbal notification will also be distributed to reflect any changes.	1Chinese New YearK9:00Hospitality Cart-Daily Chronicle, Puzzle & CoffeeA10:30Artisans ClubMV11:30Healthy HandsV1:30Noodle BallS2:00Chefs CircleK2:30February TriviaV3:00Musical ChairsL4:00Relax & Reminisce	<ul> <li>Groundhog Day</li> <li>9:00 Hospitality Cart-Daily Chronicle, Puzzle &amp; Coffee</li> <li>10:00 4th Floor Exercise Class</li> <li>11:30 Healthy Hands</li> <li>1:30 Bingo</li> <li>GF 2:30 Ice Cream Social</li> <li>3:45 Find Phil- Scavenger Hunt</li> <li>6:00 Trivia Night Groundhog Day- AL</li> </ul>	<ul> <li>8</li> <li>8</li> <li>9:00 Hospitality Cart-Daily Chronicle, Puzzle &amp; Coffee</li> <li>A 10:30 Craft + Cook "Feed the Birds Day" - Activity Room</li> <li>MN 11:30 Healthy Hands</li> <li>1:30 Bingo</li> <li>V 3:00 Move &amp; Groove Moustache Games</li> <li>4:00 Afternoon Refresh</li> <li>6:00 Powind &amp; Polax</li> </ul>	<ul> <li>4</li> <li>Yesting State of the second state of the secon</li></ul>	5 K 9:00 Hospitality Cart-Daily Chronicle, Devotional, Puzzle & Coffee M 10:45 Name that Tune M 11:30 Healthy Hands K 1:30 Bingo V 2:30 Seated Exercise M 3:30 Spa Saturday M 4:30 Afternoon Refresh
<ul> <li>6</li> <li>K 9:00 Hospitality Cart-Daily Chronicle, Devotional, Puzzle &amp; Coffee</li> <li>10:45 Morning Prayer Service</li> <li>MM 11:30 Healthy Hands</li> <li>K 1:30 Bingo-AL</li> <li>MM 3:00 Spa Sunday</li> <li>V 4:00 Seated Exercise</li> <li>M 4:30 Afternoon Refresh</li> </ul>	<ul> <li>7</li> <li>K 9:00 Hospitality Cart-Daily Chronicle, Puzzle &amp; Coffee</li> <li>M 9:30 Monday Music</li> <li>0 10:00 Out &amp; About</li> <li>11:30 Healthy Hands</li> <li>K 1:30 Bingo</li> <li>S 2:30 Happy Hour Social</li> <li>1 4:00 Afternoon Refresh- Make Believe Monday</li> </ul>	<ul> <li>8</li> <li>9:00 Hospitality Cart-Daily Chronicle, Puzzle &amp; Coffee</li> <li>10:30 Artisans Club-Create a Maple Syrup Raisin Creation</li> <li>11:30 Healthy Hands</li> <li>1:30 National Potato Day- Noodle Ball Style</li> <li>2:00 Chefs Circle</li> <li>2:30 February Trivia</li> <li>2:00 Munical Chairs</li> </ul>	<ul> <li>9:00 Hospitality Cart-Daily Chronicle, Puzzle &amp; Coffee</li> <li>10:00 4th Floor Exercise Class</li> <li>11:30 Healthy Hands</li> <li>1:30 Bingo</li> <li>2:30 Ice Cream Social topped with Chocolate Kiss Day</li> <li>4:00 Afternoon Refresh</li> <li>6:00 Trivia Night-AL</li> <li>6:00 Le Le Le Le Le Le Le Le</li> </ul>	<ul> <li>Hospitality Cart-Daily Chronicle, Puzzle &amp; Coffee</li> <li>10:30 Craft + Cook Valentine Pizzas - Activity Room</li> <li>11:00 Resident Council</li> <li>11:30 Healthy Hands</li> <li>1:30 Bingo</li> <li>3:00 Move &amp; Groove Games</li> <li>4:00 Afternoon Refresh</li> </ul>	<ul> <li>9:00 Hospitality Cart-Daily Chronicle, Puzzle &amp; Coffee</li> <li>10:30 Out &amp; About</li> <li>11:30 Healthy Hands</li> <li>1:15 Seated Exercise</li> <li>2:30 Happy Hour Social-AL</li> <li>4:00 Afternoon Refresh</li> </ul>	12 K 9:00 Hospitality Cart-Daily Chronicle, Devotional, Puzzle & Coffee M 10:45 Name that Tune M 11:30 Healthy Hands K 1:30 Bingo V 2:30 Seated Exercise M 3:30 Spa Saturday M 4:30 Afternoon Refresh
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