



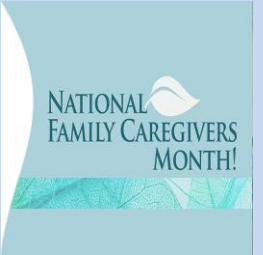


February 2022

Golden Pond Senior Living (Reflections)

ANY CHANGES TO THE CALENDAR WILL BE POSTED ON THE DAILY WHAT'S HAPPENING (Located at the Front Desk and all Elevators)

Please check daily.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <ul style="list-style-type: none"> 8:00 Breakfast Time, MC-DR 9:40 Morning Stretch, MC-AC 10:30 Coffee & Chronicles, AC 11:30 Lunch, MC-DR 1:00 Creative Expressions, GR 4:30 Dinner, MC-DR 6:00 Evening Games, MC-AC 6:30 Evening Snack, MC-DR 	<p>2</p> <ul style="list-style-type: none"> 8:00 Breakfast Time, MC-DR 9:40 Morning Stretch, MC-AC 10:30 Spa Time, MC-GR 11:30 Lunch, MC-DR 1:00 Creative Expressions, MC-AC 4:30 Dinner, MC-DR 6:00 Evening Games, MC-AC 6:30 Evening Snack, MC-DR 	<p>3</p> <ul style="list-style-type: none"> 8:00 Breakfast Time, MC-DR 9:40 Morning Stretch, MC-AC 10:30 Coffee & Chronicles, AC 11:30 Lunch, MC-DR 1:00 Creative Expressions, GR 4:30 Dinner, MC-DR 6:00 Evening Games, MC-AC 6:30 Evening Snack, MC-DR 	<p>4</p> <ul style="list-style-type: none"> 8:00 Breakfast Time, MC-DR 9:40 Morning Stretch, MC-AC 10:00 Micah & Chronicles, AC 11:30 Lunch, MC-DR 3:15 Music w/Linda B, MC-AC 4:30 Dinner, MC-DR 6:00 Evening Games, MC-AC 6:30 Evening Snack, MC-DR 	<p>5</p> <ul style="list-style-type: none"> 8:00 Breakfast Time, MC-DR 9:40 Morning Stretch, MC-AC 10:30 Coffee & Chronicles, AC 11:30 Lunch, MC-DR 1:00 Creative Expressions, GR 4:30 Dinner, MC-DR 6:00 Evening Games, MC-AC 6:30 Evening Snack, MC-DR
6	7	8	9	10	11	12
<ul style="list-style-type: none"> 8:00 Breakfast Time, MC-DR 9:40 Morning Stretch, MC-AC 10:30 Coffee & Chronicles, AC 11:30 Lunch, MC-DR 1:00 Creative Expressions, GR 4:30 Dinner, MC-DR 6:00 Evening Games, MC-AC 6:30 Evening Snack, MC-DR 	<ul style="list-style-type: none"> 8:00 Breakfast Time, MC-DR 9:40 Morning Stretch, MC-AC 10:00 Painting Time, MC-AC 11:30 Lunch, MC-DR 1:00 Creative Expressions, GR 4:30 Dinner, MC-DR 6:00 Evening Games, MC-AC 6:30 Evening Snack, MC-DR 	<ul style="list-style-type: none"> 8:00 Breakfast Time, MC-DR 9:40 Morning Stretch, MC-AC 10:30 Coffee & Chronicles, AC 11:30 Lunch, MC-DR 1:00 Creative Expressions, GR 4:30 Dinner, MC-DR 6:00 Evening Games, MC-AC 6:30 Evening Snack, MC-DR 	<ul style="list-style-type: none"> 8:00 Breakfast Time, MC-DR 9:40 Morning Stretch, MC-AC 10:30 Spa Time, MC-GR 11:30 Lunch, MC-DR 1:00 Creative Expressions, AC 3:15 Music w/Alvin, MC, AC 4:30 Dinner, MC-DR 6:00 Evening Games, MC-AC 6:30 Evening Snack, MC-DR 	<ul style="list-style-type: none"> 8:00 Breakfast Time, MC-DR 9:40 Morning Stretch, MC-AC 10:30 Coffee & Chronicles, AC 11:30 Lunch, MC-DR 1:00 Creative Expressions, GR 4:30 Dinner, MC-DR 6:00 Evening Games, MC-AC 6:30 Evening Snack, MC-DR 	<ul style="list-style-type: none"> 8:00 Breakfast Time, MC-DR 9:40 Morning Stretch, MC-AC 10:00 Micah & Chronicles, AC 11:30 Lunch, MC-DR 3:00 Music w/Linda H, MC-AC 4:30 Dinner, MC-DR 6:00 Evening Games, MC-AC 6:30 Evening Snack, MC-DR 	<ul style="list-style-type: none"> 8:00 Breakfast Time, MC-DR 9:40 Morning Stretch, MC-AC 10:30 Coffee & Chronicles, AC 11:30 Lunch, MC-DR 1:00 Creative Expressions, GR 4:30 Dinner, MC-DR 6:00 Evening Games, MC-AC 6:30 Evening Snack, MC-DR
13	14	15	16	17	18	19
<ul style="list-style-type: none"> 8:00 Breakfast Time, MC-DR 9:40 Morning Stretch, MC-AC 10:30 Coffee & Chronicles, AC 11:30 Lunch, MC-DR 1:00 Creative Expressions, GR 4:30 Dinner, MC-DR 6:00 Evening Games, MC-AC 6:30 Evening Snack, MC-DR 	<ul style="list-style-type: none"> 8:00 Breakfast Time, MC-DR 9:40 Morning Stretch, MC-AC 10:00 Painting Time, MC-AC 11:30 Lunch, MC-DR 1:00 Creative Expressions, GR 4:30 Dinner, MC-DR 6:00 Evening Games, MC-AC 6:30 Evening Snack, MC-DR 	<ul style="list-style-type: none"> 8:00 Breakfast Time, MC-DR 9:40 Morning Stretch, MC-AC 10:30 Coffee & Chronicles, AC 11:30 Lunch, MC-DR 1:00 Creative Expressions, GR 4:30 Dinner, MC-DR 6:00 Evening Games, MC-AC 6:30 Evening Snack, MC-DR 	<ul style="list-style-type: none"> 8:00 Breakfast Time, MC-DR 9:40 Morning Stretch, MC-AC 10:30 Spa Time, MC-GR 11:30 Lunch, MC-DR 2:00 Birthday Month Celebration, DR 4:30 Dinner, MC-DR 6:00 Evening Games, MC-AC 6:30 Evening Snack, MC-DR 	<ul style="list-style-type: none"> 8:00 Breakfast Time, MC-DR 9:40 Morning Stretch, MC-AC 10:30 Coffee & Chronicles, AC 11:30 Lunch, MC-DR 1:00 Creative Expressions, GR 4:30 Dinner, MC-DR 6:00 Evening Games, MC-AC 6:30 Evening Snack, MC-DR 	<ul style="list-style-type: none"> 8:00 Breakfast Time, MC-DR 9:40 Morning Stretch, MC-AC 10:00 Micah & Chronicles, AC 11:30 Lunch, MC-DR 3:15 Music w/Mark A, MC-AC 4:30 Dinner, MC-DR 6:00 Evening Games, MC-AC 6:30 Evening Snack, MC-DR 	<ul style="list-style-type: none"> 8:00 Breakfast Time, MC-DR 9:40 Morning Stretch, MC-AC 10:30 Coffee & Chronicles, AC 11:30 Lunch, MC-DR 1:00 Creative Expressions, GR 4:30 Dinner, MC-DR 6:00 Evening Games, MC-AC 6:30 Evening Snack, MC-DR
20	21	22	23	24	25	26
<ul style="list-style-type: none"> 8:00 Breakfast Time, MC-DR 9:40 Morning Stretch, MC-AC 10:30 Coffee & Chronicles, AC 11:30 Lunch, MC-DR 1:00 Creative Expressions, GR 4:30 Dinner, MC-DR 6:00 Evening Games, MC-AC 6:30 Evening Snack, MC-DR 	<ul style="list-style-type: none"> 8:00 Breakfast Time, MC-DR 9:40 Morning Stretch, MC-AC 10:00 Painting Time, MC-AC 11:30 Lunch, MC-DR 1:00 Creative Expressions, GR 4:30 Dinner, MC-DR 6:00 Evening Games, MC-AC 6:30 Evening Snack, MC-DR 	<ul style="list-style-type: none"> 8:00 Breakfast Time, MC-DR 9:40 Morning Stretch, MC-AC 10:30 Coffee & Chronicles, AC 11:30 Lunch, MC-DR 1:00 Creative Expressions, GR 4:30 Dinner, MC-DR 6:00 Evening Games, MC-AC 6:30 Evening Snack, MC-DR 	<ul style="list-style-type: none"> 8:00 Breakfast Time, MC-DR 9:40 Morning Stretch, MC-AC 10:30 Spa Time, MC-GR 11:30 Lunch, MC-DR 3:15 Art Reveals w/Artisan Mind, AC 4:30 Dinner, MC-DR 6:00 Evening Games, MC-AC 6:30 Evening Snack, MC-DR 	<ul style="list-style-type: none"> 8:00 Breakfast Time, MC-DR 9:40 Morning Stretch, MC-AC 10:30 Coffee & Chronicles, AC 11:30 Lunch, MC-DR 1:00 Creative Expressions, GR 4:30 Dinner, MC-DR 6:00 Evening Games, MC-AC 6:30 Evening Snack, MC-DR 	<ul style="list-style-type: none"> 8:00 Breakfast Time, MC-DR 9:40 Morning Stretch, MC-AC 10:00 Micah & Chronicles, AC 11:30 Lunch, MC-DR 3:15 Music w/Stevie M, AC 4:30 Dinner, MC-DR 6:00 Evening Games, MC-AC 6:30 Evening Snack, MC-DR 	<ul style="list-style-type: none"> 8:00 Breakfast Time, MC-DR 9:40 Morning Stretch, MC-AC 10:30 Coffee & Chronicles, AC 11:30 Lunch, MC-DR 1:00 Creative Expressions, GR 4:30 Dinner, MC-DR 6:00 Evening Games, MC-AC 6:30 Evening Snack, MC-DR
27	28					
<ul style="list-style-type: none"> 8:00 Breakfast Time, MC-DR 9:40 Morning Stretch, MC-AC 10:30 Coffee & Chronicles, AC 11:30 Lunch, MC-DR 1:00 Creative Expressions, GR 4:30 Dinner, MC-DR 6:00 Evening Games, MC-AC 6:30 Evening Snack, MC-DR 	<ul style="list-style-type: none"> 8:00 Breakfast Time, MC-DR 9:40 Morning Stretch, MC-AC 10:00 Painting Time, MC-AC 11:30 Lunch, MC-DR 1:00 Creative Expressions, GR 4:30 Dinner, MC-DR 6:00 Evening Games, MC-AC 6:30 Evening Snack, MC-DR 			<p>MEETING PLACES</p> <p>MC-DR - MC Dining Room MC-AC - MC Activity Room MC-GR - MC Green Room</p>		<p>DIMENSIONS OF WELLNESS</p> <ul style="list-style-type: none"> Physical Spiritual Vocational Intellectual Nutritional Emotional Environmental Social Health Services Purposeful