
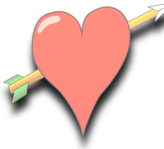





Cottage February 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Activities Are Subject to Change		<p>1 9:00 Brain Quest 10:15 Bingo 1:30 Music: Relax & Remember– AR 3:00 Bean Bag Toss 4:15 Rosary– AR 6:00 Calming Time</p>	<p>2 9:30 Stretches 10:15 Craft: Puzzle Heart (part 1) 1:15 Birthday Party w/Music-AR 3:00 February Word Search 6:00 Calming Time 6:15 BINGO – AR</p>	<p>3 9:00 Exercises 10:15 Cooking Club 1:30 Make V-Day Cards 2:00 Happy Hour-AR 6:00 Calming Time</p>	<p>4 9:30 Exercise 10:30 Daily Chronicles 1:30 Music: Harold Gray– AR 3:00 Match It Up 6:00 Calming Time</p>
<p>5 9:45 Catholic Service– AR 1:30 People & Places CD 2:15 Craft: Thread Paper Heart & Yarn 3:00 Bingo 6:00 Calming Time</p>	<p>6 9:00 Exercise 10:15 Valentine Heart Game 1:30 Music: Dave Wirtz 2:30 * Scenic Bus Ride– Lob 3:00 Trivia 6:00 Calming Time 6:15 BINGO – AR</p>	<p>7 Lunch at Place 9:30 Chair Zumba– F 10:15 Craft: Puzzle Heart (part 2) 11:15 * Lunch at Place– Lob 1:30 Manicures 2:30 Decorate V-day Cookies 3:00 UNO 6:00 Calming Time</p>	<p>8 9:00 Exercise 10:15 Red/Black Card Game 1:30 Music: Country Love Songs w/ Rosemary– AR 3:00 Bingo 4:15 Rosary– AR 6:00 Calming Time</p>	<p>9 9:30 Stretches 10:30 Snowball Transfer Game 11:30 Valentine’s Day Lunch 1:30 Music: Tim Moran– AR 3:00 Brain Quest 6:00 Calming Time 6:15 BINGO – AR</p>	<p>10 9:00 Noodle Ball 10:15 Picture Reminiscing 10:30 Memory Magic 1:30 Music Hour 2:00 Super Bowl Happy Hour-AR 6:00 Calming Time</p>	<p>11 9:30 Senior Stretches 10:30 Daily Chronicles 1:15 V-day Coloring 3:00 Associating Stamps 6:00 Calming Time</p>
<p>12 Super Bowl Sunday 9:45 Catholic Service- AR 1:30 Music: Terry McCauley–AR 3:00 Bingo 5:30 Super Bowl Game 6:00 Calming Time</p> 	<p>13 9:00 Exercise 9:45 Brain Games 1:30 Music: Larry Jensen– AR 2:45 * Scenic Bus Ride– Lob 3:00 Words That Start With “F” 6:00 Calming Time 6:15 BINGO –AR</p>	<p>14 Valentine’s Day 9:00 Senior Stretches 9:45 Music Therapy 1:15 Balloon Pop– AR 3:00 Manicures 6:00 Calming Time</p> 	<p>15 FIRE DRILL 9:00 Exercise 10:30 Interactive Presentation: Valentine’s Day w/ craft– AR 1:30 Bingo 3:00 FIRE DRILL 3:00 Knock ‘em Down 4:15 Rosary– AR 6:00 Calming Time</p>	<p>16 9:00 Stretches 10:30 Sing-a-Long 1:00 “Things I Love” Game 2:00 Snowball Bowling 3:00 Adult Coloring 6:00 Calming Time 6:15 BINGO – AR</p>	<p>17 9:00 Exercises 10:15 Cooking Club 1:30 Recipe Reminiscing 2:00 Happy Hour 6:00 Calming Time</p>	<p>18 9:30 Exercises 10:30 Daily Chronicles 1:30 Sensory Box 3:00 Puzzles 6:00 Calming Time</p>
<p>19 9:45 Catholic Service- AR 10:15 Do You Hear What I Hear 1:30 Famous Duos 2:15 Jenga 3:00 Bingo 6:00 Calming Time</p>	<p>20 Podiatrist Visit Today 9:00-Noon *Tender Touch Massage 9:00 Exercise 10:15 Brain Games-AR 1:15 Drop & Score 2:30 * Scenic Bus Ride - Lob 3:00 Card Game 6:00 Calming Time 6:15 BINGO – AR</p>	<p>21 Mardi Gras 9:30 Chair Zumba-F 10:30 Manicures 1:30 History of Mardi Gras 2:30 Mardi Gras Party 3:00 Jenga 6:00 Calming Time</p> 	<p>22 Ash Wednesday 9:00 Ash Wednesday Service– AR 10:15 Bingo 1:00 Music: Treasured Music– AR 2:15 Fit Minds 3:00 Puzzle Hour 4:15 Rosary– AR 6:00 Calming Time</p>	<p>23 9:30 Stretches 10:30 Memory Magic 1:30 All 6 Dice Game 3:00 Large Group Crossword 6:00 Calming Time 6:15 BINGO – AR</p>	<p>24 9:00 Exercise 10:15 Music Hour 1:15 Music: Ron Burgess– AR 2:00 Happy Hour- AR 6:00 Calming Time</p>	<p>25 9:30 Senior Stretches– F 10:30 Daily Chronicles 1:30 Puzzles & Ponderings 3:00 Card Games 6:00 Calming Time</p>
<p>26 9:45 Catholic Service-AR 10:15 Book Reading 1:30 UNO 2:15 Adult Coloring 3:00 Bingo 6:00 Calming Time</p>	<p>27 9:00 Exercise 9:45 Fit Minds/Brain Games 1:30 Music: Betty Debban– AR 2:30 * Scenic Bus Ride– Lob 3:00 Tic Tac Toe 6:00 Calming Time 6:15 BINGO · AR</p>	<p>28 9:00 Senior Stretches 9:45 Music Therapy 1:15 Manicures 3:00 Dice Game 6:00 Calming Time</p>	<p>Free transportation between 8:30 am and 2:30 pm to Dr. Appointments on Mondays, Tuesdays, Wednesdays, & Thursdays! 48 Hour Notice Call The Cedars Office! 393-9500</p>	<p>First Floor Locations AR - Activity Room CY - Court Yard DR - Dining Room PDR - Private Dining Rm KC- Keystone Cottage</p>	<p>Second Floor Locations F- Fitness Room T-Theatre</p>	<p>Important Note: Any Activity in RED * is an activity you will need to sign up for. The sign up book is located in the Activity Room.</p>