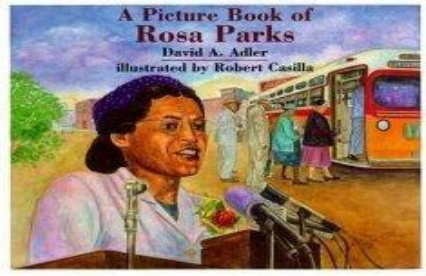

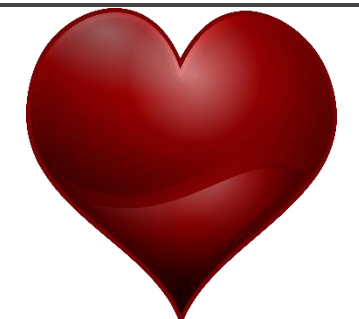




February 2023

Golden Pond Reflections

ANY CHANGES TO THE CALENDAR WILL BE POSTED ON THE DAILY WHAT'S HAPPENING (Located on the Dining Room Door)

Please check daily.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>9:00 Manicures, <i>MC-AC</i> 9:30 Refreshments, <i>MC-DR</i> 10:00 Movie/Refreshments, <i>GR</i> 11:00 Lunch Prep/Meal, <i>MC-DR</i> 1:00 Laundry Day, <i>MC-DR</i> 2:00 Volleyball/Refreshments, <i>DR</i> 3:00 Walk & Talk, <i>MC-H</i> 4:00 Dinner Prep/Meal, <i>MC-DR</i> 5:30 Games/Tea/Movie, <i>MC-AC</i></p>	<p>9:00 Dumbbell Exercises, <i>MC-AC</i> 9:30 Refreshments, <i>MC-AC</i> 10:00 Card Games, <i>MC-AC</i> 11:00 Lunch Prep/Meal, <i>MC-DR</i> 1:00 Flower Arranging, <i>MC-AC</i> 2:00 Volleyball/Refreshments, <i>DR</i> 3:00 Walk & Talk, <i>MC-H</i> 4:00 Dinner Prep/Meal, <i>MC-DR</i> 5:30 Games/Tea/Movie, <i>MC-AC</i></p>	<p>9:00 Pool Noodle Stretch, <i>MC-AC</i> 9:30 Refreshments, <i>MC-DR</i> 10:00 Puzzles, <i>MC-AC</i> 11:00 Lunch Prep/Meal, <i>MC-DR</i> 1:00 Music w/Emby, <i>MC-AC</i> 2:00 Volleyball/Refreshments, <i>DR</i> 3:00 Walk & Talk, <i>MC-H</i> 4:00 Dinner Prep/Meal, <i>MC-DR</i> 5:30 Games/Tea/Movie, <i>MC-AC</i></p>	<p>9:00 Ball Exercise, <i>MC-AC</i> 9:30 Refreshments, <i>MC-DR</i> 10:00 Coloring, <i>MC-AC</i> 11:00 Lunch Prep/Meal, <i>MC-DR</i> 1:00 Bingo, <i>MC-AC</i> 2:00 Volleyball/Refreshments, <i>DR</i> 3:00 Walk & Talk, <i>MC-H</i></p>
5	6	7	8	9	10	11
<p>9:00 Stretching Exercise, <i>MC-AC</i> 9:30 Refreshments, <i>MC-AC</i> 10:30 Puzzles, <i>MC-GR</i> 11:00 Lunch Prep/Meal, <i>MC-DR</i> 1:00 Movie Time, <i>MC-GR</i> 2:00 Volleyball/Refreshments, <i>DR</i> 3:00 Walk & Talk, <i>MC-H</i> 4:00 Dinner Prep/Meal, <i>MC-DR</i> 5:30 Games/Tea/Movie, <i>MC-DR</i></p>	<p>9:00 Exercise Video, <i>MC-AC</i> 9:30 Refreshments, <i>MC-DR</i> 10:00 Painting Time, <i>MC-AC</i> 11:00 Lunch Prep/Meal, <i>MC-DR</i> 1:00 Art Reveals, <i>MC-AC</i> 2:00 Games w/Staff, <i>MC-AC</i> 3:00 Puzzle/Games, <i>MC-AC</i> 4:00 Dinner Prep/Meal, <i>MC-DR</i> 5:30 Games/Tea/Movie, <i>MC-H</i></p>	<p>9:00 Exercise Video, <i>MC-AC</i> 9:30 Refreshments, <i>MC-DR</i> 10:00 Games w/Staff, <i>MC-AC</i> 11:00 Lunch Prep/Meal, <i>MC-DR</i> 1:00 Music w/Chas, <i>MC-AC</i> 2:00 Games w/Staff, <i>MC-AC</i> 3:00 Puzzle/Games, <i>MC-AC</i> 4:00 Dinner Prep/Meal, <i>MC-DR</i> 5:30 Games/Tea/Movie, <i>MC-H</i></p>	<p>9:00 Manicures, <i>MC-AC</i> 9:30 Refreshments, <i>MC-DR</i> 10:00 Movie/Refreshments, <i>GR</i> 11:00 Lunch Prep/Meal, <i>MC-DR</i> 1:00 Laundry Day, <i>MC-DR</i> 2:00 Volleyball/Refreshments, <i>DR</i> 3:00 Walk & Talk, <i>MC-H</i> 4:00 Dinner Prep/Meal, <i>MC-DR</i> 5:30 Games/Tea/Movie, <i>MC-AC</i></p>	<p>9:00 Dumbbell Exercises, <i>MC-AC</i> 9:30 Refreshments, <i>MC-AC</i> 10:00 Card Games, <i>MC-AC</i> 11:00 Lunch Prep/Meal, <i>MC-DR</i> 1:00 Flower Arranging, <i>MC-AC</i> 2:00 Volleyball/Refreshments, <i>AC</i> 3:00 Walk & Talk, <i>MC-H</i> 4:00 Dinner Prep/Meal, <i>MC-DR</i> 5:30 Games/Tea/Movie, <i>MC-AC</i></p>	<p>9:00 Pool Noodle Stretch, <i>MC-AC</i> 9:30 Refreshments, <i>MC-DR</i> 10:00 Puzzles, <i>MC-AC</i> 11:00 Lunch Prep/Meal, <i>MC-DR</i> 1:00 Music w/Vanessa, <i>MC-AC</i> 2:00 Volleyball/Refreshments, <i>AC</i> 3:00 Walk & Talk, <i>MC-H</i> 4:00 Dinner Prep/Meal, <i>MC-DR</i> 5:30 Games/Tea/Movie, <i>MC-AC</i></p>	<p>9:00 Ball Exercise, <i>MC-AC</i> 9:30 Refreshments, <i>MC-DR</i> 10:00 Coloring, <i>MC-AC</i> 11:00 Lunch Prep/Meal, <i>MC-DR</i> 1:00 Bingo, <i>MC-AC</i> 2:00 Volleyball/Refreshments, <i>AC</i> 3:00 Walk & Talk, <i>MC-H</i></p>
12	13	14	15	16	17	18
<p>9:00 Stretching Exercise, <i>MC-AC</i> 9:30 Refreshments, <i>MC-AC</i> 10:30 Puzzles, <i>MC-GR</i> 11:00 Lunch Prep/Meal, <i>MC-DR</i> 1:00 Movie Time, <i>MC-GR</i> 3:00 Beachball Volleyball, <i>MC-AC</i> 3:00 Walk & Talk, <i>MC-H</i> 4:00 Dinner Prep/Meal, <i>MC-DR</i> 5:30 Games/Tea/Movie, <i>MC-DR</i></p>	<p>9:00 Exercise Video, <i>MC-AC</i> 9:30 Refreshments, <i>MC-DR</i> 10:00 Painting Time, <i>MC-AC</i> 11:00 Lunch Prep/Meal, <i>DR</i> 1:00 Music w/Midtown Jazz, <i>AC</i> 2:00 Games w/Staff, <i>MC-AC</i> 3:00 Puzzle/Games, <i>MC-AC</i> 4:00 Dinner Prep/Meal, <i>MC-DR</i> 5:30 Games/Tea/Movie, <i>MC-H</i></p>	<p>HAPPY VALENTINE'S DAY 9:00 Exercise Video, <i>MC-AC</i> 9:30 Refreshments, <i>MC-DR</i> 10:00 Drum Circle, <i>MC-AC</i> 11:00 Lunch Prep/Meal, <i>DR</i> 1:00 Favorite TV Show, <i>MC-GR</i> 2:00 Games w/Staff, <i>MC-AC</i> 3:00 Puzzle/Games, <i>MC-AC</i> 4:00 Dinner Prep/Meal, <i>MC-DR</i> 5:30 Games/Tea/Movie, <i>MC-H</i></p>	<p>9:00 Manicures, <i>MC-AC</i> 9:30 Refreshments, <i>MC-DR</i> 10:00 Movie/Refreshments, <i>GR</i> 11:00 Lunch Prep/Meal, <i>MC-DR</i> 1:00 Laundry Day, <i>MC-DR</i> 2:00 Volleyball/Refreshments, <i>DR</i> 3:00 Walk & Talk, <i>MC-H</i> 4:00 Dinner Prep/Meal, <i>MC-DR</i> 5:30 Games/Tea/Movie, <i>MC-AC</i></p>	<p>9:00 Dumbbell Exercises, <i>MC-AC</i> 9:30 Refreshments, <i>MC-AC</i> 10:00 Card Games, <i>MC-AC</i> 11:00 Lunch Prep/Meal, <i>MC-DR</i> 1:00 Flower Arranging, <i>MC-AC</i> 2:00 Volleyball/Refreshments, <i>AC</i> 3:00 Walk & Talk, <i>MC-H</i> 4:00 Dinner Prep/Meal, <i>MC-DR</i> 5:30 Games/Tea/Movie, <i>MC-AC</i></p>	<p>9:00 Pool Noodle Stretch, <i>MC-AC</i> 9:30 Refreshments, <i>MC-DR</i> 10:00 Puzzles, <i>MC-AC</i> 11:00 Lunch Prep/Meal, <i>MC-DR</i> 1:00 Music w/Ciprian, <i>MC-AC</i> 2:00 Volleyball/Refreshments, <i>AC</i> 3:00 Walk & Talk, <i>MC-H</i> 4:00 Dinner Prep/Meal, <i>MC-DR</i> 5:30 Games/Tea/Movie, <i>MC-AC</i></p>	<p>9:00 Ball Exercise, <i>MC-AC</i> 9:30 Refreshments, <i>MC-DR</i> 10:00 Coloring, <i>MC-AC</i> 11:00 Lunch Prep/Meal, <i>MC-DR</i> 1:00 Bingo, <i>MC-AC</i> 2:00 Volleyball/Refreshments, <i>AC</i> 3:00 Walk & Talk, <i>MC-H</i> 4:00 Dinner Prep/Meal, <i>MC-DR</i></p>
19	20	21	22	23	24	25
<p>9:00 Stretching Exercise, <i>MC-AC</i> 9:30 Refreshments, <i>MC-AC</i> 10:30 Puzzles, <i>MC-GR</i> 11:00 Lunch Prep/Meal, <i>MC-DR</i> 1:00 Movie Time, <i>MC-GR</i> 3:00 Beachball Volleyball, <i>MC-AC</i> 3:00 Walk & Talk, <i>MC-H</i> 4:00 Dinner Prep/Meal, <i>MC-DR</i> 5:30 Games/Tea/Movie, <i>MC-DR</i></p>	<p>9:00 Exercise Video, <i>MC-AC</i> 9:30 Refreshments, <i>MC-DR</i> 10:00 Painting Time, <i>MC-AC</i> 11:00 Lunch Prep/Meal, <i>MC-DR</i> 1:00 Music w/Chas, <i>MC-AC</i> 2:00 Games w/Staff, <i>MC-AC</i> 3:00 Puzzle/Games, <i>MC-AC</i> 4:00 Dinner Prep/Meal, <i>MC-DR</i> 5:30 Games/Tea/Movie, <i>MC-H</i></p>	<p>HAPPY MARDI GRAS 9:00 Exercise Video, <i>MC-AC</i> 9:30 Refreshments, <i>MC-DR</i> 10:00 Games w/Staff, <i>MC-AC</i> 11:00 Lunch Prep/Meal, <i>MC-DR</i> 1:00 Music w/Mark, <i>MC-AC</i> 2:00 Games w/Staff, <i>MC-AC</i> 3:00 Puzzle/Games, <i>MC-AC</i> 4:00 Dinner Prep/Meal, <i>MC-DR</i> 5:30 Games/Tea/Movie, <i>MC-H</i></p>	<p>9:00 Manicures, <i>MC-AC</i> 9:30 Refreshments, <i>MC-DR</i> 10:00 Movie/Refreshments, <i>GR</i> 11:00 Lunch Prep/Meal, <i>MC-DR</i> 1:00 Christopher Marionets, <i>AC</i> 2:00 Volleyball/Refreshments, <i>DR</i> 3:00 Walk & Talk, <i>MC-H</i> 4:00 Dinner Prep/Meal, <i>MC-DR</i> 5:30 Games/Tea/Movie, <i>MC-AC</i></p>	<p>9:00 Dumbbell Exercises, <i>MC-AC</i> 9:30 Refreshments, <i>MC-AC</i> 10:00 Card Games, <i>MC-AC</i> 11:00 Lunch Prep/Meal, <i>MC-DR</i> 1:00 Flower Arranging, <i>MC-AC</i> 2:00 Volleyball/Refreshments, <i>AC</i> 3:00 Walk & Talk, <i>MC-H</i> 4:00 Dinner Prep/Meal, <i>MC-DR</i> 5:30 Games/Tea/Movie, <i>MC-AC</i></p>	<p>9:00 Pool Noodle Stretch, <i>MC-AC</i> 9:30 Refreshments, <i>MC-DR</i> 10:00 Puzzles, <i>MC-AC</i> 11:00 Lunch Prep/Meal, <i>MC-DR</i> 1:00 Fussball, <i>MC-H</i> 2:00 Volleyball/Refreshments, <i>AC</i> 3:00 Walk & Talk, <i>MC-H</i> 4:00 Dinner Prep/Meal, <i>MC-DR</i> 5:30 Games/Tea/Movie, <i>MC-AC</i></p>	<p>9:00 Ball Exercise, <i>MC-AC</i> 9:30 Refreshments, <i>MC-DR</i> 10:00 Coloring, <i>MC-AC</i> 11:00 Lunch Prep/Meal, <i>MC-DR</i> 1:00 Bingo, <i>MC-AC</i> 2:00 Volleyball/Refreshments, <i>AC</i> 3:00 Walk & Talk, <i>MC-H</i> 4:00 Dinner Prep/Meal, <i>MC-DR</i></p>
26	27	28				
<p>9:00 Stretching Exercise, <i>MC-AC</i> 9:30 Refreshments, <i>MC-AC</i> 10:30 Puzzles, <i>MC-GR</i> 11:00 Lunch Prep/Meal, <i>MC-DR</i> 1:00 Movie Time, <i>MC-GR</i> 3:00 Beachball Volleyball, <i>MC-AC</i> 3:00 Walk & Talk, <i>MC-H</i> 4:00 Dinner Prep/Meal, <i>MC-DR</i> 5:30 Games/Tea/Movie, <i>MC-DR</i></p>	<p>9:00 Exercise Video, <i>MC-AC</i> 9:30 Refreshments, <i>MC-DR</i> 10:00 Painting Time, <i>MC-AC</i> 11:00 Lunch Prep/Meal, <i>MC-DR</i> 1:00 Music w/Alvin, <i>MC-AC</i> 2:00 Games w/Staff, <i>MC-AC</i> 3:00 Puzzle/Games, <i>MC-AC</i> 4:00 Dinner Prep/Meal, <i>MC-DR</i></p>	<p>9:00 Exercise Video, <i>MC-AC</i> 9:30 Refreshments, <i>MC-DR</i> 10:00 Drum Circle, <i>MC-AC</i> 11:00 Lunch Prep/Meal, <i>MC-DR</i> 1:00 Favorite TV Show, <i>MC-GR</i> 2:00 Games w/Staff, <i>MC-AC</i> 3:00 Puzzle/Games, <i>MC-AC</i> 4:00 Dinner Prep/Meal, <i>MC-DR</i></p>	<p>MEETING PLACES <i>MC-AC</i> - MC Activity Room <i>MC-DR</i> - MC Dining Room <i>MC-GR</i> - MC Green Room <i>MC-H</i> - MC Hallway</p>		<p>DIMENSIONS OF WELLNESS</p> <ul style="list-style-type: none"> Physical Spiritual Vocational Intellectual Nutritional Emotional Environmental Social Health Services Purposeful 	