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
			1	2	3	4
A Picture Book of Rosa Parks David A. Adler illustrated by Robert Casilla	BLACK HISTORY		<ul> <li>9:00 Manicures, MC-AC</li> <li>9:30 Refreshments, MC-DR</li> <li>10:00 Movie/Refreshments, GR</li> <li>11:00 Lunch Prep/Meal, MC-DR</li> <li>1:00 Laundry Day, MC-DR</li> </ul>	<ul> <li></li></ul>	<ul> <li></li></ul>	<ul> <li>9:00 Ball Exercise, MC-AC</li> <li>9:30 Refreshments, MC-DR</li> <li>10:00 Coloring, MC-AC</li> <li>11:00 Lunch Prep/Meal, MC-D</li> <li>1:00 Bingo, MC-AC</li> </ul>
	MONTH		<ul> <li>2:00 Volleyball/Refreshments, DR</li> <li>3:00 Walk &amp; Talk, MC-H</li> <li>4:00 Dinner Prep/Meal, MC-DR</li> <li>5:30 Games/Tea/Movie, MC-AC</li> </ul>	<ul> <li>2:00 Volleyball/Refreshments, DR</li> <li>3:00 Walk &amp; Talk, MC-H</li> <li>4:00 Dinner Prep/Meal, MC-DR</li> <li>5:30 Games/Tea/Movie, MC-AC</li> </ul>	<ul> <li>2:00 Volleyball/Refreshments, DR</li> <li>3:00 Walk &amp; Talk, MC-H</li> <li>4:00 Dinner Prep/Meal, MC-DR</li> <li>5:30 Games/Tea/Movie, MC-AC</li> </ul>	<ul> <li>2:00 Volleyball/Refreshments,</li> <li>DR</li> <li>3:00 Walk &amp; Talk, MC-H</li> </ul>
5	6	7	8	Q	10	11
* 9:00 Stretching Exercise, MC-AC	₱ 9:00 Exercise Video, MC-AC	₱ 9:00 Exercise Video, MC-AC	₹ 9:00 Manicures, MC-AC		9:00 Pool Noodle Stretch, MC-AC	9:00 Ball Exercise, MC-AC
→ 9:30 Refreshments, MC-AC	9:30 Refreshments, MC-DR	9:30 Refreshments, MC-DR				<ul><li></li></ul>
10:30 Puzzles, <i>MC-GR</i>	10:00 Painting Time, MC-AC	10:00 Games w/Staff, <i>MC-AC</i>	† 10:00 Movie/Refreshments, GR	<b>10:00</b> Card Games, <i>MC-AC</i>	10:00 Puzzles, <i>MC-AC</i>	<b>10:00</b> Coloring, <i>MC-AC</i>
11:00 Lunch Prep/Meal, MC-DR	11:00 Lunch Prep/Meal, MC-DR	11:00 Lunch Prep/Meal, MC-DR		11:00 Lunch Prep/Meal, MC-DR	11:00 Lunch Prep/Meal, <i>MC-DR</i>	
1:00 Movie Time, <i>MC-GR</i>	1:00 Art Reveals, <i>MC-AC</i>	1:00 Music w/Chas, <i>MC-AC</i>	1:00 Laundry Day, MC-DR	1:00 Flower Arranging, MC-AC	1:00 Music w/Vanessa, MC-AC	♥ 1:00 Bingo, <i>MC-AC</i>
2:00 Volleyball/Refreshments, DR	2:00 Games w/Staff, MC-AC	2:00 Games w/Staff, <i>MC-AC</i>	2:00 Volleyball/Refreshments, DR		2:00 Volleyball/Refreshments, AC	2:00 Volleyball/Refreshments
<b>3:00</b> Walk & Talk <b>, MC-H</b>	3:00 Puzzle/Games, MC-AC	3:00 Puzzle/Games, MC-AC	3:00 Walk & Talk, MC-H	3:00 Walk & Talk, MC-H	3:00 Walk & Talk, MC-H	AC
4:00 Dinner Prep/Meal, MC-DR	4:00 Dinner Prep/Meal, MC-DR	4:00 Dinner Prep/Meal, MC-DR	4:00 Dinner Prep/Meal, MC-DR	4:00 Dinner Prep/Meal, MC-DR	4:00 Dinner Prep/Meal, MC-DR	3:00 Walk & Talk, MC-H
5:30 Games/Tea/Movie, MC-DR	5:30 Games/Tea/Movie, MC-H	5:30 Games/Tea/Movie, MC-H	5:30 Games/Tea/Movie, MC-AC	5:30 Games/Tea/Movie, MC-AC	5:30 Games/Tea/Movie, MC-AC	40
\$ 0.00 Stratabing Exercise MC AC	2 0.00 Exercise Video MC AC	14 HAPPY VALENTINE'S DAY	15	2 0.00 Dumbbell Eversions MC AC	* 0.00 Deal Needle Stratch MC AC	18
9:00 Stretching Exercise, MC-AC	9:00 Exercise Video, MC-AC		* 9:00 Manicures, MC-AC	9:00 Dumbbell Exercises, MC-AC	9:00 Pool Noodle Stretch, MC-AC	\ <u>\</u>
<ul><li>9:30 Refreshments, MC-AC</li><li>10:30 Puzzles, MC-GR</li></ul>	9:30 Refreshments, MC-DR 10:00 Painting Time, MC-AC	9:30 Refreshments, MC-DR	9:30 Refreshments, MC-DR 10:00 Movie/Refreshments, GR	<ul><li>9:30 Refreshments, MC-AC</li><li>10:00 Card Games, MC-AC</li></ul>	<ul><li>9:30 Refreshments, MC-DR</li><li>10:00 Puzzles, MC-AC</li></ul>	9:30 Refreshments, MC-DR
→ 11:00 Lunch Prep/Meal, MC-DR	11:00 Lunch Prep/Meal, DR	10:00 Drum Circle, MC-AC	<ul><li>10.00 Movie/Refreshments, GR</li><li>11:00 Lunch Prep/Meal, MC-DR</li></ul>	<ul><li>10.00 Card Games, MC-AC</li><li>11:00 Lunch Prep/Meal, MC-DR</li></ul>	<ul><li>10.00 Puzzies, MC-AC</li><li>11:00 Lunch Prep/Meal, MC-DR</li></ul>	10:00 Coloring, MC-AC
▼ 1:00 Movie Time, MC-GR	1:00 Music w/Midtown Jazz, AC	<ul><li>✓ 11:00 Lunch Prep/Meal, DR</li></ul>	♥ 1:00 Laundry Day, MC-DR	♥ 1:00 Flower Arranging, MC-AC	♥ 1:00 Music w/Ciprian, MC-AC	11:00 Lunch Prep/Meal, MC-L
3:00 Beachball Volleyball, MC-AC	2:00 Games w/Staff, MC-AC		<ul><li>2:00 Volleyball/Refreshments, DR</li></ul>		<ul><li>2:00 Volleyball/Refreshments, AC</li></ul>	♥ 1:00 Bingo, <i>MC-AC</i>
3:00 Walk & Talk, <i>MC-H</i>	3:00 Puzzle/Games, MC-AC	2:00 Games w/Staff, MC-AC	3:00 Walk & Talk, MC-H	3:00 Walk & Talk, MC-H	3:00 Walk & Talk, MC-H	2:00 Volleyball/Refreshments
→ 4:00 Dinner Prep/Meal, MC-DR	<ul><li> ✓ 4:00 Dinner Prep/Meal, MC-DR</li></ul>	<b>3:00</b> Puzzle/Games, <i>MC-AC</i>	<ul><li> ✓ 4:00 Dinner Prep/Meal, MC-DR </li></ul>	<ul><li> ✓ 4:00 Dinner Prep/Meal, MC-DR</li></ul>	<ul><li> ✓ 4:00 Dinner Prep/Meal, MC-DR</li></ul>	AC
5:30 Games/Tea/Movie, MC-DR	♦ 5:30 Games/Tea/Movie, MC-H	<i>№</i>	\$ 5:30 Games/Tea/Movie, MC-AC	\$ 5:30 Games/Tea/Movie, MC-AC	\$ 5:30 Games/Tea/Movie, MC-AC	3:00 Walk & Talk, MC-H
<u> </u>		5.20 Camac/Tac/Mayie MC-U		·	·	4:00 Dinner Pren/Meal. MC-D
19	20	21	22	23	24	25
9:00 Stretching Exercise, MC-AC	9:00 Exercise Video, MC-AC	HAPPY MARDI GRAS	9:00 Manicures, MC-AC	9:00 Dumbbell Exercises, MC-AC	l .m	9:00 Ball Exercise, MC-AC
9:30 Refreshments, MC-AC	9:30 Refreshments, MC-DR	9:00 Exercise Video, MC-AC	9:30 Refreshments, MC-DR	9:30 Refreshments, MC-AC	9:30 Refreshments, MC-DR	9:30 Refreshments, MC-DR
10:30 Puzzles, <i>MC-GR</i>	10:00 Painting Time, MC-AC	9:30 Refreshments, MC-DR	† 10:00 Movie/Refreshments, GR	<b>10:00</b> Card Games, <i>MC-AC</i>	10:00 Puzzles, <i>MC-AC</i>	<b>10:00</b> Coloring, <i>MC-AC</i>
11:00 Lunch Prep/Meal, MC-DR	11:00 Lunch Prep/Meal, MC-DR	10:00 Games w/Staff, MC-AC	11:00 Lunch Prep/Meal, MC-DR	11:00 Lunch Prep/Meal, MC-DR	11:00 Lunch Prep/Meal, MC-DR	11:00 Lunch Prep/Meal, MC-
1:00 Movie Time, MC-GR	1:00 Music w/Chas, MC-AC	1:00 Music w/Mark, MC-AC	1:00 Christopher Marionets, AC	1:00 Flower Arranging, MC-AC	1:00 Fussball, MC-H	♥ 1:00 Bingo, <i>MC-AC</i>
3:00 Beachball Volleyball, MC-AC 3:00 Walk & Talk, MC-H	2:00 Games w/Staff, MC-AC 3:00 Puzzle/Games, MC-AC	2:00 Games w/Staff, MC-AC	<ul><li>2:00 Volleyball/Refreshments, DR</li><li>3:00 Walk &amp; Talk, MC-H</li></ul>	3:00 Walk & Talk, MC-H	2:00 Volleyball/Refreshments, AC 3:00 Walk & Talk, MC-H	2:00 Volleyball/Refreshments
<b>4:00</b> Dinner Prep/Meal, <i>MC-DR</i>	4:00 Dinner Prep/Meal, MC-DR	■ 3:00 Puzzle/Games, MC-AC	<b>→ 4:00</b> Dinner Prep/Meal, <i>MC-DR</i>	→ 4:00 Dinner Prep/Meal, MC-DR	<ul><li>✓ 4:00 Dinner Prep/Meal, MC-DR</li></ul>	AC
◆ 5:30 Games/Tea/Movie, <i>MC-DR</i>	\$ 5:30 Games/Tea/Movie, MC-H	<b>→</b>	\$ 5:30 Games/Tea/Movie, MC-AC	\$ 5:30 Games/Tea/Movie, MC-AC	\$ 5:30 Games/Tea/Movie, MC-AC	
5.30 Gaines/Tea/Movie, MC-DK	3.30 Games/Tea/Movie, MC-11	<b>5:30</b> Games/Tea/Movie. <i>MC-H</i>	3.30 Games/Tea/Movie, Inc-Ac	3.30 Games/Tea/Movie, MC-AC	3.30 Games/Tea/Movie, MC-AC	4:00 Dinner Prep/Meal, MC-D
26	27	28			MEETING PLACES	DIMENSIONS OF WELLNES
9:00 Stretching Exercise, MC-AC	₱ 9:00 Exercise Video, MC-AC	9:00 Exercise Video, MC-AC			MC-AC - MC Activity Room	Physical Emotional
9:30 Refreshments, MC-AC		9:30 Refreshments, MC-DR			MC-DR - MC Dining Room	
<b>10:30</b> Puzzles, <i>MC-GR</i>	<b>№ 10:00</b> Painting Time, <i>MC-AC</i>	♥ 10:00 Drum Circle, MC-AC		Z Z C I V I	MC-GR - MC Green Room	Spiritual Environmen
11:00 Lunch Prep/Meal, MC-DR					<b>мС-н</b> - MC Hallway	Vocational Social
1:00 Movie Time, MC-GR	1:00 Music w/Alvin, MC-AC	1:00 Favorite TV Show, MC-GR		₹ DIQUTC		Intellectual Health Serv
3:00 Beachball Volleyball, MC-AC		2:00 Games w/Staff, MC-AC	A Comment	ZIN SKIGHIS		
<b>3:00</b> Walk & Talk <b>, MC-H</b>	2:00 Games w/Staff, MC-AC	· ·		# MOVEMENT		Nutritional Purposeful
4:00 Dinner Prep/Meal, MC-DR	3:00 Puzzle/Games, MC-AC	3:00 Puzzle/Games, MC-AC				
♦ 5:30 Games/Tea/Movie, MC-DR	4:00 Dinner Prep/Meal, MC-DR	4:00 Dinner Prep/Meal, MC-DR				