

| Sunday                                                                                                                                                                                                                                                                       | Monday                                                                                                                                                                                                                                              | Tuesday                                                                                                                                                                                                                                      | Wednesday                                                                                                                                                                                                                                            | Thursday                                                                                                                                                                                                             | Friday                                                                                                                                                                                   | Saturday                                                                                                                                                                                                                 |
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| <b>DAILY PROGRAMS</b><br>Unless otherwise noted<br><i>* Escort required to AL</i><br>9:15 Uplifting News/Events<br>10:15 Feeding of the Fish<br>10:30 AM Snack & Refresh<br>1:00 Daily Chronicles<br>2:30 Snack & Social<br>5:15 Mindful Unwind<br>5:40 Movie/Classic Series |                                                                                                                                                                   |                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                      |                                                                                                                                                                                          | <b>ASPECTS OF LIVING</b><br>Cognitive<br>Musical<br>Life Enrichment<br>Reminisce<br>Health & Fitness<br>Inspirational/Spiritual<br>Social                                                                                |
| <b>1</b><br>9:45 Wake-up & Workout<br>10:15 Communion w/ OLM<br>10:30 Hymns & Snack<br>11:00 Virtual. Service (YT)<br>11:30 Get up & Move<br>1:30 Afternoon Exercise<br>2:00 Virtual Travel<br>3:00 Roll & Reminisce<br>3:45 Quarterback Toss                                | <b>2 Groundhog Day</b><br>9:45 Morning Zumba<br>11:00 Bullseye<br>11:30 Brain Games<br>1:30 Monday Move & Groove<br>Crafters Corner: Silhouettes<br>2:00 Word Games<br>3:00 "Reminisce & Share"<br>3:45 Who made the Shadow<br>Virtual Rosary       | <b>3</b><br>9:45 Wake-up & Workout<br>11:00 Tic-Tac-Toe Toss<br>11:30 Did You Know...Trivia<br>1:30 Scenic Ride<br>Nails & Reminisce<br>2:30 Socialize & Snack<br>3:00 Sing Along                                                            | <b>4</b><br>9:45 Wake-up & Workout<br>11:00 Mini Shuffleboard<br>11:30 Word Games<br>1:30 Music w/ Greg Peters<br>2:00 Reminisce & Share<br>3:00 What Am I (Sensory)<br>3:45 Knock down Snowmen                                                      | <b>5</b><br>9:45 Morning Cardio<br>11:00 Balloon Bash<br>11:30 What/Who Am I<br>1:30 Seated Yoga<br>Kitchen Creations<br>2:00 Word Games<br>3:00 Poetry/Prose<br>Mani-Cares<br>3:45 Snowball Toss                    | <b>6</b><br>9:45 AM Exercise<br>10:45 Scenic Ride<br>Nail Care/Reminisce<br>1:30 Exercise w/ Danielle<br>2:00 Brain Games<br>3:00 Sing Along<br>3:45 Ring Toss<br>5:30 Nightcap & Movie  | <b>7</b><br>9:45 Wake-up & Workout<br>11:00 Music & Groove<br>1:30 Mindful Stretch<br>2:00 Prize Bingo<br>3:00 Armchair Travel/Discuss<br>3:45 Bowling<br>Virtual Rosary (AP)                                            |
| <b>8</b><br>9:45 Wake-up & Workout<br>10:15 Communion w/ OLM<br>10:30 Hymns & Snack<br>11:00 Virtual. Service (YT)<br>11:30 Get up & Move<br>1:30 Sunday Scenic Ride<br>2:00 Brain Games<br>3:00 Roll & Reminisce<br>3:45 Quarterback Toss<br>6:30 Super Bowl Party          | <b>9</b><br>9:45 Morning Zumba<br>11:00 Bullseye<br>11:30 Brain Games<br>1:30 Monday Move & Groove<br>Crafters Corner: Valentines<br>Catholic Mass w/ OLM*<br>2:00 Word Games<br>3:00 "Reminisce & Share"<br>3:45 Snowball Battle<br>Virtual Rosary | <b>10</b><br>9:45 Wake-up & Workout<br>11:00 Tic-Tac-Toe Toss<br>11:30 Did You Know...Trivia<br>1:30 Nails & Reminisce<br>2:30 Socialize & Snack<br>3:00 Share of Faith<br>w/ Min. Shakera<br>3:45 Balloon Volley                            | <b>11</b><br>9:45 Wake-up & Workout<br>11:00 Mini Shuffleboard<br>11:30 Word Games<br>1:30 Afternoon Yoga<br>Creations & Chat:<br>2:00 Reminisce & Share<br>3:00 What Am I (Sensory)<br>3:45 Knock down Snowmen                                      | <b>12</b><br>9:45 Morning Cardio<br>11:00 Balloon Bash<br>11:30 What/Who Am I<br>1:30 Seated Yoga<br>Kitchen Creations<br>2:00 Word Games<br>3:00 Poetry/Prose<br>Mani-Cares<br>3:45 Snowball Toss                   | <b>13</b><br>9:45 AM Exercise<br>10:45 Scenic Ride<br>Nail Care/Reminisce<br>1:30 Walk & Stretch<br>2:00 Brain Games<br>3:00 Sing Along<br>3:45 Ring Toss<br>5:30 Nightcap & Movie       | <b>14 VALENTINE'S DAY</b><br>9:45 Wake-up & Workout<br>11:00 Music & Groove<br>1:30 Mindful Stretch<br>2:00 Prize Bingo<br>2:45 Valentine's Party<br>3:00 Armchair Travel/Discuss<br>3:45 Bowling<br>Virtual Rosary (AP) |
| <b>15</b><br>9:45 Wake-up & Workout<br>10:15 Communion w/ OLM<br>10:30 Hymns & Snack<br>11:00 Virtual. Service (YT)<br>11:30 Get up & Move<br>1:30 Sunday Scenic Ride<br>2:00 Brain Games<br>3:00 Roll & Reminisce<br>3:45 Quarterback Toss                                  | <b>16 PRESIDENTS' DAY</b><br>9:45 Morning Zumba<br>11:00 Bullseye<br>11:30 Brain Games<br>1:30 Music w/ Rock'n Rob<br>2:00 Word Games<br>3:00 "Reminisce & Share"<br>3:45 Snowball Battle<br>Virtual Rosary                                         | <b>17 MARDI GRAS</b><br>9:45 Wake-up & Workout<br>11:00 Tic-Tac-Toe Toss<br>11:30 Did You Know...Trivia<br>1:30 Scenic Ride<br>Nails & Reminisce<br>2:30 MARDI GRAS PARTY<br>3:00 Sing Along                                                 | <b>18 ASH WEDNESDAY</b><br>9:45 Wake-up & Workout<br>11:00 Mini Shuffleboard<br>11:30 Word Games<br>1:30 Afternoon Yoga<br>Creations & Chat:<br>2:00 Reminisce & Share<br>2:15 Ashes w/ OLM *<br>3:00 What Am I (Sensory)<br>3:45 Knock down Snowmen | <b>19</b><br>9:45 Morning Cardio<br>11:00 Balloon Bash<br>11:30 What/Who Am I<br>1:30 Seated Yoga<br>Kitchen Creations<br>2:00 Word Games<br>3:00 Poetry/Prose<br>Mani-Cares<br>3:45 Snowball Toss                   | <b>20</b><br>9:45 AM Exercise<br>10:45 Scenic Ride<br>Nail Care/Reminisce<br>1:30 Exercise w/ Danielle<br>2:00 Brain Games<br>3:00 Sing Along<br>3:45 Ring Toss<br>5:30 Nightcap & Movie | <b>21</b><br>9:45 Wake-up & Workout<br>11:00 Music & Groove<br>1:30 Mindful Stretch<br>2:00 Prize Bingo<br>3:00 Armchair Travel/Discuss<br>3:45 Bowling<br>Virtual Rosary (AP)                                           |
| <b>22</b><br>9:45 Wake-up & Workout<br>10:15 Communion w/ OLM<br>10:30 Hymns & Snack<br>11:00 Virtual. Service (YT)<br>11:30 Get up & Move<br>1:30 Sunday Scenic Ride<br>2:00 Brain Games<br>3:00 Roll & Reminisce<br>3:45 Quarterback Toss                                  | <b>23</b><br>9:45 Morning Zumba<br>11:00 Bullseye<br>11:30 Brain Games<br>1:30 Monday Move & Groove<br>Crafters Corner: lolli-flower<br>2:00 Word Games<br>3:00 "Reminisce & Share"<br>3:45 Snowball Battle<br>Virtual Rosary                       | <b>24</b><br>9:45 Wake-up & Workout<br>11:00 Tic-Tac-Toe Toss<br>11:30 Did You Know...Trivia<br>12:30 BIRTHDAY LUNCHEON<br>1:30 Nails & Reminisce<br>2:30 Socialize & Snack<br>3:00 Balloon Volley<br>3:45 Share of Faith<br>w/ Min. Shakera | <b>25</b><br>9:45 Wake-up & Workout<br>11:00 Mini Shuffleboard<br>11:30 Word Games<br>1:30 Afternoon Yoga<br>Creations & Chat:<br>2:00 Reminisce & Share<br>3:00 What Am I (Sensory)<br>3:45 Knock down Snowmen                                      | <b>26</b><br>9:45 Morning Cardio<br>10:30 Music & Snack<br>w/ Steve Lyon<br>11:30 What/Who Am I<br>1:30 Seated Yoga<br>Kitchen Creations<br>2:00 Word Games<br>3:00 Poetry/Prose<br>Mani-Cares<br>3:45 Snowball Toss | <b>27</b><br>9:45 AM Exercise<br>10:45 Scenic Ride<br>Nail Care/Reminisce<br>1:30 Walk & Stretch<br>2:00 Brain Games<br>3:00 Sing Along<br>3:45 Ring Toss<br>5:30 Nightcap & Movie       | <b>28</b><br>9:45 Wake-up & Workout<br>11:00 Music & Groove<br>1:30 Mindful Stretch<br>2:00 Prize Bingo<br>3:00 Armchair Travel/Discuss<br>3:45 Bowling<br>Virtual Rosary (AP)                                           |

Subject to change: Daily Schedules Made Available & Displayed in Community

All outings are weather permitting

MEAL TIMES: 12:00-1:00p; 4:30-5:30p