

Monday

Tuesday

Wednesday

Thursday

Friday



February 2019

BLACK HISTORY MONTH

AMERICAN HEART MONTH



9:30 AM DAILY ORIENTATION
10:15 AM CHAIR YOGA TO MUSIC W/ ALYSE & CHARLIE
11:00 AM DAILY CHRONICLES IN ENGLISH & SPANISH
11:30 AM SING A LONG-ENGLISH/SPANISH
1:00 PM BRAIN FITNESS -ENGLISH/SPANISH
1:40 PM VOLLEYBALL & CRAFTS
2:15 PM WORD PLAY W/ BOARD
2:45 PM SENSORY VIDEO & TABLEGAMES

4 9:30 AM DAILY ORIENTATION
10:15 AM CHAIR EXERCISE W/ ERICKA
11:00 AM DAILY CHRONICLES IN ENGLISH & SPANISH
11:30 AM SING A LONG-ENGLISH/SPANISH
1:00 PM CHINESE NEW YEAR'S TRADITIONS
1:30 PM PING PONG W/ TRISHA
1:40 PM NICE & EASY STRETCHING W/ BACK MASSAGE & MUSIC SOCIAL
2:00 PM MEN'S TEA SOCIAL & REMINISCING
2:45 PM SENSORY VIDEO & TABLEGAMES

5 9:30 AM DAILY ORIENTATION
10:15 AM CHAIR EXERCISE TO MUSIC WITH CHARLIE
11:00 AM DAILY CHRONICLES IN ENGLISH & SPANISH
11:30 AM SING A LONG- ENGLISH & SPANISH
1:00 PM BRAIN FITNESS -ENGLISH & SPANISH
1:40 PM MID- WEEK MOVIE & POPCORN IN ENGLISH & SPANISH; KNITTING SOCIAL; POKER; CRAFTS; POLISHING NAILS
2:00 PM CHARADES
2:45 PM SENSORY VIDEO & TABLEGAMES

6 9:30 AM DAILY ORIENTATION
10:15 AM CHAIR EXERCISE TO MUSIC WITH HEATHER
11:00 AM DAILY CHRONICLES IN ENGLISH & SPANISH
11:30 AM SING A LONG - ENGLISH & SPANISH
1:00 PM BRAIN FITNESS-ENGLISH & SPANISH
1:40 PM BINGO & LOTERIA
2:00 PM CHARADES
2:45 PM SENSORY VIDEO & TABLEGAMES

7 9:30 AM DAILY ORIENTATION
10:15 AM CHAIR EXERCISE TO MUSIC W/ CHARLIE
11:00 AM DAILY CHRONICLES IN ENGLISH & SPANISH
11:30 AM SING A LONG-ENGLISH & SPANISH
1:00 PM BRAIN FITNESS-ENGLISH/SPANISH
1:40 PM ARTS & CRAFTS & POKER GAME W/ REFRESHMENT; POLISHING NAILS; MUSIC SOCIAL
2:45 PM SENSORY VIDEO & MARKER ART

8 9:30 AM DAILY ORIENTATION
10:15 AM CHAIR EXERCISE TO MUSIC W/ CHARLIE
11:00 AM DAILY CHRONICLES IN ENGLISH & SPANISH
11:30 AM SING A LONG-ENGLISH & SPANISH
1:00 PM BRAIN FITNESS-ENGLISH/SPANISH
1:40 PM ARTS & CRAFTS; POKER GAME W/ REFRESHMENTS; POLISHING NAILS; MUSIC SOCIAL
2:45 PM SENSORY VIDEO & MARKER ART

9:30 AM DAILY ORIENTATION
10:15 AM CHAIR YOGA EXERCISE TO MUSIC W/ ALYSE & CHARLIE
11:00 AM DAILY CHRONICLES IN ENGLISH/SPANISH
11:30 AM SING A LONG-ENGLISH & SPANISH
1:00 PM BRAIN FITNESS -ENGLISH/SPANISH
1:40 CIRCLE FUN REMINISCENCE GAME (PASS THE HEART); CRAFTS; POKER
2:15 PM FEBRUARY WORD PLAY W/ BOARD
2:45 PM SENSORY VIDEO & TABLEGAMES

11 9:30 AM DAILY ORIENTATION
10:15 AM CHAIR EXERCISE W/ ERICKA
11:00 AM DAILY CHRONICLES ENGLISH/ SPANISH
11:30 AM SING A LONG IN ENGLISH/ SPANISH
1:00 PM BRAIN FITNESS ENGLISH/SPANISH
1:40 PM NICE & EASY STRETCHING W / BACK MASSAGE & TABLE GAMES
2:00 PM LADIES TEA SOCIAL
2:45 PM TABLEGAMES & POLISH NAILS

12 9:30 AM DAILY ORIENTATION
10:15 AM CHAIR EXERCISE TO MUSIC WITH CHARLIE
11 AM DAILY CHRONICLES IN ENGLISH/SPANISH
11:30 AM SING A LONG -ENGLISH & SPANISH
1:00 PM BRAIN FITNESS -ENGLISH & SPANISH
1:40 PM MID- WEEK MOVIE & POPCORN; KNITTING SOCIAL; POKER; CRAFTS & POLISHING NAILS
2:45 PM SENSORY VIDEO & MARKER ART

13 9:30 AM DAILY ORIENTATION
10:15 AM CHAIR EXERCISE TO MUSIC WITH HEATHER
11:00 AM DAILY CHRONICLES IN ENGLISH & SPANISH
11:30 AM SING A LONG- ENGLISH & SPANISH
1:00 PM BRAIN FITNESS - ENGLISH & SPANISH
1:40 PM VALENTINE'S DAY DANCE SOCIAL W/ LEE HAHN
2:45 PM SENSORY VIDEO & TABLEGAMES
3:00 PM (IGP) FUNDAMENTALS OF MUSIC

14 9:30 AM DAILY ORIENTATION
10:15 AM CHAIR EXERCISE TO MUSIC WITH CHARLIE
11:00 AM DAILY CHRONICLES IN ENGLISH & SPANISH LANGAGE IGP W/ LAURA
11:30 AM SING A LONG-ENGLISH & SPANISH
1:00 PM BRAIN FITNESS-ENGLISH & SPANISH
1:40 PM LOTERIA & TAP DANCE W/ JUDITH
2:00 PM ENGLISH BINGO
2:45 PM SENSORY VIDEO & TABLEGAMES

CLOSED FOR PRESIDENT'S DAY
American Legacy


18

9:30 AM DAILY ORIENTATION
10:15 AM CHAIR EXERCISE W/ ERICKA
11:00 AM DAILY CHRONICLES IN ENGLISH & SPANISH
11:30 AM SING A LONG ENGLISH/ SPANISH
1:00 PM BRAIN FITNESS ENGLISH/SPANISH
1:30 PM PING PONG W/ TRISHA
1:40 PM NICE & EASY STRETCHING & TABLEGAMES
2:00 PM COED TEA SOCIAL & REMINISCING
2:45 PM SENSORY VIDEO & TABLEGAMES

19 9:30 AM DAILY ORIENTATION
10:15 AM CHAIR EXERCISE TO MUSIC WITH CHARLIE
11:00 AM DAILY CHRONICLES IN ENGLISH & SPANISH
11:30 AM SING A LONG ENGLISH & SPANISH
1:00 PM BRAIN FITNESS ENGLISH & SPANISH
1:40 PM BIRTHDAY PARTY W/ DJ WINFIELD
2:45 PM SENSORY VIDEO & MAGAZINES

20 9:30 AM DAILY ORIENTATION
10:15 AM CHAIR EXERCISE TO MUSIC WITH HEATHER
11 AM DAILY CHRONICLES IN ENGLISH & SPANISH
11:30 AM SING A LONG - ENGLISH & SPANISH
1:00 PM BRAIN FITNESS- ENGLISH & SPANISH
1:40 PM LARGE TABLE PUZZLES
2:00 PM BINGO & LOTERIA
2:45 PM SENSORY VIDEO & TABLEGAMES
3:00PM (IGP) FUNDAMENTALS OF MUSIC

21 9:30 AM DAILY ORIENTATION
10:15 AM CHAIR EXERCISE TO MUSIC WITH CHARLIE
11:00 AM DAILY CHRONICLES IN ENGLISH & SPANISH LANGAGE IGP W/ LAURA
11:30 AM SING A LONG ENGLISH & SPANISH
1:00 PM BRAIN FITNESS - ENGLISH & SPANISH
1:40 PM MOVIE & POPCORN; KNITTING SOCIAL; CRAFTS; POLISHING NAILS

9:30 AM DAILY ORIENTATION
10:15 AM CHAIR YOGA EXERCISE TO MUSIC W/ ALYSE & CHARLIE
11:00 AM DAILY CHRONICLES IN ENGLISH & SPANISH
11:30 AM SING A LONG ENGLISH & SPANISH
1:00 PM BRAIN FITNESS ENGLISH & SPANISH
1:40 PM CIRCUS GAMES (HORSE SHOES & BEAN BAG TOSS); CRAFTS & POKER GAME
2:45 PM SENSORY VIDEO & TABLEGAMES

25 9:30 AM DAILY ORIENTATION
10:15 AM CHAIR EXERCISE WITH ERICKA
11:00 AM DAILY CHRONICLES IN ENGLISH & SPANISH
11:30 AM SING A LONG ENGLISH/ SPANISH
1:00 PM BRAIN FITNESS ENGLISH/SPANISH
1:30 PM MUSIC THERAPY SESSION
1:40 PM NICE & EASY STRETCHING W / ERICKA & TABLEGAMES
2:00 PM LADIES TEA SOCIAL/REMINISCING
2:45 PM SENSORY VIDEO & TABLEGAMES

26 9:30 AM DAILY ORIENTATION
10:15 AM CHAIR EXERCISE TO MUSIC WITH CHARLIE
11:00 AM DAILY CHRONICLES IN ENGLISH & SPANISH
11:30 AM SING A LONG -ENGLISH & SPANISH
1:00 PM BRAIN FITNESS ENGLISH & SPANISH
1:40 PM MID- WEEK MOVIE & POPCORN; KNITTING SOCIAL; POKER; CRAFTS & POLISHING NAILS
2:45 PM SENSORY VIDEO & MARKER ART

27 9:30 AM DAILY ORIENTATION
10:15 AM CHAIR EXERCISE TO MUSIC WITH HEATHER
11:00 AM DAILY CHRONICLES IN ENGLISH & SPANISH
11:30 AM SING A LONG- ENGLISH & SPANISH
1:00 PM BRAIN FITNESS - ENGLISH & SPANISH
1:40 PM BINGO & LOTERIA
2:45 PM MUSIC SOCIAL; TABLEGAMES
3:00 PM (IGP) FUNDAMENTALS OF MUSIC

28 FEB 2ND GROUNDHOG DAY
FEB 5TH CHINESE NEW YEAR (YEAR OF THE PIG)
FEB 14TH VALENTINES DAY DANCE
FEB 18TH CLOSED FOR PRESIDENT'S DAY
