


## ST. ANNES MEAD MEMORY CARE HOME FEBRUARY LIFE ENRICHMENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 RHYTHM TIME (NL) 11:30 TENDERHEART (CAS) 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 WORD LADDER 6:00 DINNER 7:00 WIND DOWN HOUR	<b>2</b> 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 CATHOLIC MASS (HHR) 6:00 DINNER 7:00 MUSIC APPRECIATION
<b>3</b> 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 BRAIN GAMES 6:00 DINNER 7:00 WIND DOWN HOUR	<b>4</b> 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 CHIT CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 COOKING DEMONSTRATION (MDR) 4:00 SPORTS GAMES 5:00 TRIVIA 6:00 DINNER 7:00 EVENING MEDITATION	<b>5</b> 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 SING ALONG W/ CHUCK (MDR) 4:00 SPORTS GAMES 5:00 BRAIN GAMES 6:00 DINNER 7:00 MUSIC APPRECIATION	<b>6</b> 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 CHIT CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 TENDERHEART 5:00 BRAIN GAMES 6:00 DINNER 7:00 WIND DOWN HOUR	<b>7</b> 8:30 SPIRITUAL SING ALONG W/ MICHELLE 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 1:30 ART THERAPY W/ MARGARET 3:00 SNACK TIME 4:00 BASKETBALL 5:00 BRAIN GAMES 6:00 DINNER 7:00 EVENING MEDITATION	<b>8</b> 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 TENDERHEART (CAS) 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 ENTERTAINMENT W/ JOEL PALMER (MDR) 4:00 SPORTS GAMES 5:00 RHYMING RIDDLES 6:00 DINNER 7:00 MUSIC APPRECIATION	<b>9</b> 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 SHARE THE LOVE (MDR) 4:00 SPORTS GAMES 5:00 CATHOLIC MASS (HHR) 6:00 DINNER 7:00 WIND DOWN HOUR
<b>10</b> 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 BRAIN GAMES 6:00 DINNER 7:00 EVENING MEDITATION	<b>11</b> 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 CHIT CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 5:00 BRAINSTORMING 6:00 DINNER 7:00 MUSIC APPRECIATION	<b>12</b> 8:30 DAILY REFLECTIONS W/ FR JOHN 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 ENTERTAINMENT W/ DANIEL BRYSON (NL) 4:00 SPORTS GAMES 5:00 BRAIN GAMES 6:00 DINNER 7:00 WIND DOWN HOUR	<b>13</b> 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 CHIT CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 TENDERHEART 5:00 SILLY SENTENCES 6:00 DINNER 7:00 EVENING MEDITATION	<b>14</b> 8:30 SPIRITUAL SING ALONG W/ MICHELLE 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 1:30 ART THERAPY W/ MARGARET 3:30 SWEETHEART FLOAT VALENTINE'S DAY SOCIAL 4:00 PARACHUTE PLAY 5:00 BRAIN GAMES 6:00 DINNER 7:00 MUSIC APPRECIATION	<b>15</b> 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 RHYTHM TIME (NL) 11:30 TENDERHEART (CAS) 12:30 LUNCH 2:00 CREATIVE EXPRESSION 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 WORD LADDER 6:00 DINNER 7:00 WIND DOWN HOUR	<b>16</b> 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 CATHOLIC MASS (HHR) 6:00 DINNER 7:00 EVENING MEDITATION
<b>17</b> 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 BRAIN GAMES 6:00 DINNER 7:00 MUSIC APPRECIATION	<b>18</b> 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 CORETTA SCOTT KING STORYTELLING (MDR) 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 PRESIDENT'S DAY RESIDENT & STAFF TRIVIA CHALLENGE (MDR) 4:00 SPORTS GAMES 5:00 WORDS THAT START W/ K 6:00 DINNER 7:00 WIND DOWN HOUR	<b>19</b> 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSION 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 BRAIN GAMES 7:00 EVENING MEDITATION	<b>20</b> 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 CHIT CHAT 11:45 EXERCISE W/ SHARON 12:00 MEN'S LUNCHEON (HHR) 12:30 LADY'S LUNCHEON (MDR) 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 TENDERHEART 5:00 RANDOM LETTERS 6:00 DINNER 7:00 MUSIC APPRECIATION	<b>21</b> 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:00 BIRMINGHAM STRING ENSEMBLE (HHR) 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 BRAIN GAMES 6:00 DINNER 7:00 WIND DOWN HOUR	<b>22</b> 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 BIRTHDAY PARTY W/ CHRITINE SCHINKER 5:00 BEAT THE CLOCK 6:00 DINNER 7:00 EVENING MEDITATION	<b>23</b> 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 CATHOLIC MASS (HHR) 6:00 DINNER 7:00 MUSIC APPRECIATION
<b>24</b> 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 BRAIN GAMES 6:00 DINNER 7:00 WIND DOWN HOUR	<b>25</b> 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 CHIT CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 FACT OR FICTION 6:00 DINNER 7:00 EVENING MEDITATION	<b>26</b> 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 ENTERTAINMENT W/ JOE ARMIJO (ECU) 3:00 SNACK TIME 4:00 BOWLING 5:00 BRAIN GAMES 6:00 DINNER 7:00 MUSIC APPRECIATION	<b>27</b> 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 CHIT CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 TENDERHEART 5:00 CATEGORY CRUNCH 6:00 DINNER 7:00 WIND DOWN HOUR	<b>28</b> 8:30 SPIRITUAL SING ALONG W/ MICHELLE 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 1:30 ART THERAPY W/ MARGARET 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 BRAIN GAMES 6:00 DINNER 7:00 WIND DOWN HOUR	<b>LOCATION CODES</b>  <b>ECU</b> <b>Extended Care Unit</b> <b>HHR</b> <b>Hollingshead Room</b> <b>CAS</b> <b>Creative Art Studio</b> <b>SL</b> <b>South Lounge</b> <b>NL</b> <b>North Loung</b> <b>MDR</b> <b>Main Dining Room</b>	<b>ACTIVITIES AND SPECIAL EVENTS ARE SUBJECT TO CHANGE.</b>

**ST. ANNES MEAD MEMORY CARE HOME FEBRUARY LIFE ENRICHMENT CALENDAR**