

## ST. ANNES MEAD MEMORY CARE HOME FEBRUARY 2020 LIFE ENRICHMENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;"><u>LOCATION CODES</u></p> <p>ECU Extended Care Unit                      HHR Hollingshead Room                      CAS Creative Art Studio                      SL South Lounge                      NL North Loung                      MDR Main Dining Room                      FC Fountain Courtyard                      KC Kass Courtyard</p>	<p>ACTIVITIES AND SPECIAL EVENTS ARE SUBJECT TO CHANGE.</p>					<p>1</p> <p>8:30 BREAKFAST                      9:30 BRAIN GAMES                      10:30 EXERCISE                      11:30 BRAIN GAMES                      2:00 CREATIVE EXPRESSIONS                      3:00 SNACK TIME                      4:00 SPORTS GAMES                      5:00 CATHOLIC MASS (HHR)                      6:00 DINNER                      7:00 EVENING WIND DOWN</p>
<p style="text-align: center;"><b>2</b></p> <p style="text-align: center;"><u>GROUNDHOG DAY</u> <u>SUPER BOWL SUNDAY</u></p> <p>8:30 DAILY REFLECTIONS W/ FR JOHN                      8:30 BREAKFAST                      9:30 MASS W/ FATHER JOHN (CH)                      8:30 BREAKFAST                      9:30 BRAIN GAMES                      10:30 EXERCISE                      11:30 CHUG &amp; CHAT                      12:30 LUNCH                      2:00 CREATIVE EXPRESSIONS                      3:00 SNACK TIME                      4:00 SPORTS GAMES                      5:00 REST &amp; RELAXATION                      6:00 DINNER                      6:30 SUPER BOWL</p>	<p style="text-align: center;"><b>3</b></p> <p>8:30 DAILY REFLECTIONS W/ FR JOHN                      8:30 BREAKFAST                      9:30 MASS W/ FATHER JOHN (CH)                      9:30 BRAIN GAMES                      10:30 ONE ON ONES                      11:45 EXERCISE W/ SHARON                      12:30 LUNCH                      2:00 CREATIVE EXPRESSIONS                      3:30 SING ALONG W/ CHUCK (MDR)                      4:00 SPORTS GAMES                      5:00 REST &amp; RELAXATION                      6:00 DINNER                      7:00 EVENING WIND DOWN</p>	<p style="text-align: center;"><b>4</b></p> <p>8:30 DAILY REFLECTIONS W/ FR JOHN                      8:30 BREAKFAST                      9:30 BRAIN GAMES                      10:30 EXERCISE                      11:00 LUTHERAN SERVICE (CH)                      11:30 CHUG &amp; CHAT                      12:30 LUNCH                      2:00 CREATIVE EXPRESSIONS                      3:30 ENTERTAINMENT W/ BOB RIDGWAY                      5:00 REST &amp; RELAXATION                      6:00 DINNER                      7:00 EVENING WIND DOWN</p>	<p style="text-align: center;"><b>5</b></p> <p>8:30 DAILY REFLECTIONS W/ FR JOHN                      8:30 BREAKFAST                      9:30 THIS WEEK IN HISTORY                      10:30 CHUG &amp; CHAT                      11:45 EXERCISE W/ SHARON                      12:30 LUNCH                      2:00 SPORTS GAMES                      3:00 SNACK TIME                      3:00 MASS W/ FATHER JOHN (CH)                      4:00 TENDERHEART                      5:00 REST &amp; RELAXATION                      6:00 DINNER                      7:00 EVENING WIND DOWN</p>	<p style="text-align: center;"><b>6</b></p> <p>8:30 BREAKFAST                      9:30-2:30 ART W/ MARGARET                      10:30 EXERCISE                      11:30 REMINSCING                      12:30 LUNCH                      2:00 SPORTS GAMES                      3:00 SNACK TIME                      4:00 ONE ON ONES                      5:00 REST &amp; RELAXATION                      6:00 DINNER                      7:00 EVENING WIND DOWN</p>	<p style="text-align: center;"><b>7</b></p> <p>8:30 BREAKFAST                      9:30 BRAIN GAMES                      9:30 MASS W/ FATHER JOHN (CH)                      10:30 RHYTHM TIME (NL)                      11:30 TENDERHEART                      12:30 LUNCH                      2:00 HAND MASSAGE                      3:30 SNACK TIME                      4:00 SPORTS GAMES                      5:00 REST &amp; RELAXATION                      6:00 DINNER                      7:00 EVENING WIND DOWN</p>	<p style="text-align: center;"><b>8</b></p> <p>8:30 BREAKFAST                      9:30 BRAIN GAMES                      10:30 EXERCISE                      11:30 BRAIN GAMES                      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 WIND DOWN</p>
<p style="text-align: center;"><b>9</b></p> <p>8:30 DAILY REFLECTIONS W/ FR JOHN                      8:30 BREAKFAST                      9:30 BRAIN GAMES                      10:30 EXERCISE                      11:30 CHUG &amp; CHAT                      12:30 LUNCH                      2:00 CREATIVE EXPRESSIONS                      3:00 SNACK TIME                      4:00 SPORTS GAMES                      5:00 REST &amp; RELAXATION                      6:00 DINNER                      7:00 EVENING WIND DOWN</p>	<p style="text-align: center;"><b>10</b></p> <p>8:30 DAILY REFLECTIONS W/ FR JOHN                      8:30 BREAKFAST                      9:30 MASS W/ FATHER JOHN (CH)                      9:30 BRAIN GAMES                      10:30 ONE ON ONES                      11:45 EXERCISE W/ SHARON                      12:30 LUNCH                      2:00 CREATIVE EXPRESSIONS                      3:30 COOKING DEMONSTRATION (HHR)                      4:00 SPORTS GAMES                      5:00 REST &amp; RELAXATION                      6:00 DINNER                      7:00 EVENING WIND DOWN</p>	<p style="text-align: center;"><b>11</b></p> <p>8:30 DAILY REFLECTIONS W/ FR JOHN                      8:30 BREAKFAST                      9:30 BRAIN GAMES                      10:30 EXERCISE                      11:00 LUTHERAN SERVICE (CH)                      11:30 CHUG &amp; CHAT                      12:30 LUNCH                      2:00 CREATIVE EXPRESSIONS                      3:30 ENTERTAINMENT W/ CRAIG MARSDEN (MDR)                      5:00 REST &amp; RELAXATION                      6:00 DINNER                      7:00 EVENING WIND DOWN</p>	<p style="text-align: center;"><b>12</b></p> <p>8:30 DAILY REFLECTIONS W/ FR JOHN                      8:30 BREAKFAST                      9:30 THIS WEEK IN HISTORY                      10:30 CHUG &amp; CHAT                      11:45 EXERCISE W/ SHARON                      12:30 FRENCH THEMED LUNCH                      2:00 SPORTS GAMES                      3:00 SNACK TIME                      3:00 MASS W/ FATHER JOHN (CH)                      4:00 TENDERHEART                      5:00 REST &amp; RELAXATION                      6:00 DINNER                      7:00 EVENING WIND DOWN</p>	<p style="text-align: center;"><b>13</b></p> <p>8:30 BREAKFAST                      9:30-2:30 ART W/ MARGARET                      10:30 EXERCISE                      11:30 REMINSCING                      12:30 LUNCH                      2:00 ROSARY (CH)                      3:00 SNACK TIME                      3:00 MASS W/ FATHER JOHN (CH)                      4:00 ONE ON ONES                      5:00 REST &amp; RELAXATION                      6:00 DINNER                      7:00 EVENING WIND DOWN</p>	<p style="text-align: center;"><b>14</b></p> <p style="text-align: center;"><u>VALENTINE'S DAY</u></p> <p>8:30 BREAKFAST                      9:30 BRAIN GAMES                      9:30 MASS W/ FATHER JOHN (CH)                      10:30 RHYTHM TIME (NL)                      11:30 TENDERHEART                      12:30 LUNCH                      2:00 HAND MASSAGE                      3:30 FRENCH INSPIRED VALENTINE'S DAY PARTY (MDR)                      4:00 SPORTS GAMES                      5:00 REST &amp; RELAXATION                      6:00 DINNER                      7:00 EVENING WIND DOWN</p>	<p style="text-align: center;"><b>15</b></p> <p>8:30 BREAKFAST                      9:30 BRAIN GAMES                      10:30 EXERCISE                      11:30 CHUG &amp; 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 WIND DOWN</p>
<p style="text-align: center;"><b>16</b></p> <p>8:30 DAILY REFLECTIONS W/ FR JOHN                      8:30 BREAKFAST                      9:30 BRAIN GAMES                      10:30 EXERCISE                      12:30 LUNCH                      2:00 CREATIVE EXPRESSIONS                      3:00 SNACK TIME                      4:00 SPORTS GAMES                      5:00 REST &amp; RELAXATION                      6:00 DINNER                      7:00 EVENING WIND DOWN</p>	<p style="text-align: center;"><b>17</b></p> <p style="text-align: center;"><u>PRESIDENTS' DAY</u></p> <p>8:30 DAILY REFLECTIONS W/ FR JOHN                      8:30 BREAKFAST                      9:30 MASS W/ FATHER JOHN (CH)                      9:30 BRAIN GAMES                      10:30 ONE ON ONES                      11:45 EXERCISE W/ SHARON                      12:30 LUNCH                      2:00 CREATIVE EXPRESSIONS                      3:30 PRESIDENT'S DAY TRIVIA (NL)                      4:00 SPORTS GAMES                      5:00 REST &amp; RELAXATION                      6:00 DINNER                      7:00 EVENING WIND DOWN</p>	<p style="text-align: center;"><b>18</b></p> <p>8:30 DAILY REFLECTIONS W/ FR JOHN                      8:30 BREAKFAST                      9:30 BRAIN GAMES                      10:30 EXERCISE                      11:00 LUTHERAN SERVICE (CH)                      11:30 CHUG &amp; CHAT                      12:30 LUNCH                      2:00 CREATIVE EXPRESSIONS                      3:30 SING ALONG W /CHUCK (MCH)                      5:00 REST &amp; RELAXATION                      6:00 DINNER                      7:00 EVENING WIND DOWN</p>	<p style="text-align: center;"><b>19</b></p> <p>8:30 DAILY REFLECTIONS W/ FR JOHN                      8:30 BREAKFAST                      9:30 THIS WEEK IN HISTORY                      10:00 AFRICAN AMERICAN FOLK TALES W/ ROSIE CHAPMAN (MDR)                      11:45 EXERCISE W/ SHARON                      12:30 LUNCH                      2:00 SPORTS GAMES                      3:00 SNACK TIME                      3:00 MASS W/ FATHER JOHN (CH)                      4:00 TENDERHEART                      5:00 REST &amp; RELAXATION                      6:00 DINNER                      7:00 EVENING WIND DOWN</p>	<p style="text-align: center;"><b>20</b></p> <p>8:30 BREAKFAST                      9:30 CREATIVE EXPRESSIONS                      10:30 EXERCISE                      11:30 REMINSCING                      12:30 LUNCH                      2:00 ROSARY (CH)                      3:00 SNACK TIME                      3:00 MASS W/ FATHER JOHN (CH)                      4:00 ONE ON ONES                      5:00 REST &amp; RELAXATION                      6:00 DINNER                      7:00 EVENING WIND DOWN</p>	<p style="text-align: center;"><b>21</b></p> <p>8:30 BREAKFAST                      9:30 BRAIN GAMES                      9:30 MASS W/ FATHER JOHN (CH)                      10:30 RHYTHM TIME (NL)                      11:30 TENDERHEART                      12:30 LUNCH                      2:00 HAND MASSAGE                      3:30 NEW RESIDENT WELCOME HAPPY HOUR                      4:00 SPORTS GAMES                      5:00 REST &amp; RELAXATION                      6:00 DINNER                      7:00 EVENING WIND DOWN</p>	<p style="text-align: center;"><b>22</b></p> <p>8:30 BREAKFAST                      9:30 BRAIN GAMES                      10:30 EXERCISE                      11:30 CHUG &amp; 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 WIND DOWN</p>
<p style="text-align: center;"><b>23</b></p> <p>8:30 DAILY REFLECTIONS W/ FR JOHN                      8:30 BREAKFAST                      9:30 BRAIN GAMES                      10:30 EXERCISE                      11:30 CHUG &amp; CHAT                      12:30 LUNCH                      2:00 CREATIVE EXPRESSIONS                      3:00 SNACK TIME                      4:00 SPORTS GAMES                      5:00 REST &amp; RELAXATION                      6:00 DINNER                      7:00 EVENING WIND DOWN</p>	<p style="text-align: center;"><b>24</b></p> <p>8:30 DAILY REFLECTIONS W/ FR JOHN                      8:30 BREAKFAST                      9:30 MASS W/ FATHER JOHN (CH)                      9:30 BRAIN GAMES                      10:30 ONE ON ONES                      11:45 EXERCISE W/ SHARON                      12:30 LUNCH                      2:00 CREATIVE EXPRESSIONS                      3:30 SNACK TIME                      4:00 SPORTS GAMES                      5:00 REST &amp; RELAXATION                      6:00 DINNER                      7:00 EVENING WIND DOWN</p>	<p style="text-align: center;"><b>25</b></p> <p>8:30 DAILY REFLECTIONS W/ FR JOHN                      8:30 BREAKFAST                      9:30 BRAIN GAMES                      10:30 EXERCISE                      11:00 LUTHERAN SERVICE (CH)                      11:30 CHUG &amp; CHAT                      12:30 LUNCH                      2:00 BIRTHDAY PARTY &amp; ENTERTAINMENT W/ MARIE KRAVETZ (MDR)                      3:30 SNACK TIME                      4:00 MUSIC &amp; MOVEMENT                      5:00 REST &amp; RELAXATION                      6:00 DINNER                      7:00 EVENING WIND DOWN</p>	<p style="text-align: center;"><b>26</b></p> <p style="text-align: center;"><u>ASH WEDNESDAY</u></p> <p>8:30 DAILY REFLECTIONS W/ FR JOHN                      8:30 BREAKFAST                      9:30 THIS WEEK IN HISTORY                      10:30 CHUG &amp; CHAT                      11:45 EXERCISE W/ SHARON                      12:30 LUNCH                      2:00 SPORTS GAMES                      2:00 MASS W/ FATHER JOHN (CH)                      3:00 VEGETARIAN ENTRÉE COOK-OFF (MDR)                      4:00 TENDERHEART                      5:00 REST &amp; RELAXATION                      6:00 DINNER                      7:00 EVENING WIND DOWN</p>	<p style="text-align: center;"><b>27</b></p> <p>8:30 BREAKFAST                      9:30 CREATIVE EXPRESSIONS                      10:30 EXERCISE                      11:30 REMINSCING                      12:30 LUNCH                      2:00 ROSARY (CH)                      3:00 SNACK TIME                      3:00 MASS W/ FATHER JOHN (CH)                      4:00 ONE ON ONES                      5:00 REST &amp; RELAXATION                      6:00 DINNER                      7:00 EVENING WIND DOWN</p>	<p style="text-align: center;"><b>28</b></p> <p>8:30 BREAKFAST                      9:30 BRAIN GAMES                      9:30 MASS W/ FATHER JOHN (CH)                      10:30 EXERCISE                      11:30 TENDEHEART                      12:30 LUNCH                      2:00 HAND MASSAGE                      3:00 SNACK TIME                      4:00 SPORTS GAMES                      5:00 REST &amp; RELAXATION                      6:00 DINNER                      7:00 EVENING WIND DOWN</p>	<p style="text-align: center;"><b>29</b></p> <p>8:30 BREAKFAST                      9:30 BRAIN GAMES                      10:30 EXERCISE                      11:30 CHUG &amp; 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 WIND DOWN</p>

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