

- Motivate
- Rejuvenate
- Stimulate

February 2024 - Focused Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				7:00 The Breakfast Club 7:30 Looking Good for the Day! 9:40 Morning Sit & Stretch 10:30 Puzzles & Tactiles 12:30 Instrumental Music & Sensory 1:00 Travel Vidoes 2:30 Chair Exercise & ROM 3:30 History Reading 4:00 Musical Parachute 5:30 Movie Night 1	7:00 The Breakfast Club 7:30 Looking Good for the Day! 9:40 Morning Sit & Stretch 10:30 Flower Arrangements 12:30 Music & Memory 1:00 Mindful Movement 2:00 Cooking Class! 2:30 Mindful Movement 3:00 Storytelling 3:30 Sing Along 4:00 Beach Ball Toss 5:30 Movie Night 2	7:00 The Breakfast Club 7:30 Looking Good for the Day! 9:40 Morning Sit & Stretch 10:30 Sorting / Polishing Silverware 12:30 Movies Memories 1:00 Hot Chocolate Social! 1:40 Trivia & Puzzles 2:30 Flexibility and Posture Exercise 3:00 Round Table Readers 3:30 Sing Along 4:00 Volleyball 5:30 Movie Night 3
7:00 The Breakfast Club 7:30 Looking Good for the Day! 9:40 Morning Sit & Stretch 10:20 Puzzles & Games 12:30 Brain Fitness 1:00 Story Reading & Discussions 2:30 Chair Exercise & ROM 3:00 Pastimes Reminiscing 3:30 Sing Along 4:00 Beach Ball Throw 5:30 Movie Night 4	7:00 The Breakfast Club 7:30 Looking Good for the Day! 9:40 Morning Sit & Stretch 10:20 Sift & Sort 12:30 Name That Objects 1:00 BIRTHDAY Concert w/ Kimberlye Gold! 2:30 Chair Exercise & ROM 3:00 Animal Therapy 3:30 Sing Along 4:00 Balloon Toss 5:30 Movie Night 5	7:00 The Breakfast Club 7:30 Looking Good for the Day! 9:40 Morning Sit & Stretch 10:20 Games & Tactiles 12:30 Music & Memory 1:00 Round Table Readers 1:30 Hand Massage & ROM 3:00 Movie Reminiscing 3:30 Sing Along 4:00 Volleyball 5:30 Movie Night 6	7:00 The Breakfast Club 7:30 Looking Good for the Day! 9:40 Morning Sit & Stretch 10:30 Nurturing Therapy / Puzzles 12:30 Aromatherapy & Guided Meditations 1:00 Story Reading & Discussions 1:30 Art & Craft: Paper Lantern 2:30 Chair Yoga 3:00 Travel Reminiscing 3:30 Sing Along 4:00 Balloon Toss 5:30 Movie Night 7	7:00 The Breakfast Club 7:30 Looking Good for the Day! 9:40 Morning Sit & Stretch 10:30 Puzzles & Tactiles 12:30 Instrumental Music & Sensory 1:00 HWM Music Therapy w/ Ranjani 2:30 Chair Exercise & ROM 3:30 History Reading 4:00 Musical Parachute 5:30 Movie Night 8	7:00 The Breakfast Club 7:30 Looking Good for the Day! 9:40 Morning Sit & Stretch 10:30 Flower Arrangements 12:30 Music & Memory 1:00 Mindful Movement 2:00 Cooking Class! 2:30 Mindful Movement 3:00 Storytelling 3:30 Sing Along 4:00 Beach Ball Toss 5:30 Movie Night 9	7:00 The Breakfast Club 7:30 Looking Good for the Day! 9:40 Morning Sit & Stretch 10:30 Sorting / Polishing Silverware 12:30 Movies Memories 1:00 Hot Chocolate Social! 1:40 Trivia & Puzzles 2:30 Flexibility and Posture Exercise 3:00 Round Table Readers 3:30 Sing Along 4:00 Volleyball 5:30 Movie Night 10
7:00 The Breakfast Club 7:30 Looking Good for the Day! 9:40 Morning Sit & Stretch 10:20 Puzzles & Games 12:30 Brain Fitness 1:00 Story Reading & Discussions 2:30 Chair Exercise & ROM 3:00 Pastimes Reminiscing 3:30 Sing Along 4:00 Beach Ball Throw 5:30 Movie Night 11	7:00 The Breakfast Club 7:30 Looking Good for the Day! 9:40 Morning Sit & Stretch 10:20 Sift & Sort 12:30 Name That Objects 1:00 Concert w/ Ken Sosa 2:30 Chair Exercise & ROM 3:00 Animal Therapy 3:30 Sing Along 4:00 Balloon Toss 5:30 Movie Night 12	7:00 The Breakfast Club 7:30 Looking Good for the Day! 9:40 Morning Sit & Stretch 10:20 Games & Tactiles 12:30 Music & Memory 1:00 Round Table Readers 1:30 Hand Massage & ROM 3:00 Movie Reminiscing 3:30 Sing Along 4:00 Volleyball 5:30 Movie Night 13	7:00 The Breakfast Club 7:30 Looking Good for the Day! 9:40 Morning Sit & Stretch 10:30 Nurturing Therapy / Puzzles 12:30 Aromatherapy & Guided Meditations 1:00 Story Reading & Discussions 1:30 Art & Craft: Valentine's Day Card Making 2:30 Chair Yoga 3:00 Travel Reminiscing 3:30 Sing Along 4:00 Balloon Toss 5:30 Movie Night 14	7:00 The Breakfast Club 7:30 Looking Good for the Day! 9:40 Morning Sit & Stretch 10:30 Puzzles & Tactiles 12:30 Instrumental Music & Sensory 1:00 Musical Video 2:30 Chair Exercise & ROM 3:30 History Reading 4:00 Musical Parachute 5:30 Movie Night 15	7:00 The Breakfast Club 7:30 Looking Good for the Day! 9:40 Morning Sit & Stretch 10:30 Flower Arrangements 12:30 Music & Memory 1:00 Mindful Movement 2:00 Cooking Class! 2:30 Mindful Movement 3:00 Storytelling 3:30 Sing Along 4:00 Beach Ball Toss 5:30 Movie Night 16	7:00 The Breakfast Club 7:30 Looking Good for the Day! 9:40 Morning Sit & Stretch 10:30 Sorting / Polishing Silverware 12:30 Movies Memories 1:00 Hot Chocolate Social! 1:40 Trivia & Puzzles 2:30 Flexibility and Posture Exercise 3:00 Round Table Readers 3:30 Sing Along 4:00 Volleyball 5:30 Movie Night 17
7:00 The Breakfast Club 7:30 Looking Good for the Day! 9:40 Morning Sit & Stretch 10:20 Puzzles & Games 12:30 Brain Fitness 1:00 Story Reading & Discussions 2:30 Chair Exercise & ROM 3:00 Pastimes Reminiscing 3:30 Sing Along 4:00 Beach Ball Throw 5:30 Movie Night 18	7:00 The Breakfast Club 7:30 Looking Good for the Day! 9:40 Morning Sit & Stretch 10:20 Sift & Sort 12:30 Name That Objects 1:00 Concert w/ Lee Allen 2:30 Chair Exercise & ROM 3:00 Animal Therapy 3:30 Sing Along 4:00 Balloon Toss 5:30 Movie Night 19	7:00 The Breakfast Club 7:30 Looking Good for the Day! 9:40 Morning Sit & Stretch 10:20 Games & Tactiles 12:30 Music & Memory 1:00 Round Table Readers 1:30 Hand Massage & ROM 3:00 Movie Reminiscing 3:30 Sing Along 4:00 Volleyball 5:30 Movie Night 20	7:00 The Breakfast Club 7:30 Looking Good for the Day! 9:40 Morning Sit & Stretch 10:30 Nurturing Therapy / Puzzles 12:30 Aromatherapy & Guided Meditations 1:00 Story Reading & Discussions 1:30 Art & Craft: Bird House 2:30 Chair Yoga 3:00 Travel Reminiscing 3:30 Sing Along 4:00 Balloon Toss 5:30 Movie Night 21	7:00 The Breakfast Club 7:30 Looking Good for the Day! 9:40 Morning Sit & Stretch 10:30 Puzzles & Tactiles 12:30 Instrumental Music & Sensory 1:00 HWM Music Therapy w/ Ranjani 2:30 Chair Exercise & ROM 3:30 History Reading 4:00 Musical Parachute 5:30 Movie Night 22	7:00 The Breakfast Club 7:30 Looking Good for the Day! 9:40 Morning Sit & Stretch 10:30 Flower Arrangements 12:30 Music & Memory 1:00 Mindful Movement 2:00 Cooking Class! 2:30 Mindful Movement 3:00 Storytelling 3:30 Sing Along 4:00 Beach Ball Toss 5:30 Movie Night 23	7:00 The Breakfast Club 7:30 Looking Good for the Day! 9:40 Morning Sit & Stretch 10:30 Sorting / Polishing Silverware 12:30 Movies Memories 1:00 Hot Chocolate Social! 1:40 Trivia & Puzzles 2:30 Flexibility and Posture Exercise 3:00 Round Table Readers 3:30 Sing Along 4:00 Volleyball 5:30 Movie Night 24
7:00 The Breakfast Club 7:30 Looking Good for the Day! 9:40 Morning Sit & Stretch 10:20 Puzzles & Games 12:30 Brain Fitness 1:00 Story Reading & Discussions 2:30 Chair Exercise & ROM 3:00 Pastimes Reminiscing 3:30 Sing Along 4:00 Beach Ball Throw 5:30 Movie Night 25	7:00 The Breakfast Club 7:30 Looking Good for the Day! 9:40 Morning Sit & Stretch 10:20 Sift & Sort 12:30 Name That Objects 1:00 Concert w/ Ken Sosa 2:30 Chair Exercise & ROM 3:00 Animal Therapy 3:30 Sing Along 4:00 Balloon Toss 5:30 Movie Night 26	7:00 The Breakfast Club 7:30 Looking Good for the Day! 9:40 Morning Sit & Stretch 10:20 Games & Tactiles 12:30 Music & Memory 1:00 Round Table Readers 1:30 Hand Massage & ROM 3:00 Movie Reminiscing 3:30 Sing Along 4:00 Volleyball 5:30 Movie Night 27	7:00 The Breakfast Club 7:30 Looking Good for the Day! 9:40 Morning Sit & Stretch 10:30 Nurturing Therapy / Puzzles 12:30 Aromatherapy & Guided Meditations 1:00 Story Reading & Discussions 1:30 Art & Craft: Quilt Making 2:30 Chair Yoga 3:00 Travel Reminiscing 3:30 Sing Along 4:00 Balloon Toss 5:30 Movie Night 28	7:00 The Breakfast Club 7:30 Looking Good for the Day! 9:40 Morning Sit & Stretch 10:30 Puzzles & Tactiles 12:30 Instrumental Music & Sensory 1:00 Flower Arranging/ Tactile 2:30 Chair Exercise & ROM 3:30 History Reading 4:00 Musical Parachute 5:30 Movie Night 29		