

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**February Birthday's**

**Mrs. Sullivan – 2/1**

**Mrs. Labonge – 2/6**

**Mrs. Jemison – 2/28**

**Mrs. Vanhorn – 2/29**

**5**  
10:30 Church Service Virtual (YouTube)  
1:00 Relaxation Period  
2:00 Sunday Stroll  
3:00 Snack & Chat  
4:00 Movie Matinee:

**6**  
10:00 Be Fit: Total Body  
11:00 Music w/ Logan & Maddelaine (Encircle)  
1:00 Relaxation Period  
2:00 Scenic Bus Ride (W)  
Finish that love Song (E)  
3:00 Cheese & Crackers  
4:00 Bible Time

**7**  
10:00 Communion (W)  
10:30 Communion (E)  
11:00 Art Class  
1:00 Relaxation Period  
2:00 Exercise w/ Laura (W)  
2:30 Exercise w/ Laura (E)  
3:00 Snack & Chat  
4:00 Travel to Madagascar

**8**  
10:00 History on the Underground Railroad  
11:15 Music Therapy (Encircle)  
1:00 Relaxation Period  
2:00 Exercise w/ Sherry (W)  
2:30 Exercise w/ Sherry (E)  
3:00 Happy Hour  
4:00 Grab Bag gone Wild

**9**  
10:15 Cooking 101  
11:00 Lunch Outing (E)  
1:00 Relaxation Period  
2:00 Exercise w/ Sherry (W)  
2:30 Exercise w/ Sherry (E)  
3:00 Hydration Station  
4:00 Piano Music w/ Bob & Sally (Encircle)

**10**  
10:00 Making Valentine's Wreath  
1:00 Relaxation Period  
2:00 Scenic Bus Ride (E)  
What's fill your Heart (W)  
3:00 Snack & Chat  
4:00 Sweetheart BINGO

**11**  
10:00 Exercise w/ MJ  
11:00 Making Valentine's Cards  
1:00 Relaxation Period  
2:00 Snack & Chat  
3:00 Jigsaw Puzzle Gathering

**12**  
10:30 Church Service Virtual (YouTube)  
1:00 Relaxation Period  
2:00 Sunday Stroll  
3:00 Snack & Chat  
4:00 Movie Matinee:

**13**  
10:00 Be Fit: Cardio  
11:00 Music w/ Sally Perkins (Encircle)  
1:00 Relaxation Period  
2:00 Scenic Bus Ride (W)  
What's fill your Heart (E)  
3:00 Cheese & Crackers  
4:00 Bible Time

**14**  
10:00 Communion (W)  
10:30 Communion (E)  
11:00 Art Class  
1:00 Relaxation Period  
2:00 Exercise w/ Laura (W)  
2:30 Exercise w/ Laura (E)  
3:00 Valentine's Party (Encircle)  
Valentine's Day

**15**  
10:00 Manicures & Mimosas  
1:00 Relaxation Period  
2:00 Exercise w/ Sherry (W)  
2:30 Exercise w/ Sherry (E)  
3:00 Happy Hour  
4:00 Funny Jokes to be Told

**16**  
10:15 Noodle Ball  
1:00 Relaxation Period  
2:00 Exercise w/ Sherry (W)  
2:30 Exercise w/ Sherry (E)  
3:00 Hydration Station  
4:00 Piano Music w/ Mrs Emge (Encircle)

**17**  
10:00 Making Lincoln Book Makers  
1:00 Relaxation Period  
2:00 Scenic Bus Ride (E)  
Short Stories (W)  
3:00 Snack & Chat  
4:00 Monopoly

**18**  
10:00 Exercise w/ MJ  
11:00 Misspelled Words  
1:00 Relaxation Period  
2:00 Ice Cream Social  
3:00 Words ending in ING

**19**  
10:30 Church Service Virtual (YouTube)  
1:00 Relaxation Period  
2:00 Sunday Stroll  
3:00 Snack & Chat  
4:00 Movie Matinee:

**20**  
10:00 Be Fit: Stretch & Bend  
11:00 Making Mardi Gras Mask  
1:00 Relaxation Period  
2:00 Scenic Bus Ride (W)  
This or That (E)  
3:00 Cheese & Crackers  
4:00 Bible Time  
Presidents' Day

**21**  
10:00 Communion (W)  
10:30 Communion (E)  
11:00 Art Class  
1:00 Relaxation Period  
2:00 Exercise w/ Laura (W)  
2:30 Exercise w/ Laura (E)  
3:00 Cutting Edge Jazz Band (Halkyard Atrium)  
Mardi Gras

**22**  
10:00 Celebrate George Washington's Birthday  
11:15 Music Therapy  
1:00 Relaxation Period  
2:00 Exercise w/ Sherry (W)  
2:30 Exercise w/ Sherry (E)  
3:00 Happy Hour  
4:00 Jeanne Robertson Humors  
Ash Wednesday

**23**  
10:15 Cooking 101  
11:00 Lunch Outing (W)  
1:00 Relaxation Period  
2:00 Exercise w/ Sherry (W)  
2:30 Exercise w/ Sherry (E)  
3:00 Hydration Station  
4:00 Piano Music w/ Bob & Sally (Encircle)

**24**  
10:00 Crossword Puzzle  
11:00 Word – N - Word  
1:00 Relaxation Period  
2:00 Scenic Bus Ride (E)  
Laughter is the best Medicine (W)  
3:00 Snack & Chat  
4:00 Sing - Along

**25**  
10:00 Exercise w/ MJ  
11:00 Occupation Quiz  
1:00 Relaxation Period  
2:00 Snack Social  
3:00 Jigsaw Puzzle Gathering

**26**  
10:30 Church Service Virtual (YouTube)  
1:00 Relaxation Period  
2:00 Sunday Stroll  
3:00 Snack & Chat  
4:00 Movie Matinee:

**27**  
10:00 Be Fit: Cardio  
11:00 Which 2 go together  
1:00 Relaxation Period  
2:00 Scenic Bus Ride (W)  
Matching Music to Movies (E)  
3:00 Cheese & Crackers  
4:00 Bible Time

**28**  
10:00 Communion (W)  
10:30 Communion (E)  
11:00 Art Class  
1:00 Relaxation Period  
2:00 Exercise w/ Laura (W)  
2:30 Exercise w/ Laura (E)  
3:00 Birthday Party  
4:30 Classic Movie Time

# February 2023

## Arcadia

Questions: Contact Martha or April (Activities Coordinator) at 843-406-6277 or 843- 406-6706