

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
Chronicles & Coffee 1 Live Catholic Mass (Youtube) Seated Yoga Arts & Crafts Nail Care (Red or Pink) your pick. Game: <b>Ball Toss</b>  Super Bowl Watch Party Tu B'Shevat Begins	Chronicles & Coffee 2 Arm & Leg Exercises Watch Groundhog fun on tv news Arts & Crafts Game: <b>Ring Toss</b> Watch Movie: <b>Groundhog Day</b>  Happy Hour Groundhog Day	Chronicles & Coffee 3 Bird Care Music & Movement Arts & Crafts Hand Washing & Massages <b>Snack:</b> Hot Coco and Cookies  Game: <b>Name That Tune</b>	Chronicles & Coffee 4 Seated Stretches Arts & Crafts Sing-A-Long <b>Story Time:</b> The Gift  Game: <b>Color Match</b>  Happy Hour	Chronicles & Coffee 5 Bird Care Catholic Communion Visit Guided Mediations Art & Crafts <b>Circle Talk :</b> The Word Love Means to me	Chronicles & Coffee 6 Dance & Movement Art & Crafts Hand Washing & Massages Game: <b>BINGO</b>  Happy Hour	Chronicles & Coffee 7 Art & Crafts Relax and Music Nail Care (Men)  <b>Snack:</b> Chips & Dip  Weekend Movie: I'll see you in my dream
Chronicles & Coffee 8 Live Catholic Mass (Youtube) Seated Yoga Arts & Crafts Nail Care (Red or Pink) your pick. Game: <b>Ball Toss</b> Sports on Tv	Chronicles & Coffee 9 Arm & Leg Exercises Arts & Crafts Game: <b>Ring Toss</b> Make Valentines Cards Watch Movie: <b>The Notebook</b>  Happy Hour	Chronicles & Coffee 10 Bird Care Music & Movement Arts & Crafts Hand Washing & Massages <b>Snack:</b> Chocolate Covered Strawberries Game: <b>How Many Words Can You Find</b>	Chronicles & Coffee 11 Seated Stretches Arts & Crafts Sing-A-Long <b>Story Time:</b> Legacy of Love  Game: <b>BINGO</b>  Happy Hour	Chronicles & Coffee 12 Bird Care Catholic Communion Visit Guided Mediations Art & Crafts <b>Circle Talk :</b> What's your Favorite Candy ?	Chronicles & Coffee 13 Dance & Movement Art & Crafts Hand Washing & Massages Game: <b>Word Pop</b>  <b>Valentine Party @ Happy Hour</b>	Chronicles & Coffee 14 Art & Crafts Relax and Music Nail Care (Men) <b>Snack:</b> Veggies & Dip  Weekend Movie: Grumpy old men  Valentine's Day
Chronicles & Coffee 15 Live Catholic Mass (Youtube) Seated Yoga Arts & Crafts Nail Care (Purple or Yellow) your pick. Game: <b>Ball Toss</b> Sports on Tv	Chronicles & Coffee 16 Arm & Leg Exercises Arts & Crafts Game: <b>Ring Toss</b> Watch Movie: <b>The Sound Of Music</b>  Happy Hour Presidents' Day (U.S.)	Chronicles & Coffee 17 Bird Care Music & Movement Arts & Crafts Hand Washing & Massages <b>Snack:</b> Cupcakes & Juice Game: <b>Can You Guess What Comes Next</b> Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)	Chronicles & Coffee 18 Seated Stretches Arts & Crafts Sing-A-Long <b>Story Time:</b> Love Notes  Game: <b>Guess the Animal</b>  Happy Hour	Chronicles & Coffee 19 Bird Care Catholic Communion Visit Guided Mediations Art & Crafts <b>Circle Talk :</b> Love Letter to my Love ones.	Chronicles & Coffee 20 Dance & Movement Art & Crafts Hand Washing & Massages Game: <b>Match The Color</b>  Happy Hour	Chronicles & Coffee 21 Art & Crafts Relax and Music Nail Care (Men) <b>Snack:</b> Cookies & Milk  Weekend Movie: Book Club
Chronicles & Coffee 22 Live Catholic Mass (Youtube) Seated Yoga Arts & Crafts Nail Care (Light or Bright) your pick. Game: <b>Ball Toss</b> Sports on Tv	Chronicles & Coffee 23 Arm & Leg Exercises Arts & Crafts Game: <b>Ring Toss</b> Watch Movie: <b>Never to Late to Love</b>  Happy Hour	Chronicles & Coffee 24 Bird Care Music & Movement Arts & Crafts Hand Washing & Massages <b>Snack:</b> Cookies & Milk  Game: <b>BINGO</b>	Chronicles & Coffee 25 Seated Stretches Arts & Crafts Sing-A-Long <b>Story Time:</b> One Rose  Game: <b>Balloon pop</b>  Happy Hour	Chronicles & Coffee 26 Bird Care Catholic Communion Visit Guided Mediations  Art & Crafts <b>Circle Talk :</b> My Favorite Love Song.	Chronicles & Coffee 27 Dance & Movement Art & Crafts Hand Washing & Massages Game: <b>Memory Game</b>  Happy Hour	Chronicles & Coffee 28 Art & Crafts Relax and Music Nail Care (Men)  <b>Snack:</b> Fruit Salad  Weekend Movie: Fried Green Tomatoes

\* Life Enrichment activities in Memory Care are flexible to meet the needs & abilities of our residents. All Life Enrichment plans are subject to change and/ or cancellation to any time to fit those needs/ abilities.\*