

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February 2019

## Sterling Healthcare & Rehabilitation Center

						1 10:30am Moving to Music (G,1,2,3) Flowers & Ball Toss (G) Star of the Month (1) Bingo (2) Drum Circle / Making a Band (3) 2:00pm Music / Pictures / Discussion (G) Creative Corner / Music (1,3) Raffalie Entertains (2)	2 10:30am All about Groundhogs (G) Plants & Animals / Art (1) Me & My Shadow (2) Well Grounded / Art (3) 11:00am Abounding Grace Church (2) 2:00am Cinema Time (G, 3) Arts & Crafts (1) Bingo (2) Groundhog Day
3 9:30am Sunday Morning Worship (2) 2:00pm Church of the Nazarene (2)	4 10:30am Sing-a-Long / Reminiscing (G) Chair Dancing / Artisans (1) Exercise / Anagrams (2) Games & Music / Puzzles (3) 2:00pm Music / Memory Games (G) Did you know? / Brain Fitness (1) Rosa Park's Facts / Bingo (2) Puzzles / Ball Toss / Music (3)	5 10:30am Music / Picture View (G) Chinese New Year Trivia (1 ) Pokeno / Music/ Exercise (2) Chinese New Year Facts (3) 2:00pm Artisans / Aromas (G) Brain Fitness / Ball Toss (1) Resident Council / Music (2) Music / Artisans (3) <small>Chinese New Year</small>	6 10:30am Parachute / Music / Puzzles (G) Exercising / Arts & Crafts (1) Games / Bible Study (2) Games & Music (3) 2:00pm Music / Laundry / Stories (G) Parachute / Brain Fitness (1) Ball Toss / Musical Bingo (2) Games / Puzzles / Ball Toss (3)	7 10:30am Spa Time / Lotions / Music (G) Brain Fitness / Exercise (1) Daily Chronicle / Discussion (2) Games / Music (3) 2:00pm Noodle Ball / Pictures (G) Music & Motion / Relaxation (1) Science with Gloria (2) Games / Ball Toss / Puzzles (3)	8 10:30am Active Zone (G,1,2,3) Pictures / Reading / Music (G) Musical Bingo / Discussion (1) Bingo (2) Puzzles / Games / Music (3) 2:00pm Scarves / Colors / Music (G) Picture View / Discussion (1) J. Burgo Entertains (2) Basketball / Ball Toss (3)	9 10:30am Games / Music (G) Movie Matinee (1) (2) Puzzles / Music (3) 2:00pm Games / Arts & Crafts (1) Bingo (2)	
10 9:30am Sunday Morning Worship (2) 2:00pm Blue Church (2)	11 10:30am Fitness / Story of Abraham (G) Chair Dancing / Artisans (1) Exercise / Brain Fitness (2) Games & Music / Puzzles (3) 2:00pm Baby Love / Music (G) In Search of Heidi (1) Robinson Crusoe (2) Noodle Ball / Music (3)	12 10:30am Fitness Zone (G,1,2,3) Who Made Us Laugh? / Trivia (1) Word Search / Music (2) Ball Toss / Games / Music (3) 2:00pm Aromas / Fruit / Music (G) The Art of Tattoos / Music (1,2) Arts & Crafts / Music (3)	13 10:30am Sing-a-Long / Reminiscing (G) Exercise / Arts & Crafts (1) Games / Bible Study (2) Games & Music / Discussion (3) 2:00pm Music / Laundry / Stories (G) Parachute / Brain Fitness (1) Arts & Crafts / Music (2) Games / Puzzles / Ball Toss (3)	14 10:30am Chair Dancing (G,1,2,3) Painting Garden / Music (1) Food Committee (2) Marching in Place / Music (3) 2:00pm Art / Reminisce / Music (G) Ball Toss / Musical Bingo (1) Jim Laurie Entertains (2) Lotto / Music / Ball (3) <small>Valentine's Day</small>	15 10:30am Fitness Zone (G,1,2,3) Vegetables & Fruit / Music (G) Who am I? / Trivia Discussion (1) What am I? / Trivia (2) Arts & Crafts / Music (3) 2:00pm Music / Laundry / Stories (G) Parachute / Brain Fitness (1) Ball Toss / Musical Bingo (2) Games / Puzzles / Ball Toss (3)	16 10:30am Games / Music (G) Movie Matinee (1) (2) Puzzles / Music (3) 2:00pm Cinema Time (G,3) Bingo (2) Arts & Crafts (1)	
17 9:30am Sunday Morning Worship (2) 2:00pm Christian Community Church (2)	18 10:30am Chair Dancing / Artisans (G,1) Anagrams / Music (2) Games & Music / Puzzles (3) 2:00pm Music / Memory Games (G) Presidential Quotes / Facts (1) Bingo/ Music (2) Games / Parachute / Music (3) <small>Presidents' Day (US)</small>	19 10:30am Fitness Zone (G,1,2,3) Puzzles / Music / Pictures (G) Music / Games / Art (1,2) Puzzles / Memory Games (3) 2:00pm Picture View / Aromas (G) Food for Thought / Baking (1) Brain Fitness / Ball Toss (2) Music / Artisans (3)	20 10:30am Parachute / Music / Puzzles (G) Exercise/ Arts & Crafts (1) Games / Bible Study (2) Games & Music (3) 2:00pm Music / Laundry / Stories (G) Parachute / Brain Fitness (1) Ball Toss / Musical Bingo (2) Games / Puzzles / Ball Toss (3)	21 10:30am Beach Ball Toss / Reminisce (G) Games / Music (2) Who am I? / Discussion (1) Arts & Crafts / Puzzles (3) 2:00pm Ball Toss / Sing-a-Long (G) Musical Bingo (1) Catholic Mass (2) Games / Fairy Tales (3)	22 10:30am Moving to Music (G,1,2,3) Aroma Appreciation / Music (G) Soft Music / Arts & Crafts (1) Games / Bible Study (2) Games & Music (3) 2:00pm Sing-a-Long / Reminiscing (G) George Washington Facts (1,3) The Dou of Music Magic (2)	23 10:30am Games / Music (G) Movie Matinee (1) (2) Puzzles / Music (3) 2:00pm Movie Matinee (1) (2) Arts & Crafts (1) Bingo (2)	
24 9:30am Sunday Morning Worship (2) 2:00pm Savior Soul Band (2)	25 10:30am Ball Toss / Music (G) Chair Dancing / Artisans (1) Exercise / Anagrams (2) Games & Music / Puzzles (3) 2:00pm Picture View / Games (G) Lotto / Music / Discussion (3) Bingo / Zeppo Marx Facts (1,2)	26 10:30am Fitness Zone (G,1,2,3) Noodle Ball / Flowers / Music (G) Who am I? / Trivia / Music (1) List of Proverbs / Music (2) Puzzles / Games / Music (3) 2:00pm Story Time / Aroma (G) Jackie Gleason Facts (1,2)	27 10:30am Parachute / Music / Puzzles (G) Vitality / Arts & Crafts (1) Games / Bible Study (2) Games & Music (3) 2:00pm Music / Laundry / Stories (G) Parachute / Brain Fitness (1) Ball Toss / Musical Bingo (2) Games / Puzzles / Ball Toss (3)	28 10:30am Fitness Zone (G,1,2,3) Baby Love and More (G) Brain Fitness / Words (1) Anagram / Discussion (2) Sing-a-Long / Ball Toss (3) 2:00pm Aromas / Ball Toss / Music (G) Manicures / Music (1,3) Bingo (2)	9:30am – 10:30am Room Visits (G, 1, 2, 3) 02/5/19 – Resident Council – 2:00pm (2) 02/14/19 – Food Committee – 11:00am (2) Gift Cart Wednesdays – 3:30pm (3) Bingo – Tuesdays and Thursdays 4:00pm (1) and 6:00pm (2)		

ANY CALENDAR CHANGES OR ADDITIONS WILL BE POSTED