

livfun

The Ackerly at Timberland

FEBRUARY 2020 · FITNESS FRENZY

Fall in Love With Fitness: Sixth Annual February Fitness Frenzy

We are excited to present The Ackerly at Timberland, One Eighty Foundation, Leisure Care Sixth Annual February Fitness Frenzy. We are engaging all of our residents and employees — that's over 10,000 people — to be exceptionally active this month. Why? So we can all live healthier lives and raise money at the same time. The company goal is to raise \$65,000. Each community has a goal of \$1,000.

At the core of Leisure Care is our culture of living a Three-Thirds Lifestyle. All employees are encouraged to live a balanced life focused on family, philanthropy and work. To help inspire the philanthropic third of this lifestyle, our company created the One Eighty Foundation in 2010 with the goal of raising funds for children and families in need — funds that will be distributed throughout our local communities.

The way it works is simple. The goal: 30 minutes of being active every day in February. Every Friday at 3 p.m., we will host a PrimeFit event to continue to encourage you to reach your goals and optimize fitness and frenzy funds.

After the first \$250 raised, 100% of the funds generated in your community will be distributed to the charity of your community's choice through the One Eighty Foundation. This year we decided to donate funds to The Alzheimer's Association. We look to our communities to choose a charity that is important to their residents. Our foundation also supports charities AND matches funds raised by our communities throughout the year.

Alzheimer's researchers believe that a variety of approaches will be needed — most likely in combination — for effective treatment of the disease.

Alzheimer's disease typically progresses slowly in three general stages — mild (early stage), moderate (middle stage), and severe (late stage). Since Alzheimer's affects people in different ways, the timing and severity of dementia symptoms varies as each person progresses through the stages of Alzheimer's differently.

One of the most common signs of Alzheimer's disease, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking for the same questions over and over, and increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.

Some people living with dementia may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

People with Alzheimer's often find it hard to complete daily tasks. Sometimes they may have trouble driving to a familiar location, organizing a grocery list or remembering the rules of a favorite game.

A person living with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. He or she may accuse others of stealing, especially as the disease progresses.

We all know someone who is of older age and we may notice few to some of these symptoms before they are presented as a final diagnosis. Remember that your loved ones can still live a fulfilled and active life. The funds donated to The Alzheimer's Association will contribute to the discovery of early detection, preventative measures and medication.



GET FIT FOR PHILANTHROPY

What is the Fitness Frenzy?

A month-long campaign to motivate you to stay active and fit while raising money for community nonprofit programs and the One Eighty Foundation.

The Fitness Frenzy encourages everyone to team up for fitness.

Grab your friends, your staff, your vendors, even the UPS driver to join in our efforts to raise money for the One Eighty Foundation. Raising money to improve the lives of children and families is the mission of the foundation, which was founded by Leisure Care CEO Dan Madsen.

Anyone can participate in the Fitness Frenzy.

All we need from you is a commitment to stay fit. Get all of the materials from your community and then set your physical and pledge goals. Whether it is walking, dancing, Wii Sports, sitting aerobics or team activities, track your active minutes per day. Then ask your family and friends to pledge money for your physical activity. It's a fun way to be active and pay it forward to others. But, most of all, it's just plain FUN!

How much fun? In 2019, our employees and residents were active for 3,719,184 minutes and raised an impressive \$46,720! The goal for the campaign this year is \$65,000, approximately \$1,250 per Leisure Care community.

How do I get involved? Sign up or find out more at the front desk and visit our event website and start collecting pledges today:

[ONEEIGHTYFOUNDATION.EJOINME.ORG/
2020FITNESSFRENZY!](http://ONEEIGHTYFOUNDATION.EJOINME.ORG/2020FITNESSFRENZY/)

Staying Healthy This Winter: Infinity

Thus far, there have been several residents that have flu-like symptoms, be it sneezing, coughing or difficulty breathing. The best choice to prevent spreading the flu is to nurture yourself into better health. You can do so by changing your bed linens or caring for your sinuses.



If you have symptoms of flu — even if you had your flu shot — call your doctor. They can prescribe antiviral drugs. It is important to start these medications early.

The fact remains, the flu is serious. Those age 65 and older at high risk of experiencing serious flu-related complications.

Reason: Our immune systems become weaker as we age.

In the U.S., 50-70% of flu-related hospitalizations and 70-85% of seasonal flu-related deaths are among people age 65 and older.

Scheduling an annual flu vaccine is the best way to lower your risk of catching the flu and possible serious complications. While the effectiveness of the vaccine varies person to person several studies show that the severity of the symptoms is reduced. The flu vaccine has a good safety record and do not cause you to get the flu.

For those over 65 who do get the flu, being treated with prescription influenza specific antiviral drugs is recommended. These lower your chances of developing serious complications.



THE ACKERLY

AT TIMBERLAND

A LEISURE CARE PREMIER COMMUNITY

11795 NW Cedar Falls Drive
Portland, OR 97229
503-350-3400

Staff

General Manager

Matt Ryan: Mryan@Leisurecare.com

Guest Services Manager

Shawnelle Campbell:
Scampbell@Leisurecare.com

Sales Manager

Katie Smith: Ksmith@Leisurecare.com

Sales Advisor

Cher Flick: Cflick@Leisurecare.com

Move-In Coordinator

Kate Townsend:
Ktownsend@Leisurecare.com

Executive Chef

Joshua Loberg:
Jloberg@Leisurecare.com

Health and Wellness Director

Aja Gwaro: Agwaro@Leisurecare.com

Office Manager

Mercy Sullenger:
Msullenger@Leisurecare.com

Program Supervisor

Becky Fast: Bfast@Leisurecare.com

Activities Coordinator

Hannah Eakin (Opal Activity
Coordinator): Heakin@Leisurecare.com

Activities Coordinator

Justin Morehouse (Life
Enhancement Coordinator)
Jmorehouse@Leisurecare.com

PrimeFit Instructors

Brandi Cuevas:
Bcuevas@Leisurecare.com
Kim Suarez: Ksuarez@Leisurecare.com

Driver

Susan Chesnut:
Schesnut@Leisurecare.Com

Housekeeping Supervisor

Juan Cruz: Jcruz@Leisurecare.Com

Plant Operations Supervisor

Cody March: Cmarch@Leisurecare.Com

Opal Manager

Trina Fox: Tfox@Leisurecare.Com

Make your
“someday”
today.

Get on board with
TRAVEL BY LEISURE CARE



2020 Bookings
Now Available

Western Caribbean | February 22-27, 2020

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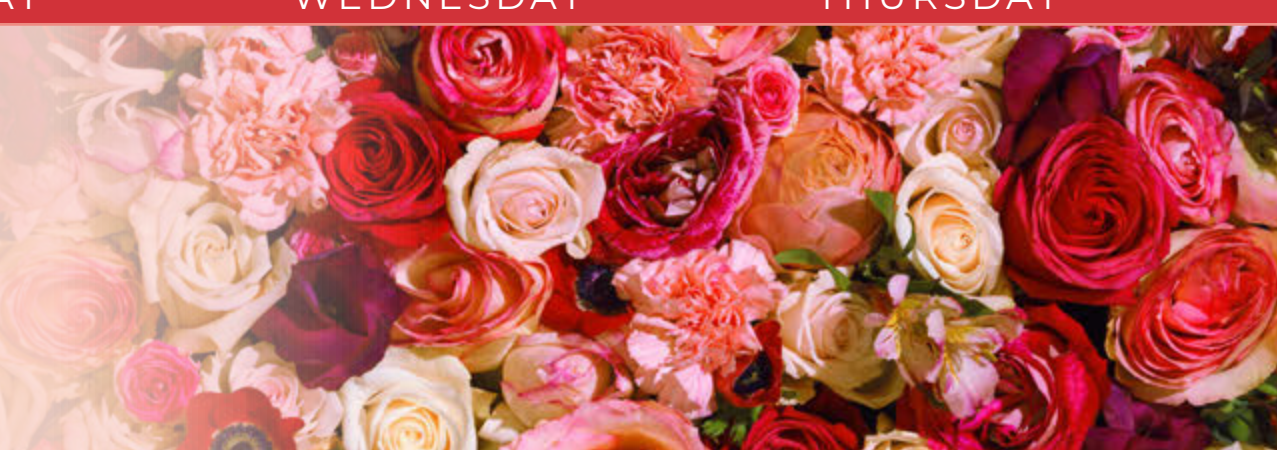
Hawai'i | December 5-12, 2020

For more information,
or to book your getaway, contact:
Carol Dennis at 1-888-468-2010



TRAVEL BY LEISURE CARE
POWERED BY TWIST TRAVEL

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|--|--|--|---|
| <p>Locations</p> <p>Activity Room/ Library, ARL Cornell's Fireside, CRF Cornell's Restaurant, CR Cornell's Restaurant Patio, CRP Entertainment Room, ER Flag Pole, FP Lobby, LB Memory Care, MC</p> | <p>Miller's Pub, MP Miller's Pub Patio, MPP PrimeFit Gym, Gym Salon, SL Tamarack Restaurant, TR Tech Lounge, TL Theater, TH</p> | <p>Transportation</p> <p>Monday, 11 a.m.: Shopping Center Tuesday, 9 a.m.: Medical Appointments Zone 1 Tuesday, 3 p.m.: Memory Care Scenic Drive Wednesday, 9 a.m.: Bank & Post Office Wednesday, 2 p.m.: Grocery Shopping Thursday, 9 a.m.: Medical Appointments Zone 2 Friday, TBD: Friday Excursions Saturday, TBD: Saturday Excursion Sunday, 9 a.m.: Church Sunday, 1 p.m.: Scenic Drive</p> | <p>Birthdays</p> <p>Joann Christensen, 1st Shirley Warren, 6th Robert Walsh, 9th Bernie Hann, 11th Marilyn Maslen, 12th Del Tyler, 16th</p> | <p>Judith McDonald, 16th Terri Stevens, 17th Yoo Syun Kim, 20th Barbara Buckley, 26th Dori Spencer, 28th</p> | | |
| <p>8:00 Church Transportation</p> <p>11:30 Senior Yoga with Mojdeh, Gym</p> <p>1:00 Scenic Sunday Drive (TBD), LB</p> <p>2:30 Bible Study, TH</p> <p>3:00 OMSI, LB</p> <p>7:00 Sunday Documentary, TH</p> | <p>10:00 Strength & Stretch (Standing), Gym *</p> <p>11:00 Strength & Stretch (Seated), Gym *</p> <p>11:00 Shopping at Washington Square, LB</p> <p>1:00 Bingo, ER</p> <p>1:00 Hospitality Committee Meeting, TL</p> <p>3:00 Craft N' Creations with Kathy, ER</p> <p>7:00 Evening Movie, TH</p> | <p>10:00 Strength & Stretch (Standing), Gym *</p> <p>11:00 Strength & Stretch (Seated), Gym *</p> <p>11:00 Eyeglass Repair Spons. By: Specs 20/20, MP</p> <p>11:00 Wii Games, TH</p> <p>1:30 Arts & Craft with Justin, ARL</p> <p>3:30 TED Talk Tuesdays, TH</p> <p>7:00 Evening Movie, TH</p> | <p>10:00 Arthritis Exercise Class with Mo, Gym</p> <p>1:00 Bingo, ER</p> <p>1:00 Needlecraft, CR</p> <p>1:30 Mahjong, ARL</p> <p>2:00 Grocery Run Day, LB</p> <p>3:30 Great Courses, TH</p> <p>7:00 Evening Movie, TH</p> | <p>10:00 Strength & Stretch (Standing), Gym *</p> <p>10:30 Art with Heather, ER</p> <p>11:00 Catholic Mass, TH</p> <p>11:00 Strength & Stretch (Seated), Gym *</p> <p>1:30 Life Changes, TH</p> <p>2:30 Current Events Discussion, ER</p> <p>4:30 Portland Art Museum, LB</p> <p>7:00 Evening Movie, TH</p> | <p>10:00 Strength & Stretch (Standing), Gym *</p> <p>11:00 Strength & Stretch (Seated), Gym *</p> <p>11:30 Mexican Train, MP</p> <p>12:30 Rosetta Stone: Spanish, TH</p> <p>1:00 Laughing Yoga with Gail, Gym</p> <p>1:30 Hand & Foot Card Game, ER</p> <p>3:00 Dance Frenzy with Refreshments, ER</p> <p>7:00 Evening Movie, TH</p> | <p>10:00 Strength & Stretch (Standing), Gym *</p> <p>11:00 Strength & Stretch (Seated), Gym *</p> <p>1:00 Bingo, ER</p> <p>2:00 Science Discussion with Richard Donnin, TH</p> <p>3:00 Movie Matinee, TH</p> <p>7:00 Evening Movie, TH</p> |
| <p>National Pizza Day</p> <p>8:00 Church Transportation</p> <p>11:30 Senior Yoga with Mojdeh, Gym</p> <p>1:00 Scenic Sunday Drive (TBD), LB</p> <p>2:30 Bible Study, TH</p> <p>3:00 Cedar Mill Library Trip, LB</p> <p>7:00 Sunday Documentary, TH</p> | <p>10:00 Strength & Stretch (Standing), Gym *</p> <p>11:00 Strength & Stretch (Seated), Gym *</p> <p>11:00 Shopping at Bridgeport Mall, LB</p> <p>1:00 Bingo, ER</p> <p>1:30 Music History Presentation By: Gordon Neal, TH</p> <p>3:00 Advisory Council, ER</p> <p>7:00 Evening Movie, TH</p> | <p>9:00 Foot & Nail Care</p> <p>10:00 Strength & Stretch (Standing), Gym *</p> <p>11:00 Strength & Stretch (Seated), Gym *</p> <p>11:00 Wii Games, TH</p> <p>12:00 Trent Toney on Guitar, ER</p> <p>3:30 TED Talk Tuesdays, TH</p> <p>7:00 Evening Movie, TH</p> | <p>10:00 Arthritis Exercise Class with Mo, Gym</p> <p>11:00 Cooley Show, LB</p> <p>1:00 Bingo, ER</p> <p>1:00 Needlecraft, CR</p> <p>1:30 Mahjong, ARL</p> <p>2:00 Grocery Run Day, LB</p> <p>3:30 Great Courses, TH</p> <p>7:00 Evening Movie, TH</p> | <p>10:00 Strength & Stretch (Standing), Gym *</p> <p>10:00 B/P Clinic By: Home Instead, MP</p> <p>11:00 Catholic Mass, TH</p> <p>11:00 Strength & Stretch (Seated), Gym *</p> <p>11:00 Pastry Making with Justin, ER</p> <p>1:00 Infinity Presentation, TH</p> <p>1:15 Book Club, ARL</p> <p>2:30 Town Hall Meeting, TH</p> <p>4:00 Crooning Performance: Shaymus Hanlin, LB</p> <p>7:00 Evening Movie, TH</p> | <p>VALENTINE'S DAY</p> <p>Valentine's Day</p> <p>10:00 Strength & Stretch (Standing), Gym *</p> <p>11:00 Strength & Stretch (Seated), Gym *</p> <p>11:30 Mexican Train, MP</p> <p>11:30 Pastry Making with Justin, MP</p> <p>12:30 Rosetta Stone: Spanish, TH</p> <p>1:30 Hand & Foot Card Game, ER</p> <p>3:00 Dance Frenzy with Refreshments, ER</p> <p>7:00 Evening Movie, TH</p> | <p>10:00 Strength & Stretch (Standing), Gym *</p> <p>11:00 Strength & Stretch (Seated), Gym *</p> <p>1:00 Bingo, ER</p> <p>3:00 Movie Matinee, TH</p> <p>7:00 Evening Movie, TH</p> |
| <p>8:00 Church Transportation</p> <p>11:30 Senior Yoga with Mojdeh, Gym</p> <p>1:00 Scenic Sunday Drive (TBD), LB</p> <p>2:30 Bible Study, TH</p> <p>3:00 Cedar Mill Library Trip, LB</p> <p>7:00 Sunday Documentary, TH</p> | <p>PRESIDENTS DAY</p> <p>Random Acts of Kindness Day</p> <p>10:00 Strength & Stretch (Standing), Gym *</p> <p>11:00 Strength & Stretch (Seated), Gym *</p> <p>11:00 Shopping at Streets of Tanasbourne, LB</p> <p>11:15 Performance by Movement, ER</p> <p>1:00 Bingo, ER</p> <p>3:00 Craft N' Creations with Kathy, ER</p> <p>7:00 Evening Movie, TH</p> | <p>10:00 Strength & Stretch (Standing), Gym *</p> <p>11:00 Strength & Stretch (Seated), Gym *</p> <p>11:00 Wii Games, TH</p> <p>1:00 Food & Beverage Committee Meeting, ER</p> <p>1:30 Arts & Craft with Justin, ARL</p> <p>2:00 Programs Committee Meeting, ER</p> <p>3:30 TED Talk Tuesdays, TH</p> <p>7:00 Evening Movie, TH</p> | <p>10:00 Arthritis Exercise Class with Mo, Gym</p> <p>11:00 Infinity Screening (Registration Req.), ER</p> <p>11:30 Birthday Lunch Celebration, TR</p> <p>1:00 Connected Care: Patient Advocates, TH</p> <p>1:00 Needlecraft, CR</p> <p>1:00 Bingo, ER</p> <p>1:30 Mahjong, ARL</p> <p>2:00 Grocery Run Day, LB</p> <p>3:30 Great Courses, TH</p> <p>7:00 Evening Movie, TH</p> | <p>10:00 Able Hearing, LB</p> <p>10:00 Strength & Stretch (Standing), Gym *</p> <p>10:30 Art with Heather, ER</p> <p>11:00 Catholic Mass, TH</p> <p>11:00 Strength & Stretch (Seated), Gym *</p> <p>1:30 Life Changes, TH</p> <p>2:30 Current Events Discussion, ER</p> <p>3:00 Mathew Casey Piano Performance, TH</p> <p>7:00 Evening Movie, TH</p> | <p>10:00 Strength & Stretch (Standing), Gym *</p> <p>11:00 Strength & Stretch (Seated), Gym *</p> <p>11:30 Mexican Train, MP</p> <p>12:30 Rosetta Stone: Spanish, TH</p> <p>1:30 Hand & Foot Card Game, ER</p> <p>3:00 Dance Frenzy with Refreshments, ER</p> <p>7:00 Evening Movie, TH</p> | <p>10:00 Strength & Stretch (Standing), Gym *</p> <p>11:00 Strength & Stretch (Seated), Gym *</p> <p>1:00 Bingo, ER</p> <p>2:00 Science Discussion with Richard Donnin, TH</p> <p>3:00 Movie Matinee, TH</p> <p>7:00 Evening Movie, TH</p> |
| <p>8:00 Church Transportation</p> <p>11:30 Senior Yoga with Mojdeh, Gym</p> <p>1:00 Scenic Sunday Drive (TBD), LB</p> <p>2:30 Bible Study, TH</p> <p>3:00 Cedar Mill Library Trip, LB</p> <p>7:00 Sunday Documentary, TH</p> | <p>10:00 Strength & Stretch (Standing), Gym *</p> <p>11:00 Strength & Stretch (Seated), Gym *</p> <p>11:00 Shopping at Pioneer Place, LB</p> <p>1:00 Bingo, ER</p> <p>1:30 Music History Presentation By: Gordon Neal, TH</p> <p>3:00 Advisory Council, ER</p> <p>7:00 Evening Movie, TH</p> | <p>10:00 Strength & Stretch (Standing), Gym *</p> <p>11:00 Strength & Stretch (Seated), Gym *</p> <p>11:00 Wii Games, TH</p> <p>1:00 Mardi Gras Parade Miller's Pub, MP</p> <p>2:30 Resident Meeting, ER</p> <p>3:30 TED Talk Tuesdays, TH</p> <p>7:00 Evening Movie, TH</p> | <p>ASH WEDNESDAY</p> <p>10:00 Arthritis Exercise Class with Mo, Gym</p> <p>1:00 Bingo, ER</p> <p>1:00 Needlecraft, CR</p> <p>1:30 Mahjong, ARL</p> <p>2:00 Grocery Run Day, LB</p> <p>3:30 Great Courses, TH</p> <p>7:00 Evening Movie, TH</p> | <p>10:00 Strength & Stretch (Standing), Gym *</p> <p>10:00 B/P Clinic By: Home Instead, MP</p> <p>11:00 Catholic Mass, TH</p> <p>11:00 Strength & Stretch (Seated), Gym *</p> <p>11:00 Pastry Making with Justin, ER</p> <p>1:00 Infinity Presentation Aging Eyes, TH</p> <p>1:30 NW Doodle, LB</p> <p>5:00 Ladies' Movie Night, TH</p> <p>7:00 Evening Movie, TH</p> | <p>10:00 Strength & Stretch (Standing), Gym *</p> <p>11:00 Strength & Stretch (Seated), Gym *</p> <p>11:30 Mexican Train, MP</p> <p>11:30 Pastry Making with Justin, MP</p> <p>12:30 Rosetta Stone: Spanish, TH</p> <p>1:30 Hand & Foot Card Game, ER</p> <p>3:00 Happy Hour Meet & Greet, MP</p> <p>3:00 Dance Frenzy with Refreshments, ER</p> <p>7:00 Evening Movie, TH</p> | <p>10:00 Strength & Stretch (Standing), Gym *</p> <p>11:00 Strength & Stretch (Seated), Gym *</p> <p>1:00 Bingo, ER</p> <p>3:00 Movie Matinee, TH</p> <p>7:00 Evening Movie, TH</p> |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|---|--|--|---|---|---|---|---|
| <p>Locations</p> <p>Activity/ Game Room, ARL Assisted Living, AL Columbia Room, CR Cornell's Restaurant, CR Courtyard, CY Dining Room, DR Entertainment Room, ER</p> | <p>Flag Pole, FP Lobby, LB Maritime Room, MR Miller's Pub, MP Off Campus, OC PrimeFit Gym, Gym</p> | <p>Transportation</p> <p>Tuesday, 3 p.m.: Memory Care Scenic Drive</p> <p>Birthdays</p> <p>Bernie Hann, 11th Judith McDonald, 16th</p> |  | | | <p>opal key</p> <ul style="list-style-type: none"> ● Physical ● Social ● Experiential ● Emotional & Spiritual ● Creative & Artistic ● Therapeutic ● Sensory | <p>9:00 ● Bean Bag Toss, MR 10:00 ● What Am I?, MR 11:00 ● Parachute Fun!, MR 1:00 ● Nail Spa, CR 2:00 ● Bowling, MR 3:00 ● Afternoon Stroll, OC 5:00 ● Alphabet Game, MR 6:00 ● Evening Movie:, MR</p> |
| <p>2</p> <p>9:00 ● Baking ..., DR 10:00 ● This Day in History, MR 11:00 ● Morning Stretch, MR 1:00 ● Life Story, CR 2:00 ● Book Club, CR 3:00 ● Yahtzee, MR 5:00 ● Hangman, MR 6:00 ● Evening Movie:, MR</p> | <p>3</p> <p>9:00 ● Baking ..., DR 10:00 ● Travel Talk: Italy, MR 10:30 ● Seated Chair Yoga, MR 11:00 ● Jenga, MR 1:00 ● What's That Smell?, MR 2:00 ● Trivia, MR 3:00 ● Music Therapy with Alexis, MR 5:00 ● Alphabet Game, MR 6:00 ● Evening Movie:, MR</p> | <p>4</p> <p>9:00 ● Baking ..., DR 10:00 ● Getting to Know You, MR 11:00 ● Morning Meditation, MR 1:00 ● Nail Spa, CR 2:00 ● Scrap Booking, CR 3:00 ● Scenic Bus Ride, OC 5:00 ● Corn Hole Game, MR 6:00 ● Evening Movie:, MR</p> | <p>5</p> <p>9:00 ● Baking ..., DR 10:00 ● Ball Toss, MR 11:00 ● Hangman, MR 1:30 ● Eldergrow with Jennifer, DR 2:00 ● Yahtzee, MR 3:00 ● Afternoon Walk, OC 5:00 ● Art Coloring, MR 6:00 ● Evening Movie:, MR</p> | <p>6</p> <p>9:00 ● Baking ..., DR 10:00 ● Bubble Art, MR 11:00 ● Morning Yoga, MR 1:00 ● What Am I?, MR 2:00 ● Tea Party, MR 3:00 ● Jenga, MR 5:00 ● Bowling, MR 6:00 ● Evening Movie:, MR</p> | <p>7</p> <p>9:00 ● Art Coloring, MR 10:00 ● Trivia, MR 11:00 ● Singalong, MR 1:00 ● Bingo!, MR 2:00 ● Ball Toss, MR 3:00 ● What's That Smell?, MR 5:00 ● Hangman, MR 6:00 ● Evening Movie:, MR</p> | <p>8</p> <p>9:00 ● Bean Bag Toss, MR 10:00 ● What Am I?, MR 11:00 ● Parachute Fun!, MR 1:00 ● Nail Spa, CR 2:00 ● Bowling, MR 3:00 ● Afternoon Stroll, OC 5:00 ● Alphabet Game, MR 6:00 ● Evening Movie:, MR</p> | |
| <p>9</p> <p>9:00 ● Baking ..., DR 10:00 ● This Day in History, MR 11:00 ● Morning Stretch, MR 1:00 ● Life Story, CR 2:00 ● Book Club, CR 3:00 ● Yahtzee, MR 5:00 ● Hangman, MR 6:00 ● Evening Movie:, MR</p> | <p>10</p> <p>9:00 ● Baking ..., DR 10:00 ● Travel Talk: Sweden, MR 10:30 ● Seated Chair Yoga, MR 11:00 ● Jenga, MR 1:00 ● What's That Smell?, MR 2:00 ● Trivia, MR 3:00 ● Music Therapy with Alexis, MR 5:00 ● Alphabet Game, MR 6:00 ● Evening Movie:, MR</p> | <p>11</p> <p>9:00 ● Baking ..., DR 10:00 ● Getting to Know You, MR 11:00 ● Morning Meditation, MR 1:30 ● Musical Performance by Dom Franco, MR 2:00 ● Scrap Booking, MR 3:00 ● Scenic Bus Ride, OC 5:00 ● Corn Hole Game, MR 6:00 ● Evening Movie:, MR</p> | <p>12</p> <p>9:00 ● Baking ..., DR 10:00 ● Current Events, MR 10:00 ● Ball Toss, MR 11:00 ● Hangman, MR 1:30 ● Eldergrow with Jennifer, DR 2:00 ● Yahtzee, MR 3:00 ● Afternoon Stroll, OC 5:00 ● Art Coloring, MR 6:00 ● Evening Movie:, MR</p> | <p>13</p> <p>9:00 ● Baking ..., DR 10:00 ● Bubble Art, MR 11:00 ● Morning Yoga, MR 1:00 ● What Am I?, MR 2:00 ● Tea Party, MR 3:00 ● Jenga, MR 5:00 ● Bowling, MR 6:00 ● Evening Movie:, MR</p> | <p>14</p> <p>VALENTINE'S DAY</p> <p>9:00 ● Art Coloring, MR 10:00 ● Beach Ball Trivia, MR 11:00 ● Go with the Flow Exercise, MR 1:00 ● Bingo!, MR 2:00 ● Mad Libs, MR 3:00 ● Instrument Playalong, MR 5:00 ● Hangman, MR 6:00 ● Evening Movie:, MR</p> | <p>15</p> <p>9:00 ● Bean Bag Toss, MR 10:00 ● What Am I?, MR 11:00 ● Parachute Fun!, MR 1:00 ● Nail Spa, CR 2:00 ● Bowling, MR 3:00 ● Afternoon Walk, OC 5:00 ● Alphabet Game, MR 6:00 ● Evening Movie:, MR</p> | |
| <p>16</p> <p>9:00 ● Baking ..., DR 10:00 ● This Day in History, MR 11:00 ● Morning Stretch, MR 1:00 ● Life Story, MR 2:00 ● Book Club, CR 3:00 ● Yahtzee, MR 5:00 ● Hangman, MR 6:00 ● Evening Movie:, MR</p> | <p>17</p> <p>PRESIDENTS DAY</p> <p>9:00 ● Baking ..., DR 10:00 ● Travel Talk: India, MR 10:30 ● Seated Chair Yoga, MR 11:00 ● Jenga, MR 1:00 ● What's That Smell?, MR 2:00 ● Trivia, MR 3:00 ● Music Therapy with Alexis, MR 5:00 ● Alphabet Game, MR 6:00 ● Evening Movie:, MR</p> | <p>18</p> <p>9:00 ● Baking ..., DR 10:00 ● Getting to Know You, MR 11:00 ● Morning Meditation, MR 1:00 ● Nail Spa, CR 2:00 ● Scrap Booking, MR 3:00 ● Scenic Bus Ride, OC 5:00 ● Corn Hole Game, MR 6:00 ● Evening Movie:, MR</p> | <p>19</p> <p>9:00 ● Baking ..., DR 10:00 ● Ball Toss, MR 11:00 ● Hangman, MR 1:30 ● Eldergrow with Jennifer, DR 2:00 ● Yahtzee, MR 3:00 ● Afternoon Stroll, OC 5:00 ● Art Coloring, MR 6:00 ● Evening Movie:, MR</p> | <p>20</p> <p>9:00 ● Baking ..., DR 10:00 ● Bubble Art, MR 11:00 ● Morning Yoga, MR 1:00 ● What Am I?, MR 2:00 ● Tea Party, MR 3:00 ● Jenga, MR 5:00 ● Bowling, MR 6:00 ● Evening Movie:, MR</p> | <p>21</p> <p>9:00 ● Art Coloring, MR 10:00 ● Trivia, MR 11:00 ● Singalong, MR 1:00 ● Bingo!, MR 2:00 ● Ball Toss, MR 3:00 ● What's That Smell?, MR 5:00 ● Hangman, MR 6:00 ● Evening Movie:, MR</p> | <p>22</p> <p>9:00 ● Bean Bag Toss, MR 10:00 ● What Am I?, MR 11:00 ● Parachute Fun!, MR 1:00 ● Nail Spa, MR 2:00 ● Bowling, MR 3:00 ● Afternoon Stroll, OC 5:00 ● Alphabet Game, MR 6:00 ● Evening Movie:, MR</p> | |
| <p>23</p> <p>9:00 ● Baking ..., DR 10:00 ● This Day in History, MR 11:00 ● Morning Stretch, MR 1:00 ● Life Story, MR 2:00 ● Book Club, MR 3:00 ● Yahtzee, MR 5:00 ● Hangman, MR 6:00 ● Evening Movie:, MR</p> | <p>24</p> <p>9:00 ● Baking ..., MR 10:30 ● Seated Chair Yoga, MR 11:00 ● Travel Talk: Australia, MR 11:00 ● Jenga, MR 1:00 ● What's That Smell?, MR 2:00 ● Trivia, MR 3:00 ● Music Therapy with Alexis, MR 5:00 ● Alphabet Game, MR 6:00 ● Evening Movie:, MR</p> | <p>25</p> <p>9:00 ● Baking ..., DR 10:00 ● Getting to Know You, MR 11:00 ● Morning Meditation, MR 1:00 ● Nail Spa, MR 2:00 ● Scrap Booking, CR 3:00 ● Scenic Bus Ride, OC 5:00 ● Corn Hole Game, MR 6:00 ● Evening Movie:, MR</p> | <p>26</p> <p>ASH WEDNESDAY</p> <p>9:00 ● Baking ..., DR 10:00 ● Ball Toss, MR 11:00 ● Hangman, MR 1:30 ● Eldergrow with Jennifer, DR 2:00 ● Yahtzee, MR 3:00 ● Afternoon Stroll, OC 5:00 ● Art Coloring, MR 6:00 ● Evening Movie:, MR</p> | <p>27</p> <p>9:00 ● Baking ..., DR 10:00 ● Bubble Art, MR 11:00 ● Morning Yoga, MR 1:00 ● What Am I?, MR 2:00 ● Tea Party, MR 3:00 ● Jenga, MR 5:00 ● Bowling, MR 6:00 ● Evening Movie:, MR</p> | <p>28</p> <p>9:00 ● Art Coloring, MR 10:00 ● Trivia, MR 11:00 ● Singalong, MR 1:00 ● Bingo!, MR 2:00 ● Ball Toss, MR 3:00 ● What's That Smell?, MR 5:00 ● Hangman, MR 6:00 ● Evening Movie:, MR</p> | <p>29</p> <p>9:00 ● Bean Bag Toss, MR 10:00 ● What Am I?, MR 11:00 ● Parachute Fun!, MR 1:00 ● Nail Spa, MR 2:00 ● Bowling, MR 3:00 ● Afternoon Stroll, OC 5:00 ● Alphabet Game, MR 6:00 ● Evening Movie:, MR</p> | |