




Health Care Life Enrichment

February 2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|--|---|--|
|  | |  | |  | <p>1 9:30 Sit & Be Fit 10:00 Relax & Refresh 10:15 Active Game 1:30 Friendly Visits 2:30 Bean Bag Toss 2:30 Holy Rosary-C 3:30 Bingo</p> | <p>2 9:15 Gather & Chat 9:30 Exercise 3:45 Friendly Visits</p> |
| <p>3 10:00 Church Service-GL 4:00 Friendly Visits</p> | <p>4 9:15 Gather & Chat 10:00 Music with Larry 1:30 Walk and Roll 2:30 Horticulture 3:30 Welcome to February! 4:15 Relax & Refresh</p> | <p>5 Anita Sullivan 9:30 Catholic Mass-GL 9:30 Sit & Be Fit 10:00 Relax & Refresh 10:15 Active Game 1:30 Pat Goes to China-GL 1:30 Art w/Mark-WS 2:30 Valentine Craft 3:30 What Are They Doing? 4:15 Juice Visits</p> | <p>6 9:30 Music Therapy with Diane 1:30 Hand Massages 2:30 Friendly Visits 3:30 Sensory Activity 4:15 Juice Visits</p> | <p>7 9:30 Sit & Be Fit 10:00 Relax & Refresh 10:15 Music Circle 1:30 Walk & Roll 2:30 Match Up Game 3:30 Sing-A-Long 4:15 Juice Visits</p> | <p>8 9:30 Sit & Be Fit 10:00 Relax & Refresh 10:15 Active Game 11:00 Hinsdale Humane Society Visit 1:30 Walk and Roll 2:30 Puzzle Time 2:30 Holy Rosary-C 3:30 Bingo</p> | <p>9 9:15 Gather & Chat 9:30 Exercise 3:45 Friendly Visits</p> |
| <p>10 10:00 Church Service-GL 4:00 Friendly Visits</p> | <p>11 9:15 Gather & Chat 10:00 Music with Larry 10:30 Catholic Communion-GL 1:30 Walk & Roll 2:30 Horticulture 3:30 Peppermint Pattie Day 4:15 Relax & Refresh</p> | <p>12 9:30 Sit & Be Fit 10:00 Relax & Refresh 10:15 Active Game 1:30 Friendly Visits 1:30 Art w/Mark-WS 2:30 Sort & Fold 3:30 Paint with Pudding 4:15 Juice Visits</p> | <p>13 Frances Green 9:30 Gather & Chat 10:00 UCC Blessing 1:15 Hand Massages 2:00 Diva & George Performance-GL 3:30 Brain Games: Puzzle Time 4:15 Juice Visits</p> | <p>14 9:30 Sit & Be Fit 10:00 Relax & Refresh 10:15 Music Circle 1:30 Walk and Roll 1:30 Valentine's Bingo for Cash-GL 3:15 Sing-a-Long 4:15 Juice Visits</p> | <p>15 9:30 Sit & Be Fit 10:00 Relax & Refresh 10:15 Active Game 1:30 Walk and Roll 2:30 Let's Paint 2:30 Holy Rosary-C 3:30 Bingo</p> | <p>16 9:15 Gather & Chat 9:30 Exercise 3:45 Friendly Visits</p> |
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February 2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|--|--|--|
| 17 10:00 Church Service-GL 4:00 Friendly Visits | 18 President's Day 9:15 Gather & Chat 10:00 Music with Larry 1:30 Walk & Roll 2:30 Horticulture 3:30 It's the Cat's Meow Day 4:15 Relax & Refresh | 19 9:30 Sit & Be Fit 10:00 Relax & Refresh 10:15 Active Game 1:30 Friendly Visits 1:30 Art w/Mark-WS 2:30 What Am I? 3:30 Bean Bag Toss 4:15 Juice Visits | 20 9:30 Music and Movement with Gail Ann 1:30 Hand Massages 2:30 Friendly Visits 3:30 Fun with Snow! 4:15 Juice Visits | 21 9:30 Sit & Be Fit 10:00 Relax & Refresh 10:15 Music Circle 11:00 Prayer Group with Kathryn-C 1:15 Inspirational Movie-T 1:30 Walk & Roll 2:30 Sort & Fold 3:30 Sing-a-Long 4:15 Juice Visits | 22 9:30 Sit & Be Fit 10:00 Relax & Refresh 10:15 Active Game 11:00 Hinsdale Humane Society Visit 1:30 Walk and Roll 2:30 Penguin Craft 2:30 Holy Rosary-C 3:30 Bingo | 23 9:15 Gather & Chat 9:30 Exercise 3:45 Friendly Visits |
| 24 10:00 Church Service-GL 2:00 Yvonne's Piano-GL 4:00 Friendly Visits | 25 9:15 Gather & Chat 10:00 Music with Larry 10:30 Catholic Communion-GL 1:30 Walk & Roll 2:30 Horticulture 3:30 Strawberry Day 4:15 Relax & Refresh | 26 9:30 Sit & Be Fit 10:00 Relax & Refresh 10:15 Active Game 1:30 Friendly Visits 1:30 Art w/Mark-WS 2:30 Sort & Fold 3:30 What Instrument Am I? 4:15 Juice Visits | 27 9:30 Sit & Be Fit 10:00 Relax & Refresh 10:15 Active Game 1:30 Hand Massages 2:30 Friendly Visits 3:30 Brain Games: Puzzle Time 4:15 Juice Visits | 28 9:15 Resident Council-GL 9:30 Sit and Be Fit 10:00 Relax & Refresh 10:15 Music Circle 1:30 Walk and Roll 2:30 What Animal Am I? 3:30 Sing-A-Long 4:15 Juice Visits |  | |
| *Unless otherwise noted, activities are in HC Dining room* Salon Muir Tues-Sat Open at 8am. | Any special events held throughout the weekend require a family member or caregiver to accompany resident. | Room Location Key: C-Chapel GL-Great Lounge SP-Suzanne's Place T-Theater WS- Wellness Studio *Schedule subject to change-notices posted on daily calendar.* | | | | |