


JANUARY 2019

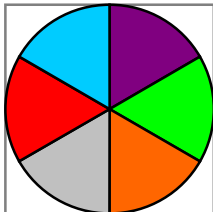

Our Daily Wellness Path

FEBRUARY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>27</p> <p>Morning 8:00 Breakfast Puzzles & Sketching Praiseful Singing Independent Pleasures</p> <p>12:00 Lunch</p> <p>Afternoon</p> <p>3:00 Church Service 4:00 Supper</p> <p>Super Bowl Game will be on in family room Snacks will be provides</p> <p>Evening Movie Matinee & Popcorn Aromatherapy & Massage</p> 	<p>28</p> <p>Morning Wake Up Our Daily Bread Devotions Hymn singing Arm Chair Movements What nots & Snack Table Ball Memory Jogging: Junk Drawer</p> <p>Pass Out a Smile Day</p> <p>Afternoon Kitchen Creations: Apple Nachos Body's in Motion Trivia Reminisce 3:00 Bible Study with Pastor Larry Snack & chat</p> <p>Evening SHAKE A Memory Loose Aromatherapy & Back Massage</p>	<p>29</p> <p>Morning Wake Up Our Daily Bread Devotions Hymn sing Bingo Music & Motion What nots & Snack Memory Jogging: Dot to Dot Kick Ball Sensory:</p> <p>Afternoon Body's in Motion 2:00 Veggie/Fruit Bingo with Kid Kare Daycare Trivia Reminisce Snack & chat</p> <p>Evening Fun with Abby Marble Art Classic TV Shows & Popcorn: Aromatherapy & Reminisce By the Fireplace</p>	<p>30</p> <p>Morning Wake Up Puzzles & Sketching 10:30 Devotions Hymn Singing What nots & Snack 11:15 Yoga with Ashley Memory Jogging: Guess a spice</p> <p>Afternoon Fun With Science Popcorn & Chat 2:30 Balance Class with Todd Oldies & Goodies Singalong</p> <p>Evening Movie Matinee Aromatherapy & Hand Massage</p>	<p>31</p> <p>Morning Wake Up Our Daily Bread Devotions Bible Bingo Chair Dancing What nots & Snack Memory Jogging: what's wrong with this picture Table ball</p> <p>Afternoon Nail Glamor Independent Projects Movie Matinee & Popcorn: Won't you be My Neighbor (Fred Rogers)</p> <p>Evening Aromatherapy & Hand Massage</p>	<p>1</p> <p>Morning Wake Up Our Daily Bread Devotions Hymn singing Arm Chair Movements & Refreshments What nots & Snack Kick ball Memory Jogging: Puzzles</p> <p>Afternoon Artistic Creations Sparkly Bath Bombs Body's in Motion Current Events & Coffee Independent Projects</p> <p>Evening Animal Video Aromatherapy & Hand Massage</p>	<p>2</p> <p>Morning Wake Up Hymn singing Arm Chair Movements & Refreshments Memory Jogging: Independent Activity Stations</p> <p>Afternoon Movie & Popcorn Toe Tapping Independent Projects</p> <p>Evening 6:00 Lawrence Welk (16) Aromatherapy & Back rubs</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Morning 3 8:00 Breakfast Puzzles & Sketching Praiseful Singing Independent Pleasures 12:00 Lunch Afternoon 1:30 Ice Cream Social 3:00 Church Service 4:00 Supper Evening Movie Matinee & Popcorn Aromatherapy & Massage</p>  <ul style="list-style-type: none"> ■ Emotional ■ Social ■ Vocational ■ Physical ■ Intellectual ■ Spiritual 	<p>Morning 4 Wake Up Our Daily Bread Devotions Hymn singing Arm Chair Movements What nots & Snack Table Ball Memory Jogging: Junk Drawer Afternoon Kitchen Capers Groundhog Cookies Body's in Motion Ground Hog Day Trivia & Social 3:00 Bible Study with Pastor Larry Evening Movie Matinee Groundhog Day Aromatherapy & Back Massage</p>	<p>Morning 5 Wake Up Our Daily Bread Devotions Hymn sing Bingo Music & Motion What nots & Snack Memory Jogging: Dot to Dot Kick Ball  Afternoon Making Chinese Spring Rolls Body's in Motion Chinese's Table Tennis Chinese New year's Year of the Pig Reminisce Evening Fun with Abby Chinese New Year Bingo</p>	<p>Morning 6 Wake Up Our Daily Bread Devotions Bible Bingo Yoga With Ashley What nots & Snack Memory Jogging: what's wrong with this picture Table ball Afternoon Making Valentine's Day Cards 2:30 Balance Class with Todd Valentines Treats Evening Movie Matinee Aromatherapy & Hand Massage</p>	<p>Morning 7 Wake Up Our Daily Bread Devotions Bible Bingo Chair Dancing What nots & Snack Memory Jogging: what's wrong with this picture Table ball Afternoon 1:30 February Birthday Celebration Nail Glamor Independent Projects Movie Matinee & Popcorn: Return of the American Buffalo Evening Aromatherapy & Hand Massage</p>	<p>Morning 8 Wake Up Our Daily Bread Devotions Hymn singing Arm Chair Movements & Refreshments What nots & Snack Kick ball Memory Jogging: Puzzles Afternoon 1:30 Helena Flats Students Body's in Motion Chewing Gum Social Bubble Fun Independent Projects Evening Animal Video Aromatherapy & Hand Massage</p>	<p>Morning 9 Wake Up Hymn singing Arm Chair Movements & Refreshments Memory Jogging: Independent Activity Stations Afternoon Movie & Popcorn Toe Tapping Independent Projects Evening 6:00 Lawrence Welk (16) Aromatherapy & Back rubs</p>

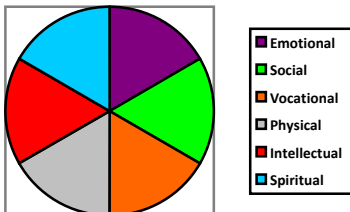
FEBRUARY 2019

Our Daily Wellness Path

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Morning 10 8:00 Breakfast Puzzles & Sketching Praiseful Singing Independent Pleasures 12:00 Lunch Afternoon 1:30 Ice Cream Social 3:00 Church Service 4:00 Supper Evening Movie Matinee & Popcorn Aromatherapy & Massage</p> 	<p>Morning 11 Wake Up Our Daily Bread Devotions Hymn singing Arm Chair Movements What nots & Snack Table Ball Memory Jogging: Junk Drawer Afternoon Fresh Flower Arranging Body's in Motion Trivia Reminisce 3:00 Bible Study with Pastor Larry Snack & chat Evening SHAKE A Memory Loose Aromatherapy & Back Massage</p>	<p>Morning 12 Wake Up Our Daily Bread Devotions Hymn sing Bingo Music & Motion What nots & Snack Memory Jogging: Dot to Dot Kick Ball Afternoon Body's in Motion Valentines Jingo 2:30 Artistic Passions Lollipop Flowers with Kid Kare Daycare Evening Fun with Abby Decorating Valentine Cupcakes Classic TV Shows & Popcorn: Aromatherapy & Reminisce By the Fireplace</p>	<p>Morning 13 Wake Up Our Daily Bread Devotions Bible Bingo 11:15 Yoga With Ashley What nots & Snack Memory Jogging: what's wrong with this picture Table ball Strawberry Fudge Afternoon Artistic Passions Heart Rocks 2:30 Balance Class with Todd Hollywood Couple Did you know Chocolate Tasting Social Evening Movie Matinee Aromatherapy & Hand Massage</p>	 <p>14 Morning Wake Up Our Daily Bread Devotions Bible Bingo Chair Dancing What nots & Snack Memory Jogging: what's wrong with this picture Table ball Afternoon 1:30 Valentine's Day Social Hollywood Couple Reminisce Evening Aromatherapy & Hand Massage</p>	<p>Morning 15 Wake Up Our Daily Bread Devotions Hymn singing Arm Chair Movements & Refreshments What nots & Snack Kick ball Memory Jogging: Puzzles Afternoon Nail Glamor Body's in Motion Movie Matinee: Europe's most beautiful landscapes Current Events & Ice Cream Cones Independent Projects Evening Animal Video Aromatherapy & Hand Massage</p>	<p>Morning 16 Wake Up Hymn singing Arm Chair Movements & Refreshments Memory Jogging: Independent Activity Stations Afternoon Movie & Popcorn Toe Tapping Independent Projects Evening 6:00 Lawrence Welk (16) Aromatherapy & Back rubs</p>

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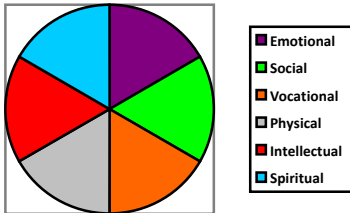
Our Daily Wellness Path

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Morning 17 8:00 Breakfast Puzzles & Sketching Praiseful Singing Independent Pleasures 12:00 Lunch Afternoon 1:30 Ice Cream Social 3:00 Church Service 4:00 Supper Evening Movie Matinee & Popcorn Aromatherapy & Massage</p> 	<p>Morning 18 Wake Up Our Daily Bread Devotions Hymn singing Arm Chair Movements What nots & Snack Table Ball Memory Jogging: Junk Drawer Afternoon Kitchen Capers Eagle Cookies Body's in Motion Trivia Reminisce 3:00 Bible Study with Pastor Larry Snack & chat Evening SHAKE A Memory Loose Aromatherapy & Back Massage</p>	<p>Morning 19 Wake Up Our Daily Bread Devotions Hymn sing Bingo Music & Motion What nots & Snack Memory Jogging: Dot to Dot Kick Ball Afternoon Artistic Passions Polar bear collage Body's in Motion Presidential Jingo Snack & Chat Evening Fun with Abby Building Presidential Cabins Classic TV Shows & Popcorn: Aromatherapy & Reminisce By the Fireplace</p>	<p>Morning 20 Wake Up Our Daily Bread Devotions Bible Bingo Kitchen Cappers Cinnamon Bread Demo 11:15 Yoga With Ashley Afternoon Body's in Motion Presidential Toss Presidential song Trivia 2:30 Balance Class with Todd Evening Movie Matinee Aromatherapy & Hand Massage</p>	<p>Morning 21 Wake Up Our Daily Bread Devotions Bible Bingo Chair Dancing What nots & Snack Memory Jogging: what's wrong with this picture Table ball Afternoon 1:30 Calamity Singers Body's in Motion Dancing Nail Glamor Education Series Movie Matinee: Egypt Evening Aromatherapy & Hand Massage</p>	<p>Morning 22 Wake Up Our Daily Bread Devotions Hymn singing Arm Chair Movements & Refreshments What nots & Snack Kick ball Memory Jogging: Puzzles Afternoon 1:30 WINTER DRIVE & TREAT Independent Projects Evening Animal Video Aromatherapy & Hand Massage</p>	<p>Morning 23 Wake Up Hymn singing Arm Chair Movements & Refreshments Memory Jogging: Independent Activity Stations Afternoon Movie & Popcorn Toe Tapping Independent Projects Evening 6:00 Lawrence Welk (16) Aromatherapy & Back rubs</p>

FEBRUARY 2019

MARCH 2019

Our Daily Wellness Path

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Morning 24 8:00 Breakfast Puzzles & Sketching Praiseful Singing Independent Pleasures 12:00 Lunch Afternoon 1:30 Ice Cream Social 3:00 Church Service 4:00 Supper Evening Movie Matinee & Popcorn Aromatherapy & Massage</p> 	<p>Morning 25 Wake Up Our Daily Bread Devotions Hymn singing Arm Chair Movements What nots & Snack Table Ball Memory Jogging: Junk Drawer Afternoon Body's in Motion Wedding Photos Social Trivia Reminisce Evening SHAKE A Memory Loose Aromatherapy & Back Massage</p>	<p>Morning 26 Wake Up Our Daily Bread Devotions Hymn sing Bingo Music & Motion What nots & Snack Memory Jogging: Dot to Dot Kick Ball Afternoon Artistic Passions No Sew Rainbow Scarf Jingo Body's in Motion Evening Fun with Abby Classic TV Shows & Popcorn: Aromatherapy & Reminisce By the Fireplace</p>	<p>Morning 27 Wake Up Our Daily Bread Devotions Bible Bingo 11:15 Yoga With Ashley What nots & Snack Memory Jogging: what's wrong with this picture Table ball Afternoon Kitchen Capers Cinnamon rolls Oldies & Goodies Singalong 2:30 Balance Class with Todd Evening Movie Matinee Aromatherapy & Hand Massage</p>	<p>Morning 28 Wake Up Our Daily Bread Devotions Hymn singing Arm Chair Movements & What nots & Snack Kick ball Memory Jogging: What's wrong with this picture Afternoon 1:30 Singalong with The Creston Crooners Body's in Motion Independent Projects Evening Animal Video Aromatherapy & Hand Massage</p>	<p>Morning 1 Wake Up Our Daily Bread Devotions Hymn singing Arm Chair Movements & Refreshments Memory Jogging: Independent Activity Stations Afternoon Nail Glamor Body's in Motion Movie Matinee: Building the Hoover Dam Current Events & Coffee Independent Projects Evening Animal Video Aromatherapy & Hand Massage</p>	<p>Morning 2 Wake Up Hymn singing Arm Chair Movements & Refreshments Memory Jogging: Independent Activity Stations Afternoon Movie & Popcorn Toe Tapping Independent Projects Evening 6:00 Lawrence Welk (16) Aromatherapy & Back rubs</p>