

# February 2023 Memory Support Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<ul style="list-style-type: none"> <li> Creative</li> <li> Environmental</li> <li> Games</li> <li> Intellectual</li> <li> Music</li> <li> Physical</li> <li> Purposeful</li> <li> Snack</li> <li> Social</li> <li> Spiritual</li> </ul>		<p style="text-align: center;"><b>"Surrender to what is. Let go of what was. Have faith in what will be."</b></p> <p style="text-align: center;"><i>— Sonia Ricotti</i></p>	<p>9:45  Devotions with Rev. Mike <b>1</b></p> <p>10:00  Brain Games</p> <p>10:45  Refresh &amp; Refuel</p> <p>11:00  National Dark Choc. Day-Social</p> <p>2:00  Pump it Up w/ Paul</p> <p>2:30  Valentine's Card</p>	<p><b>Groundhog Day 2</b></p> <p>9:30  Chair Zumba w/ Rickina</p> <p>10:00  Groundhog Day - Groundhog Social</p> <p>10:45  Refresh &amp; Refuel</p> <p>11:00  Manicure &amp; Mimosas</p> <p>2:00  Poems by Denise Dudley</p> <p>2:30  HomeAgain Virtual Tour</p> <p>3:30  Moving to Heal w/Jule</p>	<p>9:30  Moving Fridays w/Rickina <b>3</b></p> <p>10:00  Music Therapy</p> <p>10:45  Refresh &amp; Refuel</p> <p>2:00  Grooving w/ Sherry Zak Morris</p> <p>2:30  Cinema: Sleepless In Seattle</p>	<p>2:30  Saturday Matinee <b>4</b></p>	
<p>11:00  <b>Worship Service - Ch. 81</b> <b>5</b></p>	<p>9:30  Grooving w/ Sherry Zak Morris <b>6</b></p> <p>10:00  What I Love About ME..</p> <p>10:45  Refresh &amp; Refuel</p> <p>11:00  Social Club Mondays</p> <p>2:00  Active Afternoons</p> <p>2:00  <b>FUMC Worship Service [CH81]</b></p> <p>2:30  Crafty Corner</p>	<p>9:30  Pump it Up Tuesday <b>7</b></p> <p>10:00  Music Therapy</p> <p>10:45  Refresh &amp; Refuel</p> <p>2:00  Getting Fit w/Paul Eugene</p> <p>2:30  Tunes &amp; Groove w/ Alexa</p>	<p>9:45  Devotions with Rev. Mike <b>8</b></p> <p>10:00  Pump it Up Wednesday</p> <p>10:45  Refresh &amp; Refuel</p> <p>11:00  Texas Winds- Guitar Duo [9th Fl]</p> <p>2:00  Parachute</p> <p>2:30  Paint and Sip</p>	<p>9:30  Chair Zumba w/ Rickina <b>9</b></p> <p>10:00  National Pizza Day!</p> <p>10:45  Refresh &amp; Refuel</p> <p>11:00  Manicure &amp; Mimosas</p> <p>2:30  HomeAgain Virtual Tour</p> <p>3:30  Moving to Heal w/Jule</p>	<p>9:30  Moving Fridays w/Rickina <b>10</b></p> <p>10:00  Music Therapy</p> <p>10:45  Refresh &amp; Refuel</p> <p>2:00  Getting Fit w/Paul Eugene</p> <p>2:30  Cinema: The Princess Bride</p>	<p>2:30  Saturday Matinee <b>11</b></p>	
<p><b>Happy Birthday Gary!!!</b> <b>12</b></p> <p>11:00  <b>Worship Service - Ch. 81</b></p> <p>6:30  Super Bowl Sunday</p>	<p>9:30  Grooving w/ Sherry Zak Morris <b>13</b></p> <p>10:00  Let's Part-Tea w/ Bill Cobb</p> <p>10:45  Refresh &amp; Refuel</p> <p>11:00  Social Club Mondays</p> <p>2:00  Active Afternoons</p> <p>2:00  <b>FUMC Worship Service [CH81]</b></p> <p>2:30  Crafty Corner</p>	<p><b>Valentine's Day 14</b></p> <p>9:30  Pump it Up Tuesday</p> <p>10:00  Music Therapy</p> <p>10:45  Refresh &amp; Refuel</p> <p>2:00  Getting Fit w/Paul Eugene</p> <p>2:30  Tunes &amp; Groove w/ Alexa</p>	<p>9:45  Devotions with Rev. Mike <b>15</b></p> <p>10:00  Chair Zumba</p> <p>10:45  Refresh &amp; Refuel</p> <p>11:00  BINGO!</p> <p>2:00  Sit &amp; Be Fit!</p> <p>2:30  Wine Down Wednesday</p>	<p>9:30  Chair Zumba w/ Rickina <b>16</b></p> <p>10:00  National Almond Day Social</p> <p>10:45  Refresh &amp; Refuel</p> <p>11:00  Manicure &amp; Mimosas</p> <p>2:30  HomeAgain Virtual Tour</p> <p>3:30  Moving to Heal w/Jule</p>	<p>9:30  Moving Fridays w/Rickina <b>17</b></p> <p>10:00  Music Therapy</p> <p>10:45  Refresh &amp; Refuel</p> <p>2:00  Zumba Gold Fitness</p> <p>2:30  Cinema: Pride and Prejudice</p>	<p>2:30  Saturday Matinee <b>18</b></p>	
<p>11:00  <b>Worship Service - Ch. 81</b> <b>19</b></p>	<p><b>Presidents Day 20</b></p> <p>9:30  Grooving w/ Sherry Zak Morris</p> <p>10:00  Muffin Time</p> <p>10:45  Refresh &amp; Refuel</p> <p>11:00  Social Club Mondays</p> <p>2:00  Active Afternoons</p> <p>2:00  <b>FUMC Worship Service [CH81]</b></p> <p>2:30  Crafty Corner</p>	<p><b>Fat Tuesday 21</b></p> <p>9:30  Pump it Up Tuesday</p> <p>10:00  Music Therapy</p> <p>10:45  Refresh &amp; Refuel</p> <p>2:00  Getting Fit w/Paul Eugene</p> <p>2:30  Tunes &amp; Groove w/ Alexa</p>	<p><b>Ash Wednesday 22</b></p> <p>9:45  Devotions with Rev. Mike</p> <p>10:00  Brain Games</p> <p>10:45  Refresh &amp; Refuel</p> <p>11:00  BINGO!</p> <p>2:00  Get Your Bowl On</p> <p>2:30  Wine Down Wednesday</p>	<p>9:30  Chair Zumba w/ Rickina <b>23</b></p> <p>10:00  Scramble Those Words</p> <p>10:45  Refresh &amp; Refuel</p> <p>11:00  Manicure &amp; Mimosas</p> <p>2:30  HomeAgain Virtual Tour</p> <p>3:30  Moving to Heal w/Jule</p>	<p>9:30  Moving Fridays w/Rickina <b>24</b></p> <p>10:00  Music Therapy</p> <p>10:45  Refresh &amp; Refuel</p> <p>2:00  Grooving w/ Sherry Zak Morris</p> <p>2:30  Cinema: Arsenic and Old Lace</p>	<p>2:30  Saturday Matinee <b>25</b></p>	
<p>11:00  <b>Worship Service - Ch. 81</b> <b>26</b></p>	<p>9:30  Grooving w/ Sherry Zak Morris <b>27</b></p> <p>10:00  Floral Arrangements</p> <p>10:45  Refresh &amp; Refuel</p> <p>11:00  National Strawberry Day- Strawberry Cheesecake Social</p> <p>2:00  <b>FUMC Worship Service [CH81]</b></p> <p>2:00  Get Your Bowl On</p>	<p>9:30  Pump it Up Tuesday <b>28</b></p> <p>10:00  Music Therapy</p> <p>10:45  Refresh &amp; Refuel</p> <p>2:00  Getting Fit w/Paul Eugene</p> <p>2:30  Tunes &amp; Groove w/ Alexa</p>	<p style="text-align: center;"><b>Questions or Concerns about the calendar please contact.</b></p> <p style="text-align: center;"><b>Life Enrichment Director Rickina McKinley</b> 318-418-5467 rmckinley@ccyoung.org</p> <p style="text-align: center;"><b>Resident Birthdays Gary F. 2/12</b></p>			<p style="text-align: center;">hello <b>February</b></p>	

. HAPPY .  
*Valentine's Day*

