





# HEBREW SENIOR CARE SENIOR DAY CENTER ACTIVITY CALENDAR FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;"><b>DAILY ROUTINE</b></p> <p><b>8:00 AM SNACK</b>  <b>10:00 CURRENT EVENTS</b>  <b>11:30 EXERCISE</b>  <b>12:00 LUNCH</b>  <b>2:00 PM SNACK</b></p> <p>~~~~~  ** Programs are Subject to Change**</p>	<p style="text-align: center;"><i>"If what you see by the eye doesn't please you, then close your eyes and see from the heart. Because the heart can see beauty and love more than the eyes can every wander."</i></p> <p style="text-align: center;">~~~~~   <b>Anonymous</b></p>	 		<p style="text-align: center;"><b>1</b></p> <p><b>*10:30</b>  <b>BINGO</b></p> <p><b>*11:00</b>  <b>THIS MONTH IN HISTORY (CR)</b></p> <p><b>*11:30</b>  <b>WORKING WITH WATERCOLORS (CR)</b></p>
<p style="text-align: center;"><b>4</b></p> <p><b>*10:30</b>  RELAXING WITH REIKI (CR)  PRESS YOUR LUCK (SB)</p> <p><b>*1:00</b>  WALKING CLUB  COUNCIL MEETING</p>	<p style="text-align: center;"><b>5</b></p> <p><b>*10:30</b>  BINGO  REMENISING (CR)</p> <p><b>*1:00</b>  INSPIRATIONAL THOUGHTS (CR)  CHINESE NEW YEAR ZODIAC</p>	<p style="text-align: center;"><b>6</b></p> <p><b>*10:30</b>  CREATIVE CARD WORKSHOP (CR)  3 WAY HOOPS</p> <p><b>*1:00</b>  FARKLE DICE GAME  AEROBICS FOR THE MIND</p>	<p style="text-align: center;"><b>7</b></p> <p><b>*10:30</b>  <b>NURSING PRESENTATION</b>  WORKING WITH WATERCOLORS (CR)</p> <p><b>*1:00</b>  MUSICAL MOVEMENT WITH MARY  WHO WANTS TO BE A MILLIONAIRE</p>	<p style="text-align: center;"><b>8</b></p> <p><b>*10:30</b>  MUSIC APPRECIATION  WRITER'S CORNER (CR)</p> <p><b>*1:00</b>  <b>WHO AM I: FAMOUS BLACK HISTORIANS</b></p>
<p style="text-align: center;"><b>11</b></p> <p><b>*10:30</b>  WORKOUT FOR THE BRAIN  GARDEN PLANTING (CR)</p> <p><b>*1:00</b>  OLD TIME RADIO SHOWS (CR)  FOLLOW THE LEADER</p>	<p style="text-align: center;"><b>12</b></p> <p><b>*10:30</b>  TABLE GAMES  RELAXING WITH REIKI (CR)</p> <p><b>*1:00</b>  CREATIVE CARD WORKSHOP (CR)  SMARTBOARD FUN</p>	<p style="text-align: center;"><b>13</b></p> <p style="text-align: center;">OL RIP</p> <p><b>*10:30</b>  <b>BRUNCH AT GOLD ROCK</b>  NAME THAT TUNE</p> <p><b>*1:00</b>  BINGO  AFTERNOON HAND MASSAGES (CR)</p>	<p style="text-align: center;"><b>14</b></p> <p><b>*10:30</b>  MUSICAL ENTERTAINMENT  IN BANKE</p> <p style="text-align: center;"><b>DANCING DOLLS VARIETY SHOW</b></p>	<p style="text-align: center;"><b>15</b></p> <p><b>*10:30</b>  TAI CHI EXERCISE  /ISDOM (CR)</p> <p><b>*1:00</b>  GUIDED MEDITATION (CR)  LEFT, RIGHT, CENTER</p>
<p style="text-align: center;"><b>18</b></p> <p style="text-align: center;"><b>PRESIDENT'S DAY</b></p> <p><b>*10:30</b>  PRESIDENTIAL TRIVA  CREATIVE EXPRESSION</p> <p><b>*1:00</b>  WALKING CLUB  CONCENTRATION (SB)</p>	<p style="text-align: center;"><b>19</b></p> <p><b>*10:30</b>  HORSE RACING  SCRABBLE (CR)</p> <p><b>*1:00</b>  BINGO  BALLON BOUNCE (CR)</p>	<p style="text-align: center;"><b>20</b></p> <p><b>*10:30</b>  LADIES CLUB  MEN'S CLUB</p> <p><b>*1:00</b>  WORD CHALLENGE  ING WITH REIKI (CR)</p>	<p style="text-align: center;"><b>21</b></p> <p><b>*10:30</b>  <b>NURSING PRESENTATION</b>  FITNESS DICE (CR)</p> <p><b>*1:00</b>  MUSICAL MOVEMENT WITH MARY  SING-A-LONG WITH REBRA (CR)</p>	<p style="text-align: center;"><b>22</b></p> <p><b>*10:30</b>  MUSIC OF L  MEMORY MATCH</p> <p><b>*1:00</b>  KROCHETING &amp; CROCHETING (CR)  SEATWORKS EXERCISE</p>
<p style="text-align: center;"><b>25</b></p> <p><b>*10:30</b>  GARDEN KICK OFF (CR)  LATERAL THINKING PUZZLES</p> <p><b>*1:00</b>  BINGO  MEMORY MATCH</p>	<p style="text-align: center;"><b>26</b></p> <p><b>*10:30</b>  BALANCE EXERCISES  WORKING WITH WATERCOLORS- PT1 (CR)</p> <p><b>*1:00</b>  ARM CHAIR  WORKING WITH WATERCOLORS (CR)</p>	<p style="text-align: center;"><b>27</b></p> <p><b>*10:30</b>  EXPLORE THE WORLD OUTSIDE  FAMILY FEUD (SB)</p> <p><b>*1:00</b>  <b>FUNNY MONEY AUCTION</b></p>	<p style="text-align: center;"><b>28</b></p> <p><b>*10:30</b>  RELAXING WITH REIKI (CR)  TABLE GAMES</p> <p><b>*1:00</b>  SCRABBLE (CR)  NAME THAT TUNE</p>	<p style="text-align: center;">~~~~~  <b>PROGRAM CODES:</b>  (L)= LIBRARY  (CR)= CRAFT ROOM  (SYN)= SYNAGOGUE  (MPR) Multipurpose Room  (GH)=GREEN HOUSE  ~~~~~</p>