FEBRUARY 2023

Memory Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:45 Chair Stretches 10:30 Guess the Celebrity? 2:00 Lotto 649 Game 3:00 Friendship Snack Mix 3:30 Eyeglass & Jewelry Cleaning	2 9:45 Groundhog Day Shadow Fun 10:30 Balloon Ball 2:00 Lucas Visits 2:30 Prize Bingo 3:30 Hydration Station Groundhog Day	3 9:45 Fun Friday Fitness 10:30 Bowl It Out 2:00 Music Therapy with Sarah Donovan 3:00 Fireplace Snack & Chat with Friends 3:30 Can You Guess the Number? Wear Red Day	4 9:45 Move & Groove with Olivia 10:30 Washers Competition 2:00 Heart Wreath Craft 3:00 Heart Marshmallow Pops 3:30 February Dot to Dot Fun
5 10:00 Church Service with Hymns 2:00 Manicures & Aromatherapy 3:00 Saturday Sweet Treat & Talks 3:30 Can You See the Big Picture?	6 9:45 Just Saying 10:30 Singing the Oldies- Karaoke 2:00 Prize Bingo 3:00 Monday Muffins & Mingle 3:30 Monday Moving Circle	7 9:00 Beauty Salon 9:45 Band Exercises 10:30 Heart Dart Trivia 2:00 Bus Cruise Down Back Roads 3:30 Love Bug Cocktail	8 9:45 Cornhole Competition 10:30 Link the Last Letter 2:00 "My Heart" Map-Art Therapy 3:00 Valentine Muddy Buddy Mix & Mingle 3:30 Walk It Off	9 9:45 Shake a Memory Loose 10:30 Keep It Up Fun 2:00 Prize Bingo 3:00 Thursday Treat Trolley 3:30 "A Love Story" Write Word Game	10 9:45 Friday Move & Groove 10:30 Minute To Win It Game 2:00 Music Concert with Bob Nash 3:00 Strawberry Yogurt Parfait 3:30 Valentine Day Surprise- "Adopt a Grandparent" Visits	11 9:45 Full Body Workout 10:30 Football Toss 2:00 Prize Bingo 3:00 Hydrate with Friends 3:30 "All Things Red" Crossword Fun
12 10:00 Church Service with Pastor Shaw 2:00 Valentine Card Craft 3:00 Valentine Snack Treat & Talks 3:30 Heart to Heart Room Visits Super Bowl	13 9:45 Pick an Exercise 10:30 Valentine Match Game 2:00 Prize Bingo 3:00 Love Potion #9 Cocktail 3:30 Left/Right Valentine Story	14 9:00 Beauty Salon 9:45 Valentine Bingo 10:30 Cupid Shuffle Relay Fun 2:00 Cruising Around Murfreesboro Square 3:30 Courtship Reminiscing Valentine's Day	15 9:45 Shake a Move Exercise Fun 10:30 "Twister with a Twist" Game 11:00 Thigpen Hearing (A/L) 2:00 Scrabble Poker 3:00 Walking Club 3:30 Hydration Station	16 9:45 Smash Ball 10:30 Marleen Visits- Pet Therapy 2:00 Prize Bingo 3:00 S'mores Trail Mix & Mingle 3:30 Fill In the Clue- Bird Watching	17 9:45 You've Got Exercise Moves! 10:30 Conversation Starters 2:00 Music Performance with JBD Express (Magnolia Room) 3:30 Enjoy a Board Game!	18 9:30 Saturday Movie Matinee 2:00 Prize Bingo with Jim 3:00 Therapeutic Adult Coloring Table
19 10:00 Church Service with Hymns 2:00 Manicures & Music 3:00 Sunday Snack 3:30 "Searching For February" Word Puzzle	20 9:45 Presidential Fitness Trail 10:30 Yard Dart Game 2:00 Prize Bingo 3:00 Fruit Skewers 3:30 Name the Presidents President's Day	21 9:00 Beauty Salon 9:45 Weight Workout 10:30 21 Questions Game 2:00 Bus Ride to Fate Sanders Percy Priest Lake 3:30 1:1 Room Visits & Inspirational Talks Mardi Gras	22 9:45 Forever Fit Drums 10:30 Taboo 2:00 Peacock Craft 3:00 Cherry Dump Cake for George Washington's Birthday 3:30 Campus Walk Ash Wednesday	23 9:45 Going on an Exercise Adventure 10:30 Noodle Ball Fun 2:00 Fun with Lucas 2:30 Prize Bingo 3:30 Ice Cream Sundae & Chat	24 9:45 Warm the Body Up 10:30 Tennis Tournament 2:00 AdamsPlace Got Talent (Talent Show) 3:30 Word Game Station	25 9:45 Circle Exercise 10:30 Horse Shoe Tournament 2:00 Prize Bingo 3:00 Saturday Mobile Snack Bar 3:30 Group "Famous February Birthdays" Puzzle Fun
26 10:00 Church Service with Pastor Shaw 2:00 Button Tree Craft 3:00 End of the Week Treat 3:30 Sunday Strolls	27 9:45 Song Burst Trivia 10:30 Singing to the 50's & 60's Classics 2:00 Prize Bingo 3:15 Birthday Bash	28 9:00 Beauty Salon 9:45 Tuesday Toning Class 10:30 Frisbee Trivia 2:00 Bus Trip Through the Christiana Back Roads 3:30 Hot Apple Cider Cart				

AdamsPlace Memory Care Wellness Coordinators: Tonya McElroy & Olivia McElroy *Calendar is Subject to Change