

If you would like an activity/service not reflected on the calendar, please see the RSC/ Administrator.

Activities are subject to change.

Monthly wellness checks conducted by Nursing the 1st thru the 10th of of the month.

Please remember to wear your mask and social distance when outside your apartment.

VALENTINE'S DAY

FEBRUARY 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



01
 09:00 | Home Chair Exercises-on your own! RA
 10:00 | Ground Hogs Day Prediction Sheet fill out @ front desk FIR
 01:30 | Mobile Library Cart RA

02
 09:00 | Home Chair Exercises-on your own! RA
 01:30 | Tuesday Trivia Delivery RA

03
 09:00 | Home Chair Exercises-on your own! RA
 01:30 | Wednesday Art or Crafts Cart Delivery RA

04
 09:00 | Country store delivery 9a-11a RA
 09:00 | Home Chair Exercises-on your own! RA
 01:30 | Warm up- Hot Cocoa Cart RA

05
 09:00 | Home Chair Exercises-on your own! RA
 09:30 | Snack Cart Delivery RA
 01:30 | Friday Follies RA

06
 09:00 | Home Chair Exercises-on your own! RA
 10:00 | Weekly Puzzle Packets Delivered RA

07
 09:30 | Cath. Mass- TV ABC RA
 11:00 | Joel Osteen- All Faith Service TV ABC RA
 01:00 | Super Bowl Party in a bag delivery RA
 05:30 | Super Bowl Game-tv channel CBS RA

08
 09:00 | Home Chair Exercises-on your own! RA
 01:30 | Mobile Library Cart RA

09
 09:00 | Home Chair Exercises-on your own! RA
 01:30 | Tuesday Trivia Delivery RA

10
 09:00 | Home Chair Exercises-on your own! RA
 01:30 | DIY Valentines Day Craft Delivery RA

11
 09:00 | Country store delivery 9a-11a RA
 09:00 | Home Chair Exercises-on your own! RA
 01:30 | Warm up- Hot Cocoa Cart RA

12
 09:00 | Home Chair Exercises-on your own! RA
 09:30 | Snack Cart Delivery RA
 01:30 | Friday Follies RA

13
 09:00 | Home Chair Exercises-on your own! RA
 10:00 | Weekly Puzzle Packets Delivered RA

Valentine's Day 14
 09:30 | Catholic Mass- TV ABC CH 7 RA
 11:00 | Joel Osteen- All Faith Service TV ABC 7 RA
 01:00 | Valentines Delivery RA

Washington's Birthday 15
 09:00 | Home Chair Exercises-on your own! RA
 01:30 | Mobile Library Cart RA

16
 09:00 | Home Chair Exercises-on your own! RA
 01:30 | Mardi Gras Party Delivery to your door! RA

17
 09:00 | Home Chair Exercises-on your own! RA
 01:30 | Wednesday Art or Crafts Cart Delivery RA

18
 09:00 | Country store delivery 9a-11a RA
 09:00 | Home Chair Exercises-on your own! RA
 01:30 | Warm up- Hot Cocoa Cart RA

19
 09:00 | Home Chair Exercises-on your own! RA
 09:30 | Snack Cart Delivery RA
 01:30 | Friday Follies RA

20
 09:00 | Home Chair Exercises-on your own! RA
 10:00 | Weekly Puzzle Packets Delivered RA

21
 09:00 | Home Chair Exercises-on your own! RA
 09:30 | Catholic Mass- TV ABC CH 7 RA
 11:00 | Joel Osteen- All Faith Service TV ABC 7 RA

22
 09:00 | Home Chair Exercises-on your own! RA
 01:30 | President's Day Trivia Delivery RA
 02:00 | Resident Council Questionnaire Delivery RA

23
 09:00 | Home Chair Exercises-on your own! RA
 01:30 | Tuesday Trivia Delivery RA
 02:00 | Resident Council Questionnaire Pick Up RA

24
 09:00 | Home Chair Exercises-on your own! RA
 01:30 | Wednesday Art or Crafts Cart Delivery RA

25
 09:00 | Country store delivery 9a-11a RA
 09:00 | Home Chair Exercises-on your own! RA
 01:30 | Warm up- Hot Cocoa Cart RA

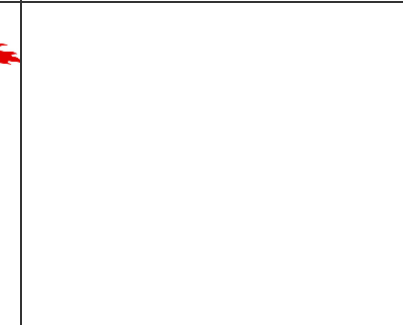
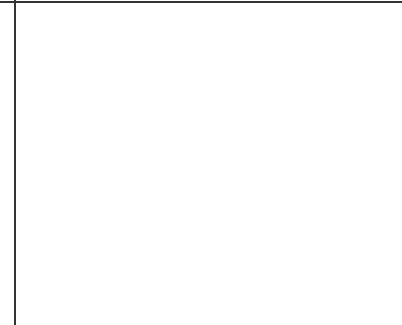
26
 09:00 | Home Chair Exercises-on your own! RA
 09:30 | Snack Cart Delivery RA
 01:30 | Friday Follies RA

27
 09:00 | Home Chair Exercises-on your own! RA
 10:00 | Weekly Puzzle Packets Delivered RA

28
 09:00 | Home Chair Exercises-on your own! RA
 09:30 | Catholic Mass- TV ABC CH 7 RA
 11:00 | Joel Osteen- All Faith Service TV ABC 7 RA



Kansas City Chiefs VS Tampa Bay Buccaneers
 Kick Off is 5:30pm
 Sunday Feb 7th on TV Channel CBS



Dimensions of Wellness

- Physical
- Spiritual
- Social
- Intellectual
- Nutritional
- Purposeful

Meeting Places

- RA Resident Apartment
- FIR First Floor Lobby

Please remember to sign up for the craft projects and daily walks.

Wear your mask and practice social distancing when on your scheduled walks. Please sign up for virtual family chats as scheduled.

Mail and newspaper delivery to your door by 3pm Mon- Sat.