

Sunday

Monday

Tuesday

Wednesday

Thursday

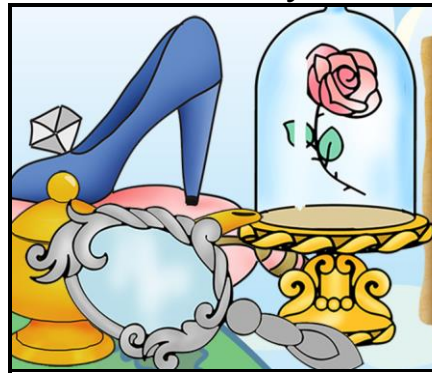
Friday

Saturday

Activity Opportunities

February 2019

Green Hills Manor
at The Heritage
Managed by Life Care Services™



9:30 Catholic Communion Service-AR (SP) **3**
 10:45 Church Service-AR(SP)
 1:30 Movie Matinee-AR(SO)
 6:30 Super Bowl-1FL(SO)



9:30 Coffee Klatch-AR(I) **4**
 10:30 Fitness with Mark-AR(P)
 11:00 Paint by Numbers-AR (E)
 1:30 Prize Bingo-AR(SO)
 3:15 Cranium Crunches-AR (I)

9:30 Therapy Dog Grappa Visits-AR (E) **5**
 10:00 Coffee Klatch-AR(I)
 10:30 Craft: Snack Cup Piggy-AR(E)
 1:30 Music Entertainment by Karen Ludwig-AR(SO)
 3:00 Chair Challenge-AR (P)
 3:45 Are You a Pig?-AR (I)
 6:15 Movie Night with Pat-AR(SO)




Chinese New Year

9:30 Coffee Klatch-AR(I) **6**
 10:30 Fitness with Mark-AR(P)
 11:00 The Moral of the Story: Fables & Folktales-AR (I)
 1:15 Walking Club-meet in 1FL(P)
 2:30 Prize Bingo-AR(SO)

9:30 Therapy Dog Betty Visits-AR(E) **7**
 10:00 Coffee Klatch-AR(I)
 11:00 Cooking-Cream Cheese Green Olive Balls-AR(E)
 1:15 Trip to Cabela's and Russel Stover's Candy Store with Heritage Friends-meet in L(V)
 6:30 Puzzle Time-AR(I)

9:30 Coffee Klatch-AR(I) **8**
 10:30 Exercise-AR(P)
 11:00 Hymn Sing with Diane-AR(SP)
 1:30 Prize Bingo-AR(SO)
 3:15 Picture It - Hidden in Plain Sight-AR (I)
 Happy Birthday Robert!

9:30 Coffee Klatch-AR(I) **9**
 10:30 Chair Challenge-AR(P)
 11:00 Invention or Imagination?-AR (I)
 1:30 Wii Games-AR(P)
 3:00 A Heartfelt Wellness Program-AR (H)
 7:00 Lawrence Welk-1FL(SO)



Groundhog Day


9:30 Catholic Communion Service-AR (SP) **10**
 10:45 Church Service-AR(SP)
 1:30 Movie Matinee-AR(SO)
 6:00 Bible Study-AR(SP)
 Happy Birthday Ruth!

9:30 Coffee Klatch-AR(I) **11**
 10:30 Fitness with Mark-AR(P)
 11:00 Singalong with Heritage Singers-AR (SO)
 1:30 Prize Bingo-AR(SO)
 3:15 Mad Libs: A Mixed-Up Fairy Tale-AR (I)

9:30 Therapy Dog Grappa Visits-AR (E) **12**
 10:00 Coffee Klatch-AR(I)
 10:30 Craft: Build-a-Valentine Sculpture-AR(E)
 1:30 Music Entertainment by Maria Damore-AR(SO)
 3:00 Chair Challenge-AR (P)
 3:45 Nix The Six Dice Game-AR(SO)
 6:15 Movie Night with Pat-AR(SO)
 Happy Birthday John!

9:30 Coffee Klatch-AR(I) **13**
 10:30 Fitness with Mark-AR(P)
 11:00 Vintage Valentine Cards-AR (E)
 1:15 Walking Club-meet in 1FL(P)
 2:30 Prize Bingo-AR(SO)

9:30 Therapy Dog Betty Visits-AR(E) **14**
 10:00 Shopping Trip To Ross-meet in L(V)
 10:30 Coffee Klatch-AR(I)
 1:30 Chair Challenge-AR(P)
 2:00 Cards for St. Jude's with Heritage Friends-AR(V)
 6:30 Puzzle Time-AR(I)




Valentine's Day

9:30 Coffee Klatch-AR(I) **15**
 10:30 Exercise-AR(P)
 11:00 Rosary with Rodney-AR(SP)
 1:30 Prize Bingo-AR(SO)
 3:15 The Grimm Brothers Fairy Tales Trivia-AR(I)

9:30 Coffee Klatch-AR(I) **16**
 10:30 Chair Challenge-AR(P)
 11:00 Tale of the Dragon-AR(I)
 1:30 January Birthday Party-AR (SO)
 2:30 February Puzzles-AR (I)
 7:00 Lawrence Welk-1FL(SO)

9:30 Catholic Communion Service-AR (SP) **17**
 10:45 Church Service-AR(SP)
 1:30 Movie Matinee-AR(SO)
 6:00 Bible Study-AR(SP)

9:30 Coffee Klatch-AR(I) **18**
 10:30 Fitness with Mark-AR(P)
 11:00 Not-So-Presidential Code Names-AR (I)
 1:30 Prize Bingo-AR(SO)
 3:15 Presidents Trivia-AR (I)



Presidents' Day (US)

9:30 Therapy Dog Grappa Visits-AR (E) **19**
 10:00 Coffee Klatch-AR(I)
 10:30 Craft: Fairy-Tale Agamograph-AR(E)
 1:30 Music Entertainment by Bob Long-AR(SO)
 3:00 Chair Challenge-AR (P)
 3:45 Sprite Tears (A Modern-Day Fairy Tale)-AR (SO)
 6:15 Movie Night with Pat-AR(SO)

9:30 Coffee Klatch-AR(I) **20**
 10:30 Fitness with Mark-AR(P)
 11:00 Jeopardy-AR(I)
 12:15 Resident Council-DR(V)
 1:15 Scenic Drive with Treat Stop-meet in L(E)

9:30 Therapy Dog Betty Visits-AR(E) **21**
 10:00 Coffee Klatch-AR(I)
 11:00 Random Trivia-AR(I)
 1:30 Chair Challenge-AR(P)
 2:00 Manicures and Massage with Heritage Friends-AR(H)
 3:30 Twin Valley FFA Pet Visits-AR(EN)
 6:30 Puzzle Time-AR(I)

9:30 Coffee Klatch-AR(I) **22**
 10:30 Exercise-AR(P)
 11:00 Hymn Sing with Diane-AR(SP)
 1:30 Prize Bingo-AR(SO)
 3:15 Who Am I?-AR(I)

9:30 Coffee Klatch-AR(I) **23**
 10:30 Chair Challenge-AR(P)
 11:00 What am I?-AR(I)
 1:30 Welcome Social-AR(SO)
 3:00 Fishwrapper-AR(SO)
 7:00 Lawrence Welk-1FL(SO)

9:30 Catholic Communion Service-AR (SP) **24**
 10:45 Church Service-AR(SP)
 1:30 Movie Matinee-AR(SO)
 6:00 Bible Study-AR(SP)

9:30 Coffee Klatch-AR(I) **25**
 10:30 Fitness with Mark-AR(P)
 11:00 Do You Hear What I Hear?-1FL (I)
 1:30 Prize Bingo-AR(SO)
 3:15 YouTube Entertainment-1FL (SO)

9:30 Therapy Dog Grappa Visits-AR (E) **26**
 10:00 Coffee Klatch-AR(I)
 10:30 Craft: Fresh Fruit Wand-AR(E)
 1:30 Music Entertainment by Yodeling Betty-AR(SO)
 3:00 Chair Challenge-AR (P)
 3:45 Once Upon a Time Mining-AR(I)
 6:15 Movie Night with Pat-AR(SO)

9:30 Coffee Klatch-AR(I) **27**
 10:30 Fitness with Mark-AR(P)
 11:00 Junk Drawer Detective-AR (I)
 1:15 Walking Club-meet in 1FL(P)
 2:30 Prize Bingo-AR(SO)

9:30 Therapy Dog Betty Visits-AR(E) **28**
 10:00 Shopping Trip-Target-meet in L
 10:30 Coffee Klatch-AR(I)
 1:30 Chair Challenge-AR(P)
 2:00 Teacup Fairy Garden with Heritage Friends-AR (EN)
 6:30 Puzzle Time-AR(I)

Dimensions of Wellness:
 SO-Social, P-Physical,
 I-Intellectual, E-Emotional, V-Vocational,
 SP-Spiritual
 H-Health Services, EN-Environmental

Locations:
 AR- Activity Room, DR-Dining Room,
 L-Lobby, 1FL-First Floor Lounge, O-Outside

