

February 2018

Life Enrichment Activities Park Terrace Health Campus

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans C - Connections CC - Creative Cooking I - Inspirations K - Keeping it Sharp L - Lifelong Learning MM - Mindful Moments M - Music to My Ears O - Out & About S - Signature Events V - Vitality</p>	<p>Happy Birthday! Nora Q. 2-23</p>	<p>A friend is someone who knows all about you and loves you still. Elbert Hubbard</p>	<p>Join Us For Themed Dinner / My Fair Lady February 22nd at 5:00</p>	<p>1 MR 10:00 Grab Bag V 10:15 Moving to Music K 11:00 Trivia Games K 2:00 Bingo K 6:00 Gathering of Friends</p>	<p>2 Groundhog Day MM 10:00 Aromatherapy/Hand Massage V 10:30 Trilogy Fit K 10:45 IN2L Games A 1:15 Make your own Sugar Scrub S 3:00 Happy Hour 1st Floor Cafe with Pat Portman</p>	<p>3 MM 10:00 Musical Movements V 10:30 IN2L Vitality K 1:00 Media Cart K 2:30 Game Time</p>
<p>4 C 10:00 Communion V 10:00 Meditation Movement K 10:15 World News & Coffee I 10:30 Mass of the Air on ABC I 11:00 Southeast Christian Church on TV on NBC MM 1:30 Tickle Your Senses M 2:00 IN2L Sing Along</p>	<p>5 I 10:00 Morning Motivations MM 10:15 Themed Baskets CC 10:45 Kitchen Comer K 1:30 IN2L Games O 3:00 Scenic Drive K 6:00 Gathering of Friends</p>	<p>6 MM 10:00 Musical Movements V 10:15 Joint Efforts K 11:00 Movie Trivia K 2:00 Bingo L 3:30 Lifelong Learning / China</p>	<p>7 C 10:00 Communion w/Gil MM 10:00 Yoga Breathing and Movement A 10:30 Victorian Place Cards K 1:30 IN2L Games CC 3:00 Tea and Crumpets with Maureen</p>	<p>8 MR 10:00 Grab Bag V 10:15 Moving to Music K 11:00 Trivia Games K 2:00 Bingo K 6:00 Gathering of Friends</p>	<p>9 MM 10:00 Aromatherapy/Hand Massage V 10:30 Trilogy Fit K 10:45 IN2L Games A 1:30 Mardi Gras Masks S 3:00 Happy Hour 1st Floor Cafe with Dave Hunt</p>	<p>10 MM 10:00 Musical Movements V 10:30 IN2L Vitality K 1:00 Media Cart I 1:15 Ministry with Susan K 2:30 Game Time</p>
<p>11 C 10:00 Communion V 10:00 Meditation Movement K 10:15 World News & Coffee I 10:30 Mass of the Air on ABC I 11:00 Southeast Christian Church on TV on NBC MM 1:30 Tickle Your Senses M 2:00 IN2L Sing Along</p>	<p>12 I 10:00 Morning Motivations MM 10:15 Themed Baskets K 1:30 IN2L Games O 3:00 Scenic Drive K 6:00 Gathering of Friends</p>	<p>13 Mardi Gras MM 10:00 Musical Movements V 11:00 Joint Efforts S 1:30 Chef's Circle K 2:00 Bingo L 3:00 Lifelong Learning / Mardi Gras Party</p>	<p>14 Valentine's Day C 10:00 Communion w/Gil MM 10:00 Yoga Breathing and Movement A 10:30 Art with a Heart K 1:30 IN2L Games S 3:00 Valentine Party with Truffles</p>	<p>15 MR 10:00 Grab Bag V 10:15 Moving to Music S 12:00 Taste of Town/Christy's Restaurant K 2:00 Bingo S 3:00 Inspired Living Committee K 6:00 Gathering of Friends</p>	<p>16 Chinese New Year MM 10:00 Aromatherapy/Hand Massage V 10:30 Trilogy Fit K 10:45 IN2L Games A 1:30 Lucky Coin Necklaces S 3:00 Happy Hour 1st Floor Cafe with Elvis</p>	<p>17 MM 10:00 Musical Movements V 10:30 IN2L Vitality K 1:00 Media Cart K 2:30 Game Time</p>
<p>18 C 10:00 Communion V 10:00 Meditation Movement K 10:15 World News & Coffee I 10:30 Mass of the Air on ABC I 11:00 Southeast Christian Church on TV on NBC MM 1:30 Tickle Your Senses M 2:00 IN2L Sing Along</p>	<p>19 Presidents' Day I 10:00 Morning Motivations MM 10:15 Themed Baskets CC 10:45 Kitchen Comer K 1:30 IN2L Games O 3:00 Scenic Drive K 6:00 Gathering of Friends</p>	<p>20 MM 10:00 Musical Movements V 10:15 Joint Efforts L 11:00 Lifelong Learning / Presidential History K 2:00 Bingo M 3:30 Tom Cunningham Performs</p>	<p>21 C 10:00 Communion w/Gil MM 10:00 Yoga Breathing and Movement A 10:30 Card Making K 1:30 IN2L Games S 3:00 Hoops and Pizza / Just the Guys</p>	<p>22 MR 10:00 Grab Bag V 10:15 Moving to Music K 2:00 Bingo S 5:00 At the Movies/Themed Dinner K 6:00 Gathering of Friends</p>	<p>23 MM 10:00 Aromatherapy/Hand Massage V 10:30 Trilogy Fit K 10:45 IN2L Games A 1:30 Jewelry Making with Susan S 3:00 Happy Hour 1st Floor Cafe with Doug Pinson</p>	<p>24 MM 10:00 Musical Movements V 10:30 IN2L Vitality K 1:00 Media Cart K 2:30 Game Time</p>
<p>25 C 10:00 Communion V 10:00 Meditation Movement K 10:15 World News & Coffee I 10:30 Mass of the Air on ABC S 11:00 Sunday Brunch- 1st floor Cafeteria I 11:00 Southeast Christian Church on TV on NBC MM 1:30 Tickle Your Senses</p>	<p>26 I 10:00 Morning Motivations MM 10:15 Themed Baskets CC 10:45 Kitchen Comer K 1:30 IN2L Games O 3:00 Scenic Drive K 6:00 Gathering of Friends</p>	<p>27 MM 10:00 Musical Movements V 11:00 Joint Efforts S 1:30 Chef's Circle K 2:00 Bingo L 3:30 Lifelong Learning / Animals</p>	<p>28 C 10:00 Communion w/Gil MM 10:00 Yoga Breathing and Movement A 10:30 Design your Pendant K 1:30 IN2L Games O 3:00 Scenic Drive</p>	<p>Join Us For Our Dementia Support Group 2nd Wednesday of the Month</p>		

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Park Terrace Legacy Lane Daily Rythms

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans C - Connections CC - Creative Cooking I - Inspirations K - Keeping it Sharp M - Music to My Ears S - Signature Events V - Vitality</p>	<p>Happy Birthday! Elizabeth D. 2-16 Martha G. 2-22</p>	<p>Park Terrace Alzheimer's & Dementia Support Group 2nd Wednesday of the Month 5:00p.m.</p>	<p>A friend is someone that knows all about you and loves you still. Elbert Hubbard</p>	<p>1 V 9:00 Ping Pong K 9:30 Opposites CC 10:45 Pepperoni Pizza Soup 12:45 Relax & Recharge C 1:30 Shake Loose A Memory K 2:00 Bingo M 3:30 I Hear Music V 4:00 Fly Swatter Volley K 4:30 Double the Fun!</p>	<p>2 Groundhog Day V 9:00 Noodle Hockey K 9:30 Whose Shadow? CC 10:45 Cheesy Pizza Fondue 12:45 Relax & Recharge A 2:00 Salt and Watercolor Winterscape S 3:00 Happy Hour 1st Floor Cafe with Pat Portman C 4:00 Basketball</p>	<p>3 V 9:00 Snowball Fight K 9:30 Superlatives CC 10:45 Sweet Coffee and Raisin Bread 12:45 Relax & Recharge C 1:30 It's Puzzling! A 2:00 Foil Relief Art M 3:30 Saturday Jazz C 4:00 Word Works</p>
<p>4 V 9:00 Breathing in Life K 9:30 Things I Like CC 10:45 Butterscotch Pecan Bread Pudding 12:45 Relax & Recharge C 1:30 Penny Ante A 2:00 Painting with Scissors M 3:30 Alive and Inspired V 4:00 Snowflake Toss</p>	<p>5 V 9:00 Winter Olympics K 9:30 Story Words CC 10:45 Creamy Caramel Dip 12:45 Relax & Recharge C 1:30 Good Luck or Not? A 2:00 Personal Collage M 3:30 Name That Croon C 4:00 Break the Ice K 4:30 Funny Bones</p>	<p>6 V 9:00 Whole Body Fitness K 9:30 Categories 12:45 Relax & Recharge K 2:00 Bingo M 3:30 Fun Time Band V 4:00 Bowling K 4:30 Jam Session Detective I 6:00 Shake Loose A Memory! I 7:00 Nighttime Traditions</p>	<p>7 V 9:00 Valentine Toss K 9:30 Hangman CC 10:45 Amish Sugar Cookie 12:45 Relax & Recharge C 1:30 Fun with Fabrics A 2:00 Complete the Picture CC 3:00 Tea and Crumpets with Maureen M 3:30 Get Up and Dance</p>	<p>8 V 9:00 Ping Pong K 9:30 Opposites CC 10:45 Italian Cabbage Soup 12:45 Relax & Recharge C 1:30 Shake Loose A Memory K 2:00 Bingo M 3:30 I Hear Music V 4:00 Fly Swatter Volley K 4:30 Double the Fun!</p>	<p>9 V 9:00 Noodle Hockey K 9:30 Card Suit Showdown CC 10:45 Cappucino Muffins 12:45 Relax & Recharge C 1:30 Old Wives' Tales A 2:00 Textured Shadow Boxes S 3:00 Happy Hour 1st Floor Cafe with Dave Hunt</p>	<p>10 V 9:00 Snowball Fight K 9:30 Superlatives CC 10:45 Red Velvet Cookies 12:45 Relax & Recharge I 1:15 Ministry with Susan C 1:30 It's Puzzling! A 2:00 Textured Shadow Boxes M 3:30 Saturday Jazz</p>
<p>11 V 9:00 Breathing in Life K 9:30 Things I Like CC 10:45 Apple Pie Oatmeal Dessert 12:45 Relax & Recharge C 1:30 Penny Ante A 2:00 Kandinsky Circles M 3:30 Alive and Inspired V 4:00 Snowflake Toss</p>	<p>12 V 9:00 Winter Olympics K 9:30 Story Words CC 10:45 Perfect Peanut Butter Pie 12:45 Relax & Recharge C 1:30 Good Luck or Not? A 2:00 Animal Collage M 3:30 Name That Croon C 4:00 Break the Ice</p>	<p>13 Mardi Gras V 9:00 Whole Body Fitness K 9:30 Categories 12:45 Relax & Recharge CC 1:30 Chef's Circle K 2:00 Bingo S 3:00 Mardi Gras Party V 4:00 Bowling K 4:30 Jam Session Detective I 6:00 Shake Loose A Memory!</p>	<p>14 Valentine's Day V 9:00 Valentine Toss K 9:30 Conversation Hearts CC 10:45 Be Mine Muddy Buddies 12:45 Relax & Recharge C 1:30 Fun with Fabrics A 2:00 Cloth Tie Wreath S 3:00 Valentine's Day Party C 4:00 Animal Bingo K 4:30 What's Your Guess?</p>	<p>15 V 9:00 Ping Pong K 9:30 Opposites CC 10:45 Hash Brown Soup S 12:00 Taste of Town/Christy's Restaurant 12:45 Relax & Recharge C 1:30 Shake Loose A Memory K 2:00 Bingo</p>	<p>16 Chinese New Year V 9:00 Noodle Hockey K 9:30 Card Suit Showdown CC 10:45 Chocolate Chip Cookies 12:45 Relax & Recharge C 1:30 Old Wives' Tales A 2:00 Bubble Wrap Printmaking S 3:00 Happy Hour 1st Floor Cafe with Elvis</p>	<p>17 V 9:00 Snowball Fight K 9:30 Superlatives CC 10:45 Chocolate Chip Raspberry Bars 12:45 Relax & Recharge C 1:30 It's Puzzling! A 2:00 Colorful Group Mandala M 3:30 Saturday Jazz C 4:00 Word Works</p>
<p>18 V 9:00 Breathing in Life K 9:30 Things I Like CC 10:45 Cucumber Tea Sandwiches 12:45 Relax & Recharge C 1:30 Penny Ante A 2:00 Shaving Cream Marbling M 3:30 Alive and Inspired V 4:00 Snowflake Toss</p>	<p>19 Presidents' Day V 9:00 Winter Olympics K 9:30 Story Words CC 10:45 Spiced Honey Stars 12:45 Relax & Recharge C 1:30 Good Luck or Not? A 2:00 Opposites Collage M 3:30 Name That Croon C 4:00 Break the Ice K 4:30 Funny Bones</p>	<p>20 V 9:00 Whole Body Fitness K 9:30 Categories 12:45 Relax & Recharge CC 1:30 Chef's Circle K 2:00 Bingo M 3:30 Fun Time Band M 3:30 Tom Cunningham Performs V 4:00 Bowling</p>	<p>21 V 9:00 80's Flashback K 9:30 Hangman CC 10:45 Chocolate Cherry Cake 12:45 Relax & Recharge C 1:30 Fun with Fabrics A 2:00 Complete The Picture S 3:00 Hoops and Pizza / Just the Guys M 3:30 Get Up and Dance</p>	<p>22 V 9:00 Ping Pong K 9:30 Opposites CC 10:45 Cinnamon Chip Scones 12:45 Relax & Recharge C 1:30 Shake Loose A Memory K 2:00 Bingo M 3:30 "My Fair Lady" V 4:00 Fly Swatter Volley K 4:30 Double the Fun!</p>	<p>23 V 9:00 Noodle Hockey K 9:30 Card Suit Showdown CC 10:45 Snowball Cookies 12:45 Relax & Recharge C 1:30 Old Wives' Tales A 2:00 Group Quilt S 3:00 Happy Hour 1st Floor Cafe with Doug Pinson C 4:00 Basketball</p>	<p>24 V 9:00 Snowball Fight K 9:30 Superlatives CC 10:45 Lemon Bread 12:45 Relax & Recharge C 1:30 It's Puzzling! A 2:00 Group Quilt M 3:30 Saturday Jazz C 4:00 Word Works K 4:30 Food for Thought</p>
<p>25 V 9:00 Breathing in Life K 9:30 Things I Like CC 10:45 Apple Brown Betty 12:45 Relax & Recharge C 1:30 Penny Ante A 2:00 Ink Blot Art M 3:30 Alive and Inspired V 4:00 Snowflake Toss K 4:30 Finishing Lines</p>	<p>26 V 9:00 Winter Olympics K 9:30 Story Words CC 10:45 Butterscotch Pecan Bread Pudding 12:45 Relax & Recharge C 1:30 Good Luck or Not? A 2:00 Sensory Collage M 3:30 Name That Croon C 4:00 Break the Ice</p>	<p>27 V 9:00 Whole Body Fitness K 9:30 Categories 12:45 Relax & Recharge CC 1:30 Chef's Circle K 2:00 Bingo M 3:30 Fun Time Band V 4:00 Bowling K 4:30 Jam Session Detective I 6:00 Shake Loose A Memory!</p>	<p>28 V 9:00 80's Flashback K 9:30 Hangman CC 10:45 Oatmeal Cookies 12:45 Relax & Recharge C 1:30 Fun with Fabrics A 2:00 Rain Stick M 3:30 Get Up and Dance C 4:00 Animal Bingo K 4:30 What's Your Guess?</p>			