






# February



**THE GARDENS**  
a Bethesda Senior Living Community  
Memory Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> 8:15 Exercise 9:00 Ball Toss 10:30 Story Time 1:00 Balloon Ball 2:00 Movie & Snacks 3:00 Sing-Along 6:00 Hand Massage	<b>2</b> 8:15 Exercise 9:00 Ball Toss 1:00 Craft w/Jen 2:00 Karaoke & Snacks 3:00 Ring Toss 6:00 Movie & Popcorn
<b>3</b> 10:00 Exercise 2:00 Religious Hymns 6:00 Travel Channel 7:00 One on One	<b>4</b> 8:15 Exercise 9:00 Ball Toss 1:00 Dominos 2:00 Snacks 3:00 Ring Toss 4:00 Walking Club 6:00 Travel Film	<b>5</b> 8:15 Looking Good 10:00 Ball Toss 1:00 Ride-Along w/Richard 2:00 Snacks 3:00 Music Therapy 4:00 Aroma Therapy 6:00 Music Time	<b>6</b> 8:15 Exercise 9:00 Ball Toss 1:00 Library Program 2:00 Snacks 3:00 Balloon Ball 4:00 Word Puzzles 6:00 Weekly Chronical	<b>7</b> 8:15 Looking Good 10:00 Ball Toss 1:00 Bingopalooza 2:00 Snacks 3:00 Balloon Volleyball 4:00 Reading 6:00 Walking Laps	<b>8</b> 8:15 Exercise 9:00 Ball Toss 10:30 Trivia 1:00 Balloon Ball 3:00 EZ Does it Trivia 2:00 Movie & Snacks 6:00 Musical Sounds	<b>9</b> 8:15 Exercise 9:00 Ball Toss 1:00 Craft w/Jen 2:00 Karaoke & Snacks 3:00 Bean Bag Toss 6:00 Movie & Popcorn
<b>10</b> 10:00 Exercise 2:00 Religious Services w/ SBT 6:00 Travel Channel 7:00 One on One	<b>11</b> 8:15 Exercise 9:00 Ball Toss 1:00 Dominos 2:00 Snacks 3:00 Bean Bag Toss 4:00 Walking Club 6:00 Reminiscing Film	<b>12</b> 8:15 Looking Good 10:00 Ball Toss 1:00 Ride-Along w/Richard 2:00 Snacks 3:00 Music Therapy 4:00 Bean Bag Toss 6:00 Coloring Corner	<b>13</b> 8:15 Exercise 9:00 Ball Toss 1:00 Trivia 2:00 Snacks 3:00 Hover Ball 4:00 Jigsaw Puzzles 6:00 Weekly Chronical	<b>14 Valentine's Day</b> 8:15 Looking Good 10:00 Ball Toss 1:00 Bingopalooza 2:00 Snacks 3:00 Valentine's Day Party w/Lou LeBrun 4:00 Reading 6:00 Walking Laps	<b>15</b> 8:15 Exercise 9:00 Ball Toss 10:30 Story Time 1:00 Balloon Ball 2:00 Movie & Snacks 3:00 Conversation Cube 6:00 Hand Massage	<b>16</b> 8:15 Exercise 9:00 Ball Toss 1:00 Craft w/Jen 2:00 Ent. w/Nancy 3:00 Ring Toss 6:00 Movie & Popcorn
<b>17</b> 10:00 Exercise 2:00 Religious Hymns 6:00 Travel Channel 7:00 One on One	<b>18</b> 8:15 Exercise 9:00 Ball Toss 1:00 Dominos 2:00 Snacks 3:00 Balloon Volleyball 4:00 Walking Club 6:00 Travel Film	<b>19</b> 8:15 Looking Good 10:00 Ball Toss 1:00 Ride-Along w/Richard 2:00 Snacks 3:00 Music Therapy 4:00 Cone & Hoops 6:30 Music Time	<b>20</b> 8:15 Exercise 9:00 Ball Toss 1:00 Short Stories 2:00 Snacks 3:00 Ent. w/Brad & Tamara 4:00 Word Puzzles 6:00 Weekly Chronical	<b>21</b> 8:15 Looking Good 9:45 Pet Therapy w/Su Lyn 1:00 Bingopalooza 3:00 Entertainment w/Jerry Rogers & Snacks 4:00 Reading 6:00 Walking Laps	<b>22</b> 8:15 Exercise 9:00 Ball Toss 10:30 Trivia 1:00 Balloon Ball 2:00 Movie & Snacks 3:00 EZ Does it Trivia 6:00 Musical Sounds	<b>23</b> 8:15 Exercise 9:00 Ball Toss 1:00 Craft w/Jen 2:00 Karaoke & Snacks 3:00 Bean Bag Toss 6:00 Movie & Popcorn
<b>24</b> 10:00 Exercise 2:00 Religious Services w/ SBT 6:00 Travel Channel 7:00 One on One	<b>25</b> 8:15 Exercise 9:00 Ball Toss 1:00 Dominos 2:00 Snacks 3:00 Balloon Volleyball 4:00 Walking Club 6:00 Reminiscing Film	<b>26</b> 8:15 Looking Good 10:00 Ball Toss 1:00 Ride-Along w/Richard 2:00 Snacks 3:00 Music Therapy 4:00 Aroma Therapy 6:30 Coloring Corner	<b>27</b> 8:15 Exercise 9:00 Ball Toss 1:00 Short Stories 2:00 Snacks 3:00 Hover Ball 4:00 Word Puzzles 6:00 Weekly Chronical	<b>28</b> 8:15 Looking Good 10:00 Ball Toss 1:00 Bingopalooza 2:00 Snacks 3:00 Balloon Volleyball 4:00 Reading 6:00 Walking Laps	<b>Hydration daily at 10 AM</b>	<b>Activities are Subject to Change</b>