February 2020
Governor King Life Enrichment

created with Sagely

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				THE HIGHLANDS A GRACE MGMT COMMUNITY		1 10:00 Morning Reflections 10:30 Morning Stretch 11:00 Travelling Around the World-Videos & More 2:00 Piano with Becky 3:00 In House Strolls 4:30 Old Time Show 6:00 Past Times (IN2L) 7:00 Music and Aromatherapy
Groundhog Day 2 10:00 Words of Hope, Hymns & Sermons [GK] 11:00 Sunday at the Memories-Radio Show (IN2L) 1:30 Movie Matinee 3:30 Circle Ball Toss 4:30 Old Time Show 6:00 Past Times (IN2L) 7:00 Music and Aromatherapy	3 9:30 Morning Reflections 10:30 Drumming with Shirsten 1:15 Monday Comedy Mash-Up: Bloopers, and more 1:45 Scenic Ride 2:30 Old Time Show 3:30 Hoop Ball 6:00 Past Times (IN2L) 7:00 Music and Aromatherapy	4 10:00 Morning Reflections 10:30 Morning Stretch 11:00 Travelling Around the World-Videos & More 1:00 Guitar Songs with Ron 2:00 Book Readings with Bill 3:30 Body in Motion 4:00 Pet visits with Karen & Ellie 6:00 Past Times (IN2L) 7:00 Music and Aromatherapy	5 9:30 Morning Reflections 10:00 Chair Yoga with Celia [GK] 10:30 Brain Games 11:00 Travelling Around the World-Videos & More 1:30 Watercolor Art 3:30 Kick Ball Challenge 6:00 Past Times (IN2L) 7:00 Music and Aromatherapy	6 10:00 Morning Reflections 10:30 Morning Stretch 11:00 Travelling Around the World-Videos & More 1:15 What Would You Do? 1:45 Scenic Ride 2:30 Old Time Show 3:30 Pet Visits with Rainbow & Charm 3:45 Manicures & Hand Massage 6:00 Past Times (IN2L) 7:00 Music and Aromatherapy	7 10:00 Morning Reflections 10:30 Morning Stretch 11:00 Travelling Around the World-Videos & More 1:15 Valentine Flower Arrangements/Crafts 2:00 Ice Cream Social 3:30 Sing-a-long/Dance 4:30 Classic Radio 6:00 Past Times (IN2L) 7:00 Music and Aromatherapy	8 10:00 Morning Reflections 10:00 Morning Reflections 10:30 Morning Stretch 11:00 Travelling Around the World-Videos & More 1:30 Movie Matinee 3:00 In House Strolls 4:30 Old Time Show 6:00 Past Times (IN2L) 7:00 Music and Aromatherapy
9 10:00 Words of Hope, Hymns & Sermons [GK] 11:00 Travelling Around the World-Videos & More 3:30 Circle Ball Toss 4:30 Old Time Show 6:00 Past Times (IN2L) 7:00 Music and Aromatherapy	10 9:30 Morning Reflections 10:00 Chair Yoga with Celia 10:30 Brain Games 11:00 Travelling Around the World-Videos & More 1:15 Monday Afternoon Sports Trivia, History & More 1:45 Scenic Ride 2:30 Old Time Show 3:30 Bean Bag Toss 6:00 Past Times (IN2L) 7:00 Music and Aromatherapy	11 10:00 Morning Reflections 10:30 Morning Stretch 11:00 Travelling Around the World-Videos & More 2:00 Book Readings with Bill 3:15 Body In Motion 4:00 Pet visits with Karen & Ellie 6:00 Past Times (IN2L) 7:00 Music and Aromatherapy	12 9:30 Morning Reflections 10:00 Chair Yoga with Celia [GK] 10:30 Brain Games 11:00 Travelling Around the World-Videos & More 2:00 Music with Dale 3:30 Valentine Day Card Crafts 6:00 Past Times (IN2L) 7:00 Music and Aromatherapy	13 10:00 Morning Reflections 10:30 Morning Stretch 11:00 Travelling Around the World-Videos & More 1:15 Art History-Norman Rockwell 1:45 Scenic Ride 2:30 Old Time Show 3:30 Pet Visits with Rainbow & Charm 6:00 Past Times (IN2L) 7:00 Music and Aromatherapy	*Valentine's Day* 14 10:00 Morning Reflections 10:30 Frosting Valentine Day Cookies 11:00 Travelling Around the World-Videos & More 2:00 Valentines Party Social 3:30 Sing-a-long/Dance 4:30 Classic Radio 6:00 Past Times (IN2L) 7:00 Music and Aromatherapy	15 10:00 Morning Reflections 10:00 Morning Reflections 10:30 Morning Stretch 11:00 Travelling Around the World-Videos & More 1:30 Movie Matinee 3:00 In House Strolls 4:30 Old Time Show 6:00 Past Times (IN2L) 7:00 Music and Aromatherapy
16 9:00 Random Acts of Kindness Week 16th -21th 10:00 Words of Hope, Hymns & Sermons [GK] 11:00 Travelling Around the World-Videos & More 2:00 Entertainment: Mike McCarthy, piano [FCDR] 3:30 Circle Ball Toss 4:30 Old Time Show 6:00 Past Times (IN2L) 7:00 Music and Aromatherapy	*Presidents' Day* 17 9:30 Morning Reflections 10:00 Chair Yoga with Celia 10:30 Brain Games 11:00 Travelling Around the World-Videos & More 1:15 Monday Comedy Mash-Up: Bloopers, and more 1:45 Scenic Ride 2:30 Old Time Show 3:30 Presidents' Day History 6:00 Past Times (IN2L) 7:00 Music and Aromatherapy	18 10:00 Morning Reading with Bill 11:00 Travelling Around the World-Videos & More 2:00 Sing along w/ Matt Loosigian 3:30 Body in Motion 4:00 Pet visits with Karen & Ellie 6:00 Past Times (IN2L) 7:00 Music and Aromatherapy	19 9:30 Morning Reflections 10:00 Chair Yoga with Celia [GK] 10:30 Brain Games 11:00 Travelling Around the World-Videos & More 1:30 Creative Mix Media Art 3:30 body in Motion 6:00 Past Times (IN2L) 7:00 Music and Aromatherapy	20 10:00 Morning Reflections 10:30 Morning Stretch 11:00 Travelling Around the World-Videos & More 1:15 Painting with Bob Ross: TV program 1:45 Scenic Ride 2:30 Old Time Show 3:30 Pet Visits with Rainbow & Charm 3:45 Manicures & Hand Massage 6:00 Past Times (IN2L) 7:00 Music and Aromatherapy	21 9:00 National Caregiver's Day 10:00 Morning Reflections 10:30 Morning Stretch 11:00 Travelling Around the World-Videos & More 1:15 Still Life Pencil Art 2:00 Ice Cream Social 3:30 Sing-a-long/Dance 4:30 Classic Radio 6:00 Past Times (IN2L) 7:00 Music and Aromatherapy	22 10:00 Morning Reflections 10:00 Morning Reflections 10:30 Morning Stretch 11:00 Travelling Around the World-Videos & More 1:30 Movie Matinee 2:00 Music with Red 3:00 In House Strolls 4:30 Old Time Show 6:00 Past Times (IN2L) 7:00 Music and Aromatherapy
23 10:00 Words of Hope, Hymns & Sermons [GK] 11:00 Travelling Around the World-Videos & More 3:30 Circle Ball Toss 4:30 Old Time Show 6:00 Past Times (IN2L) 7:00 Music and Aromatherapy	24 9:30 Morning Reflections 10:00 Chair Yoga with Celia 10:30 Brain Games 11:00 Travelling Around the World-Videos & More 1:15 Monday Afternoon Sports Trivia, History & More 1:45 Scenic Ride 2:30 Old Time Show 3:30 Bocce Ball 6:00 Past Times (IN2L) 7:00 Music and Aromatherapy	25 10:00 Morning Reflections 10:30 Morning Stretch 11:00 Travelling Around the World-Videos & More 1:00 Ed Gabrielson Vocals 2:00 Book Readings with Bill 3:30 Patchwork Quilting 4:00 Pet visits with Karen & Ellie 6:00 Past Times (IN2L) 7:00 Music and Aromatherapy	26 9:30 Morning Reflections 10:00 Chair Yoga with Celia [GK] 10:30 Brain Games 11:00 Travelling Around the World-Videos & More 1:30 Grandparents Talk 3:30 Around the World-Ball Toss 6:00 Past Times (IN2L) 7:00 Music and Aromatherapy	27 10:00 Morning Reflections 10:30 Morning Stretch 11:00 Travelling Around the World-Videos & More 1:15 Reminiscing 1:45 Scenic Ride 2:30 Old Time Show 3:30 Pet Visits with Rainbow & Charm 6:00 Past Times (IN2L) 7:00 Music and Aromatherapy	28 10:00 Morning Reflections 10:30 Morning Stretch 11:00 Travelling Around the World-Videos & More 1:15 Adult Color Pencil Art 2:00 Ice Cream Social 3:30 Sing-a-long/Dance 4:30 Classic Radio 6:00 Past Times (IN2L) 7:00 Music and Aromatherapy	29 10:00 Morning Reflections 10:00 Morning Reflections 10:30 Morning Stretch 11:00 Travelling Around the World-Videos & More 1:30 Movie Matinee 3:00 In House Strolls 4:30 Old Time Show 6:00 Past Times (IN2L) 7:00 Music and Aromatherapy

"Surrender to what is. Let go of what was. Have faith in what will be."

— Sonia Ricotti

- Cognitive
- Creative
- Emotional
- Physical
- Purposeful
- Sensory
- Social
- Spiritual

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