

# February 2020

	MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7	DAILY PROGRAM SCHEDULE**
BIRD FEEDING WEEK	<ul style="list-style-type: none"> <li>WALKING/EXERCISE</li> <li>WORD/TRIVIA</li> <li>DEVOTIONAL</li> <li>STRETCHES</li> <li>GROUNDHOG CRAFT</li> <li>MUSIC CLASS</li> <li>BINGO TRIVIA</li> <li>GROUNDHOG DIRT PIE</li> <li>GROUP GAMES</li> <li>WALKING/EXERCISE</li> </ul>	<ul style="list-style-type: none"> <li>WALKING/EXERCISE</li> <li>WORD/TRIVIA</li> <li>DEVOTIONAL</li> <li><b>OPEN NEIGHBORHOOD</b></li> <li><b>HUDGENS HEALING ARTS WITH JOAN</b></li> <li>MUSIC CLASS</li> <li>STRETCHES</li> <li>GROUNDHOG DIRT PIE</li> <li>GROUP GAMES</li> <li>WALKING/EXERCISE</li> </ul>	<ul style="list-style-type: none"> <li>WALKING/EXERCISE</li> <li>WORD/TRIVIA</li> <li>HEALTH CLUB WITH GABBY</li> <li>VALENTINES CENTERPIECES</li> <li>DEVOTIONAL</li> <li>MUSIC CLASS</li> <li>GARDEN CLUB WITH CHRISTI</li> <li>VALENTINE NAPKIN HOLDERS</li> <li>GROUP GAMES</li> <li>WALKING/EXERCISE</li> </ul>	<ul style="list-style-type: none"> <li>WALKING/EXERCISE</li> <li>WORD/TRIVIA</li> <li>DEVOTIONAL</li> <li>VALENTINE CRAFTS FOR LUNCHEON</li> <li><b>CHAIR PILATES WITH JANICE</b></li> <li><b>MUSIC WITH ROBIN</b></li> <li>GARDEN CLUB WITH CHRISTI</li> <li>HEART TREE CRAFT</li> <li>GROUP GAMES</li> <li>WALKING/EXERCISE</li> </ul>	<ul style="list-style-type: none"> <li>WALKING/EXERCISE</li> <li>WORD/TRIVIA</li> <li>TAI CHI WITH GABBY</li> <li>VALENTINE CRAFTS FOR LUNCHEON</li> <li>DEVOTIONAL</li> <li>MUSIC CLASS</li> <li>FEED THE BIRDS/GARDEN WALK</li> <li>SOCIAL CLUB WITH MARIE</li> <li>GROUP GAMES</li> <li>WALKING/EXERCISE</li> </ul>	<p><b>6:30</b> Ind. Studies/Breakfast  <b>9:00</b> Walking/Exercise  <b>10:00</b> Morning Snack  <b>10:15</b> Debotional/Word/Trivia of the Day  <b>10:30</b> Planned Activity  <b>11:15</b> Planned Activity  <b>12:00</b> Lunch  <b>12:45</b> Music/Rest  <b>1:15</b> Planned Activity  <b>2:00</b> Planned Activity  <b>3:00</b> Snack  <b>3:30</b> Group Games  <b>4:00</b> Parlor Time/Reading/Movie  <b>5:00</b> Walking/Exercise</p> <p><b>PROGRAM CODES:</b></p> <ul style="list-style-type: none"> <li>COGNITIVE</li> <li>PHYSICAL</li> <li>SPIRITUAL</li> <li>SPECIAL PROGRAM</li> <li>CREATIVE</li> <li>COMMUNITY/SOCIAL</li> <li>EDUCATIONAL</li> </ul> <p>**Schedule may change for special events and programs may be adjusted to meet the needs of the participants</p> <p>For more information contact: Christi Heidt, Program Director - 770-624-2727 or cheidt@pchlec.org</p> <p><b>FEBRUARY BIRTHDAYS</b> <u>Participants</u></p> <p><u>Caregivers</u></p> <p><u>Staff</u> 5 - Anne Mancini</p>
VALENTINE'S WEEK	<ul style="list-style-type: none"> <li>WALKING/EXERCISE</li> <li>WORD/TRIVIA</li> <li>EXERCISE CLASS</li> <li>VALENTINES BINGO</li> <li>DEVOTIONAL</li> <li>MUSIC CLASS</li> <li>PRETZEL STICKS</li> <li>VALENTINE CRAFTS FOR LUNCHEON</li> <li>GROUP GAMES</li> <li>WALKING/EXERCISE</li> </ul>	<ul style="list-style-type: none"> <li>WALKING/EXERCISE</li> <li>WORD/TRIVIA</li> <li>DEVOTIONAL</li> <li><b>OPEN NEIGHBORHOOD</b></li> <li><b>YMCA PARKINSON'S MOVEMENT WITH JULIE</b></li> <li>MUSIC CLASS</li> <li>VALENTINES BINGO</li> <li>PRETZEL STICKS</li> <li>GROUP GAMES</li> <li>WALKING/EXERCISE</li> </ul>	<ul style="list-style-type: none"> <li>WALKING/EXERCISE</li> <li>WORD/TRIVIA</li> <li>VALENTINE CRAFTS FOR LUNCHEON</li> <li>COOKING CLUB WITH KIM</li> <li>DEVOTIONAL</li> <li>MUSIC CLASS</li> <li>GARDEN CLUB WITH CHRISTI</li> <li>VALENTINE GIFT BAGS</li> <li>GROUP GAMES</li> <li>WALKING/EXERCISE</li> </ul>	<ul style="list-style-type: none"> <li>WALKING/EXERCISE</li> <li>WORD/TRIVIA</li> <li>VALENTINE CRAFTS FOR LUNCHEON</li> <li><b>LUKE THE COMFORT DOG</b></li> <li>DEVOTIONAL</li> <li><b>MUSIC WITH ROBIN</b></li> <li>VALENTINE GIFT BAGS</li> <li>PARTY CLUB WITH MARIE</li> <li>GROUP GAMES</li> <li>WALKING/EXERCISE</li> </ul>	<ul style="list-style-type: none"> <li>WALKING/EXERCISE</li> <li>WORD/TRIVIA</li> <li>DEVOTIONAL</li> <li><b>VALENTINE'S DAY LUNCHEON</b></li> <li>DANCE EXERCISE</li> <li>PARTY CLUB WITH MARIE</li> <li>GROUP GAMES</li> <li>WALKING/EXERCISE</li> </ul>	
PRESIDENTS DAY/HEART HEALTH WEEK	<ul style="list-style-type: none"> <li>WALKING/EXERCISE</li> <li>WORD/TRIVIA</li> <li>PRESIDENTS DAY</li> <li>STRETCHING</li> <li>DEVOTIONAL</li> <li>MUSIC CLASS</li> <li>HEART HEALTH TRIVIA</li> <li>HEART-FULL STORIES</li> <li>GROUP GAMES</li> <li>WALKING/EXERCISE</li> </ul>	<ul style="list-style-type: none"> <li>WALKING/EXERCISE</li> <li>WORD/TRIVIA</li> <li>DEVOTIONAL</li> <li><b>OPEN NEIGHBORHOOD</b></li> <li><b>NEIGHBORHOOD CHOIR REHEARSAL</b></li> <li>HEART ART</li> <li>HEART HEALTHY EXERCISE</li> <li>NO-BAKE HEART HEALTHY SNACK</li> <li>GROUP GAMES</li> <li>WALKING/EXERCISE</li> </ul>	<ul style="list-style-type: none"> <li>WALKING/EXERCISE</li> <li>WORD/TRIVIA</li> <li>HEALTH CLUB WITH GABBY</li> <li>HEART ART</li> <li>DEVOTIONAL</li> <li><b>MUSIC CLASS WITH PAULA</b></li> <li>NO-BAKE HEART HEALTHY SNACK</li> <li>HEART-FULL STORIES</li> <li>GROUP GAMES</li> <li>WALKING/EXERCISE</li> </ul>	<ul style="list-style-type: none"> <li>WALKING/EXERCISE</li> <li>WORD/TRIVIA</li> <li>HEART-FULL STORIES</li> <li><b>CHAIR PILATES WITH JANICE</b></li> <li>DEVOTIONAL</li> <li><b>JOLLY TALK ON HEART HEALTH FROM NMC</b></li> <li><b>MUSIC WITH ROBIN</b></li> <li>HOODIE-HOO OUTSIDE</li> <li>GROUP GAMES</li> <li>WALKING/EXERCISE</li> </ul>	<ul style="list-style-type: none"> <li>WALKING/EXERCISE</li> <li>WORD/TRIVIA</li> <li>EXERCISE WITH GABBY</li> <li>MARDI GRAS MASKS</li> <li>DEVOTIONAL</li> <li>MUSIC CLASS</li> <li>GARDEN CLUB WITH CHRISTI</li> <li>HOODIE-HOO OUTSIDE</li> <li>GROUP GAMES</li> <li>WALKING/EXERCISE</li> </ul>	
BLACK HISTORY MONTH/MARDI GRAS	<ul style="list-style-type: none"> <li>WALKING/EXERCISE</li> <li>WORD/TRIVIA</li> <li>TAI CHI WITH GABBY</li> <li>BLACK HISTORY TRIVIA</li> <li>DEVOTIONAL</li> <li>MUSIC CLASS</li> <li>MARDI GRAS MASKS</li> <li>STEPPING CLASS</li> <li>GROUP GAMES</li> <li>WALKING/EXERCISE</li> </ul>	<ul style="list-style-type: none"> <li>WALKING/EXERCISE</li> <li>WORD/TRIVIA</li> <li>DEVOTIONAL</li> <li><b>OPEN NEIGHBORHOOD</b></li> <li><b>YMCA PARKINSON'S MOVEMENT WITH JULIE</b></li> <li>AFRICAN AMERICAN POETRY</li> <li>STEPPING CLASS</li> <li>FAT TUESDAY CELEBRATION</li> <li>GROUP GAMES</li> <li>WALKING/EXERCISE</li> </ul>	<ul style="list-style-type: none"> <li>WALKING/EXERCISE</li> <li>WORD/TRIVIA</li> <li>AFRICAN AMERICAN ART</li> <li>COOKING CLUB WITH KIM</li> <li>DEVOTIONAL - ASH WEDNESDAY</li> <li>MUSIC CLASS</li> <li>GARDEN CLUB WITH CHRISTI</li> <li>AFRICAN AMERICAN POETRY</li> <li>GROUP GAMES</li> <li>WALKING/EXERCISE</li> </ul>	<ul style="list-style-type: none"> <li>WALKING/EXERCISE</li> <li>WORD/TRIVIA</li> <li>AFRICAN AMERICAN ART</li> <li>COOKING CLUB WITH KIM</li> <li>DEVOTIONAL</li> <li><b>MUSIC WITH ROBIN</b></li> <li>LEAP DAY MOVES</li> <li>BLACK HISTORY BINGO</li> <li>GROUP GAMES</li> <li>WALKING/EXERCISE</li> </ul>	<ul style="list-style-type: none"> <li>WALKING/EXERCISE</li> <li>WORD/TRIVIA</li> <li>TAI CHI WITH GABBY</li> <li>BLACK HISTORY BINGO</li> <li>DEVOTIONAL</li> <li>MUSIC CLASS</li> <li>LEAP DAY MOVES</li> <li>AFRICAN AMERICAN POETRY</li> <li>GROUP GAMES</li> <li>WALKING/EXERCISE</li> </ul>	