



# Independent and Assisted Living February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Happy Birthday:</b> 2/2 - Kathy W. 2/3 - Jeane W. 2/6 - Lois K. 2/7 - Olga V. 2/11 - Virginia W. 2/12 - Vernon J.	<b>Happy Birthday:</b> 2/13 - Robert T. 2/14 - Berta P. 2/19 - Carolyn H. 2/23 - Francis C.		<b>Store Trip:</b> 2/1 - Walmart 2/8 - Stuff Etc. 2/15 - Target 2/22 - Dollar Tree	08:30 Trip to Fareway 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Live 2B Healthy 12:00 Intermediate Music Therapy Group 02:00 Bingo 02:30 Store Trip 03:00 Country Cabinet - Open for Business	<b>1 Candelmas and Groundhogs Day 2</b> 10:00 Quilting with Elayne 12:15 Phase 10 01:15 BINGO 02:00 Country Cabinet Open for Business 02:15 Armchair Yoga and Stretches 03:00 Crafting Corner 04:15 Devotions 07:00 The Lawrence Welk Show
<b>Superbowl Sunday 3</b> 09:00 St Matthews 12:15 Board Games 01:15 BINGO 02:00 Country Cabinet Open for Business 02:15 Super Bowl Games 03:00 Puppy Bowl 03:15 New Covenant Worship 05:30 Super Bowl LIII	<b>4</b> 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Live 2B Healthy 01:30 Men's Club 02:30 Scenic Drive 03:00 Margarita Monday 03:00 Mandalas 06:00 Dingalings Practice	<b>5</b> 09:15 God Winks / Spiritual Reading 09:30 Devotions 09:30 Outing: YMCA 10:00 Townhomes Resident Meeting 10:15 Lunch Bunch: Ox Yoke Inn 02:00 Bistro Baking 02:30 Walgreens	<b>6</b> 08:30 Donuts and Coffee 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Live 2B Healthy 11:30 Ladies Luncheon 01:00 Manicures 03:00 Pet Therapy: Oliver Visits 03:15 Competitive Uno Club	<b>7</b> 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Card Club 10:30 DingALings Out to St. Patrick's Church 01:00 Wii Bowling 03:00 Birthday Party with Harold Gray 06:00 Dingalings Practice	<b>8</b> 08:30 Trip to Hyvee 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Live 2B Healthy 12:00 Intermediate Music Therapy Group 02:00 Bingo 02:30 Store Trip 03:00 Country Cabinet - Open for Business 03:00 Learn to Play: Rummy	<b>9</b> 10:00 Quilting with Elayne 12:15 Card Club 01:15 BINGO 02:00 Country Cabinet Open for Business 02:15 Armchair Yoga and Stretches 02:45 UNO Club 04:00 Devotions 07:00 The Lawrence Welk Show
<b>10</b> 09:00 St Matthews 12:30 Brain Games 01:15 BINGO 02:00 Country Cabinet Open for Business 02:15 Armchair Yoga and Stretches 03:15 New Covenant Worship 04:00 Meditative Coloring	<b>11</b> 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Live 2B Healthy 01:30 Men's Club 02:30 Scenic Drive 03:00 Margarita Monday 03:00 Mandalas 06:00 Dingalings Practice	<b>12</b> 09:15 God Winks / Spiritual Reading 09:30 Devotions 09:30 Outing: YMCA 10:15 Pickle Toss 01:00 DingALings out to Hilltop Senior Living 02:00 Crafting Corner 02:30 Walgreens	<b>13 Happy Birthday Grant Work</b> 08:30 Donuts and Coffee 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Live 2B Healthy 01:00 Manicures 02:00 Massage Therapist (Free) 02:00 Movie Series 03:15 Competitive Uno Club	<b>14 Valentine's Day</b> 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Card Club 01:00 Wii Bowling 03:00 Happy Hour with the Heartland Band 06:00 Dingalings Practice	<b>15 National Caregivers Day</b> 08:30 Trip to Hyvee 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Live 2B Healthy 12:00 Intermediate Music Therapy Group 02:00 Bingo 02:30 Store Trip 03:00 Country Cabinet - Open for Business 03:00 Great Backyard Bird Count	<b>16 Great Backyard Bird Count Weekend</b> 10:00 Quilting with Elayne 12:15 Board Games 01:15 BINGO 02:00 Country Cabinet Open for Business 02:15 Movie Series 02:15 Phase 10 04:15 Devotions 07:00 The Lawrence Welk Show
<b>17</b> 09:00 St Matthews 12:30 Ring Toss 01:15 BINGO 02:00 Country Cabinet Open for Business 02:15 Armchair Yoga and Stretches 03:15 New Covenant Worship 04:00 Netflix Series	<b>18 President's Day</b> 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Live 2B Healthy 01:30 Men's Club 02:30 Cedar Rapids Library 03:00 Margarita Monday 03:00 Spa Day 06:00 Dingalings Practice	<b>19 Sweetheart's Dance</b> 09:15 God Winks / Spiritual Reading 09:30 Devotions 09:30 Outing: YMCA 10:15 Ladies Updos and Makeup 02:00 Sweet Hearts Dance 02:00 Dancing Demonstration with Tim and Kathy Hulse 02:30 Walgreens	<b>20</b> 08:30 Donuts and Coffee 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Live 2B Healthy 11:30 Men's Luncheon 01:00 Manicures 03:15 Competitive Uno Club	<b>21</b> 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Card Club 01:00 Wii Bowling 03:00 Happy Hour with Shima Country Styles 06:00 Dingalings Practice	<b>22</b> 08:30 Trip to Hyvee 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Live 2B Healthy 12:00 Intermediate Music Therapy Group 02:00 Bingo 02:30 Store Trip 03:00 Country Cabinet - Open for Business 03:00 Learn to Play: Uno	<b>23</b> 10:00 Quilting with Elayne 12:30 Card Club 01:15 BINGO 02:00 Country Cabinet Open for Business 02:00 Scott Engledown Performance 04:00 Devotions 07:00 The Lawrence Welk Show
<b>24</b> 09:00 St Matthews 12:30 Indoor Bowling 01:15 BINGO 02:00 Country Cabinet Open for Business 02:15 Armchair Yoga and Stretches 02:45 Sunday Sundaes 03:15 New Covenant Worship 04:00 Meditative Coloring	<b>25</b> 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Live 2B Healthy 01:30 Men's Club 02:00 Czech Accordion Trio 02:15 DingALings out to North Brooke Manor 03:00 Margarita Monday 06:00 Dingalings Practice	<b>26</b> 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:00 Outing: Riverside Casino 01:30 Ulowa Art Program 02:00 Snack and Learn with CR Fire Department 02:30 Walgreens 03:00 Resident Council Meeting 03:00 Ladies Club: Quilt Show and Tea Time	<b>27</b> 08:30 Donuts and Coffee 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Live 2B Healthy 01:00 Manicures 03:00 Resident Meeting - Everyone 03:15 Competitive Uno Club	<b>28</b> 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Card Club 01:00 Wii Bowling 03:00 Happy Hour with Ken Lee 06:00 Dingalings Practice	<p>Calendar is flexible, and all activities subject to Change.</p> <p>Transportation runs M, W-F from 8 am to 4 pm</p> <p>Questions: Contact Life Enrichment Coordinator, Kari Santos            enrichlife@garnettplace.net or 319-533-0441</p>	



202 35th Street Drive SE #123 Cedar Rapids, IA 52403 | 319-362-3630 | www.garnettplace.net

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# Memory Care February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Happy Birthday: 2/2 - Kathy W. 2/3 - Jeane W. 2/6 - Lois K. 2/7 - Olga V. 2/11 - Virginia W. 2/12 - Vernon J.	Happy Birthday: 2/13 - Robert T. 2/14 - Berta P. 2/19 - Carolyn H. 2/23 - Francis C.		Calendar is flexible, and all activities subject to Change.  Transportation runs M, W-F from 8 am to 4 pm  Questions: Contact Life Enrichment Coordinator, Kari Santos enrichlife@garnettplace.net or 319-533-0441	07:30 Morning Reading Group 09:00 Exercise 09:30 Music Therapy 10:15 Indoor Walking Club 01:30 Relaxation with Music 02:00 Sing-A-Long 03:00 Picture Look	07:30 Morning Reading Group 09:00 Mandalas 10:00 Bingo 01:00 Relaxation and Reading 03:15 Fun with Kelsie 05:00 Saturday Movie Night 07:00 The Lawrence Welk Show
07:30 Morning Reading Group 08:00 Jolene Brackey Sunday Church 09:00 St. Matthew's 02:00 Chat and Snack 03:15 New Covenant Worship 03:15 Fun with Kelsie 05:00 Music Hour	07:30 Morning Reading Group 09:30 Manicures 10:00 Mystery Games 01:30 Relaxation and Meditation 02:00 Card Club 02:30 Scenic Drive 03:30 Household Chores 05:00 National Park Tour 07:00 Busy Baskets	07:30 Morning Reading Group 09:00 Exercise Group 10:00 Art Club 01:00 Sensory Relaxation 02:00 Bingo 03:00 Card Club 03:30 Household Chores 05:00 Music Hour	07:30 Morning Reading Group 09:00 Exercise 10:00 Art Club 01:00 Manicures with Danae 01:30 Relaxation with Music 02:00 Baking 03:00 Pet Therapy with Oliver 03:00 Social Club 03:30 Household Chores	07:30 Morning Reading Group 09:30 Beauty Spot 10:00 Wii Games 01:30 Relaxation for the mind 02:00 Balloon Volleyball 03:00 Birthday Party with Harold Gray 03:30 Household Chores 05:00 Scentsory Smells	07:30 Morning Reading Group 09:00 Exercise 09:30 Music Therapy 10:15 Indoor Walking Club 01:30 Relaxation with Music 02:00 Kitchen Band 02:00 Sing-A-Long 03:00 Picture Look 03:30 Household Chores	07:30 Morning Reading Group 01:00 Relaxation and Reading 02:00 Resident Choice 03:15 Fun with Kelsie 03:30 Household Chores 05:00 Saturday Movie Night 07:00 The Lawrence Welk Show
07:30 Morning Reading Group 08:00 Jolene Brackey Sunday Church 09:00 St. Matthew's 02:00 Chat and Snack 03:15 New Covenant Worship 03:15 Fun with Kelsie 03:30 Household Chores 05:00 Music Hour	07:30 Morning Reading Group 09:30 Manicures 10:00 Mystery Games 01:30 Relaxation and Meditation 02:00 Card Club 02:30 Scenic Drive 03:30 Household Chores 05:00 National Park Tour 07:00 Busy Baskets	07:30 Morning Reading Group 09:30 Music Therapy 01:00 Sensory Relaxation 02:00 Bingo 03:00 Card Club 03:30 Household Chores 05:00 Music Hour	07:30 Morning Reading Group 09:00 Exercise 10:00 Art Club 01:00 Manicures with Danae 01:30 Massages 01:30 Relaxation with Music 02:00 Movie & Popcorn 02:00 Baking 03:00 Social Club	07:30 Morning Reading Group 09:30 Beauty Spot 10:00 Wii Games 01:30 Relaxation for the mind 02:00 Balloon Volleyball 03:00 Happy Hour with the Heartland Band 03:30 Household Chores 05:00 Scentsory Smells	07:30 Morning Reading Group 09:00 Exercise 09:30 Music Therapy 10:15 Indoor Walking Club 01:30 Relaxation with Music 02:00 Sing-A-Long 03:00 Picture Look 03:30 Household Chores	07:30 Morning Reading Group 01:00 Relaxation and Reading 03:15 Fun with Kelsie 03:30 Household Chores 05:00 Saturday Movie Night 07:00 The Lawrence Welk Show
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07:30 Morning Reading Group 08:00 Jolene Brackey Sunday Church 09:00 St. Matthew's 02:00 Chat and Snack 03:15 New Covenant Worship 03:15 Fun with Kelsie 03:30 Household Chores 05:00 Music Hour	07:30 Morning Reading Group 09:30 Manicures 10:00 Mystery Games 01:30 Relaxation and Meditation 02:00 Card Club 02:30 Scenic Drive 03:30 Household Chores 05:00 National Park Tour 07:00 Busy Baskets	07:30 Morning Reading Group 09:30 Music Therapy 10:00 Ulowa Art Program 01:00 Sensory Relaxation 02:00 Bingo 03:00 Resident Council Meeting 03:00 Card Club 03:30 Household Chores 05:00 Music Hour	07:30 Morning Reading Group 09:00 Exercise 10:00 Art Club 01:00 Manicures with Danae 01:30 Relaxation with Music 02:00 Baking 03:00 Resident Meeting 03:00 Social Club 03:30 Household Chores	07:30 Morning Reading Group 09:30 Beauty Spot 10:00 Wii Games 01:30 Relaxation for the mind 02:00 Balloon Volleyball 03:30 Household Chores 05:00 Scentsory Smells	Calendar is flexible, and all activities subject to Change.  Transportation runs M, W-F from 8 am to 4 pm  Questions: Contact Life Enrichment Coordinator, Kari Santos enrichlife@garnettplace.net or 319-533-0441	



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