



# February 2024

## 3J Skilled Nursing Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			KEY CH=Community Hall MDR= Main Dining Room MP= Marketplace OR= Oak Room P= Parlor SA=Sitting Area TMR= Thomas Miller Room	1 9:30 Good Morning Music (P) 10:05 Sit & Be Fit 10:30 Brain Games 11:00 Rosary 2:00 Manicures 3:30 Jeopardy! (Ch.7)	2 <b>Groundhog Day</b> 9:30 Morning Stretch 10:00 Trivia 11:00 Rosary 1:30 Friday Matinee 2:30 Snack Cart 3:30 Jeopardy! (Ch.7)	3 9:30 Daily Chronicles 10:00 Sit & Be Fit 10:30 Let's Make Healthy Snacks w/ Vanessa 11:00 Rosary 2:00 Bingo
4 9:30 Catholic Mass (Ch 7) 10:00 Chair Yoga 10:30 Activity Planning Meeting 11:00 Rosary 1:30 Sunday Matinee (P) 2:30 Refreshments	5 9:30 Morning Music 10:00 Catholic Mass (CH) 11:00 Rosary 12:00-1:00 Spread the Love Fundraiser (MP) 2:00 Afternoon Stretch 2:30 Uplifting Short Story Read 3:00 Music w/ Melissa 3:30 Jeopardy! (Ch.7)	6 9:30 Daily Chronicles 10:00 Sit & Be Fit w/Quinn 10:30 Brain Fitness 11:00 Rosary 12:00-1:00 Spread the Love Fundraiser (MP) 2:00 Bingo 3:30 Jeopardy (CH 7) 6:15 Valentine Winter Social (CH)	7 9:30 Stretch & Refresh thru your Senses 10:00 Morning Meditation & Prayer 10:15 Practice: Bean Bag Toss 10:45 Hydrate w/Lemon Water 11:00 Quiet Reflection & Rosary 12:00 Spread the Love (MP) 2:00 Men's Movie: Top Gun (T) 3:30 Massage Therapy w/ Eddi	8 9:30 Good Morning Music (P) 10:05 Sit & Be Fit 10:30 Brain Games 11:00 Rosary 12:00-1:00 Spread the Love Fundraiser (MP) 2:30 Manicures 3:30 Jeopardy! (Ch.7)	9 9:30 Morning Stretch 10:00 Trivia 10:00-1:00 Spread the Love Fundraiser & Bake Sale (MP) 10:30 Music with Melissa (SA) 11:00 Rosary 1:30 See & Taste the World 2:30 Snack Cart 3:30 Jeopardy! (Ch.7)	10 9:30 Daily Chronicles 10:00 Sit & Be Fit 10:30 Let's Make Healthy Snacks w/ Vanessa 11:00 Rosary 2:00 Bingo
11 9:30 Catholic Mass (Ch 7) 10:00 Tabletop Golf 11:00 Rosary 1:30 Sunday Matinee (P) 2:30 Refreshments 5:30 Superbowl 58 (Ch. 2)	12 9:30 Morning Music 10:00 Catholic Mass (CH) 10:30 Valentines for Vets (MDR) 11:00 Rosary 2:00 Afternoon Stretch 2:30 Uplifting Short Story Read 3:00 Music w/ Melissa 3:30 Jeopardy!(Ch.7)	13 <b>Mardi Gras</b> 9:30 Daily Chronicles 10:00 Protestant Communion (TMR) 10:00 Sit & Be Fit w/ Quinn 10:30 Brain Fitness 11:00 Rosary 2:00 Mardi Gras Party (CH& Oak) 3:30 Jeopardy (CH 7)	14 <b>Valentine's Day Ash Wednesday</b> 9:30 Refresh Your Senses 10:00 Morning Prayer & Gratitude Journal 10:15 Team Practice: Bean Bag Toss 10:45 Rehydrate w/ Green Tea 11:00 Quiet Reflection & Rosary 11:00 Ash Wednesday Svc (CH) 2:00 In the Kitchen	15 9:30 Good Morning Music (P) 10:05 Sit & Be Fit 10:30 Brain Games 11:00 Rosary 2:00 Galentine's Day: Barbie Movie 3:30 Jeopardy! (Ch.7) 7:00 Bingo Night (MP)	16 9:30 Morning Stretches 10:00 Trivia 10:30 Music with Melissa (SA) 11:00 Rosary 1:30 Friday Matinee 2:30 Snack Cart 3:30 Jeopardy! (Ch.7)	17 9:30 Daily Chronicles 10:00 Sit & Be Fit 10:30 Let's Make Healthy Snacks w/ Vanessa 11:00 Rosary 2:00 Bingo



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
9:30 Catholic Mass (Ch 7) 10:30 Balloon Volleyball 11:00 Rosary 1:30 Sunday Matinee (P) 2:30 Refreshments	<b>Presidents' Day</b> 9:30 Morning Music 10:00 Catholic Mass (CH) 11:00 Rosary 2:00 Uplifting Short Story Read 3:00 Music w/ Melissa 3:30 Jeopardy!(Ch.7)	9:30 Daily Chronicles 10:00 Sit & Be Fit w/Quinn 10:30 Brain Fitness 11:00 Rosary 2:00 Black History Month w/ Tim Wisley (CH) 3:30 Jeopardy (CH 7)	9:30 Refresh Your Senses 10:00 Morning Prayer & Gratitude Journal 10:15 Team Practice: Bean Bag Toss 10:45 Rehydrate w/ Coconut Water 11:00 Quiet Reflection & Rosary 2:00 Birthday Party w/ Jennifer Hall 3:30 Jeopardy (Ch.7)	9:30 Good Morning Music (P) 10:05 Sit & Be Fit 10:30 Brain Games 11:00 Rosary 2:00 Manicures 3:30 Jeopardy! (Ch.7)	9:30 Morning Stretch 10:00 Trivia 10:30 Music with Melissa (SA) 11:00 Rosary 1:30 Taste & See the World 2:30 Snack Cart 3:30 Jeopardy! (Ch.7)	9:30 Daily Chronicles 10:00 Sit & Be Fit 10:30 Let's Make Healthy Snacks w/ Vanessa 11:00 Rosary 2:00 Bingo
25	26	27	28	29		
9:30 Catholic Mass (Ch 7) 10:00 Community Bingo (CH) 11:00 Rosary 1:30 Sunday Matinee (P) 2:30 Refreshments	9:30 Morning Music 10:00 Catholic Mass (CH) 11:00 Rosary 11:00 Resident Council 2:00 Afternoon Stretch 2:30 Uplifting Short Story Read 3:00 Music w/ Melissa 3:30 Jeopardy!(Ch.7)	9:30 Daily Chronicles 10:00 Sit & Be Fit w/Quinn 10:30 Brain Fitness 11:00 Rosary 2:00 Topsy Tuesday (OR) 3:30 Jeopardy (CH 7)	9:30 Refresh Your Senses 10:00 Morning Prayer & Gratitude Journal 10:15 Team Practice: Bean Bag Toss 10:45 Rehydrate w/ V8 Juice 11:00 Quiet Reflection & Rosary 2:00 Craft Time: Sun Catchers 3:30 Jeopardy (Ch.7)	9:30 Good Morning Music (P) 10:05 Sit & Be Fit 10:30 Brain Games 11:00 Rosary 2:00 Manicures 3:30 Jeopardy! (Ch.7)		