

Gables Memory Care Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:15 Daily C & Aroma Therapy 1 10:15 Today in History 10:45 Nature in MN 11:15 Morning Stretch 2:15 One on Ones 2:45 Activity time 4:00 Laughter is the Best Medicine	10:30 JAVA MUSIC club 2 10:30 Short Stories 11:15 Fun & Fitness (DR) 2:30 One on Ones 3:00 Let's Move! 4:00 Hank the Accordionist Groundhog Day	9:15 Chronicles & Visits 3 10:15 Current Events *No Worship Service Today* 11:15 Morning Stretch 2:15 One on Ones 2:45 Sing a Long 3:30 Active Games	11:00 Short Stories 11:30 Music & Movement 3:30 Trivia with Patty
11:00 Catholic Mass - Channel 993 5 3:00 Worship Service - Channel 993	10:15 Devotion & Hymns 6 10:45 Stories & Reminisce 11:15 Morning Stretch 2:15 One on Ones 2:45 Word Games 4:00 Balloon Ball	9:15 Chronicles & Visits 7 10:15 Lets SING & Remember 11:15 Fun & Fitness 2:15 One on Ones 2:30 Bell Singing w/ Judy! 4:00 Finishing Lines Trivia	9:15 Daily C & Aroma Therapy 8 10:15 Word of the Day 10:45 Nature in MN 11:15 Morning Stretch 2:15 One on Ones 3:00 Drumming 4:00 Short Stories	9:45 Escorts to JAVA 9 10:15 Current Events 10:30 JAVA MUSIC club 11:15 Fun & Fitness (DR) 2:30 One on Ones 3:00 Active Games 3:30 Finish that Phrase 4:00 Sing a Long	9:15 Chronicles & Visits 10 10:15 Current Events 10:30 Worship Service 11:15 Morning Stretch 2:15 One on Ones 2:45 Bean Bag Reminisce 3:30 Short Stories	11:15 Morning Stretch 11 1:15 Short Stories/Trivia 3:30 Activity with Stephanie
11:00 Catholic Mass - Channel 993 12 3:00 Worship Service - Channel 993	10:15 Devotion & Hymns 13 10:45 Stories & Reminisce 11:15 Morning Stretch 2:15 One on Ones 2:45 Word Games 4:00 Balloon Ball	9:15 Chronicles & Visits 14 10:15 Lets SING & Remember 11:15 Fun & Fitness 2:15 One on Ones 2:45 Active Games 4:00 Finishing Lines Trivia Valentine's Day	9:15 Daily C & Aroma Therapy 15 10:15 Today in History 10:45 Nature in MN 11:15 Morning Stretch 2:15 One on Ones 3:00 Drumming 4:00 Laughter is the Best Medicine	9:45 Escorts to JAVA 16 10:15 Current Events 10:30 JAVA MUSIC club 11:15 Fun & Fitness (DR) 2:00 Michael Riddle Concert (AUD) 3:30 Finish that Phrase 4:00 Stories & Reminisce	9:15 Chronicles & Visits 17 10:15 Current Events 10:30 Worship Service 11:15 Morning Stretch 2:15 One on Ones 2:45 Bean Bag Reminisce 3:30 Sing a Long	11:15 Morning Stretch 18 1:15 Short Stories/Trivia 4:00 Activity with Lauryn
11:00 Catholic Mass - Channel 993 19 3:00 Worship Service - Channel 993	10:15 Devotion & Hymns 20 10:45 Stories & Reminisce 11:15 Morning Stretch 2:15 One on Ones 2:45 Word Games 4:00 Balloon Ball Presidents' Day	9:15 Chronicles & Visits 21 10:15 Lets SING & Remember 11:15 Fun & Fitness 2:15 One on Ones 2:45 Active Games+ 4:00 Finishing Lines Trivia Mardi Gras	9:15 Daily C & Aroma Therapy 22 10:15 Word of the Day 10:45 Nature in MN 11:15 Morning Stretch 2:15 One on Ones 3:00 Drumming 4:00 Short Stories Ash Wednesday	9:45 Escorts to JAVA 23 10:15 Current Events 10:30 JAVA MUSIC club 11:15 Fun & Fitness (DR) 2:30 One on Ones 3:15 RED & PURPLE HATS! 4:00 Sing a Long	9:15 Chronicles & Visits 24 10:15 Current Events 10:30 Worship Service 11:15 Morning Stretch 2:15 One on Ones 2:45 Bean Bag Reminisce 3:30 Afternoon Matinee	11:15 Morning Stretch 25 1:15 Short Stories/Trivia 3:30 Activity with Stephanie
11:00 Catholic Mass - Channel 993 26 3:00 Worship Service - Channel 993	10:15 Devotion & Hymns 27 10:45 Stories & Reminisce 11:15 Morning Stretch 2:15 One on Ones 2:45 Word Games 4:00 Balloon Ball	9:15 Chronicles & Visits 28 10:15 Lets SING & Remember 11:15 Fun & Fitness 2:15 One on Ones 2:30 Bell Singing w/ Judy! 4:00 Finishing Lines Trivia	<h1>February 2023</h1>			

Activities subject to change