


Monday

Tuesday

Wednesday

Thursday

Friday

<p><u>Therapeutic Benefits of Activity Programming</u> S: SOCIAL-get to know others, be a part of a group, make friends, connect, and decrease loneliness and boredom. E: EMOTIONAL-a chance to express emotions, feelings, reminisce, manage stress and unpleasant thoughts, experience joy & happiness. P: PHYSICAL- moving the body, staying limber, decreasing falls, increasing physical strength and stamina, learning about health. O: OCCUPATIONAL- connecting with past roles, enjoying hobbies, enjoy feelings of accomplishment, finding ways to be useful and helpful to others.</p>	<p><u>Therapeutic Benefits of Activity Programming</u> SP: SPIRITUAL-finding meaning and purpose, finding peace, may also include religious beliefs, yoga, meditation and enjoying music. I: INTELLECTUAL: using the brain, challenging cognition, learning new things, thought-provoking activities. Using the brain and current abilities helps to retain them.</p>		<p>1 9:30 Devotional (SP, E) Daily Chronicle, This Day in History (S, O, I) Exercise (P) 11:45 Wash Hands, Set Table (O) 1:00 EZ Does it Trivia (I) 2:00 Planter Activity w/Bailey (E, O) 3:00 Snacks--Dark Chocolate Day 3:30 Black History Month Quotes Sharing (E, I) 4:00 Puzzles (I)</p>	<p>2 9:30 Devotional (SP, E) Daily Chronicle, This Day in History (S, O, I) Exercise (P) Well-Grounded: Story of Groundhog day (C, S) 11:45 Wash Hands, Set Table (O) 1:00 Black History Month True/False and BHM Heroes (E, I) 2:00 Sensory Music Therapy w/Cara(E, SP) or Word Search (I) 3:00 Snacks--Kiwi Fruit Day 3:30 Group Music Therapy and Drumming w/Cara (E, S, SP) 5:00 Puzzles</p>
<p>5 9:30 Devotional (SP, E) Daily Chronicle, This Day in History (S, O, I) Exercise (P) 11:45 Wash Hands, Set Table (O) 1:00 Floral Arranging (E, SP, O) 1:30 Music and Relaxation (SP, E) 2:00 Dance and Move with Jen (P) 3:00 Snacks--Chocolate Fondue Day 3:30 Dice Game (I, O) 4:00 Music, Games and Puzzles (E, I)</p>	<p>6 9:30 Devotional (SP, E) Daily Chronicle, This Day in History (S, O, I) Exercise (P) 10:30 TCU Generations Program (S, E, SP, O) 11:45 Wash Hands, Set Table 1:00 Black History Month--Who am I? (I, E) 2:00 Music Therapy with Julia (E, SP, S) 3:00 Snacks 3:30 Parachute and Ball (P) 4:00 Piano and Sing along w/Debbie (E, SP, S, O)</p>	<p>7 9:30 Devotional (SP, E) Daily Chronicle, This Day in History (S, O, I) Exercise (P) 11:45 Wash Hands, Set Table (O) 1:00 Heart Craft (E, O) 2:00 Basketball with Ivan (P) 2:30 IN2L FUN (I, S) 3:00 Snacks 3:30 Afternoon Stretch and Relaxation (SP, P) 4:00 Do you hear what I hear? Winter Edition (Activity Conn) I,E</p>	<p>08 9:30 Devotional (SP, E) Daily Chronicle, This Day in History (S, O, I) Exercise (P) 11:45 Wash Hands, Set Table (O) 1:00 Candy Bingo (S) 2:00 Salt Dough w/Bailey: (S, E O) 3:00 Snacks 3:30 Bean Bag Toss (P, S) 4:00 UNO 5:00 Music (SP, E)</p>	<p>09 9:30 Devotional (SP, E) Daily Chronicle, This Day in History (S, O, I) Exercise (P) 11:45 Wash Hands, Set Table (O) 1:00 Live Piano Music with DFWMusic4Life 1:30 Velcro Ball 2:00 Sensory Music Therapy w/Cara (E, SP) or Crafts w/Chandra (O, E) 3:00 Snacks 3:30 Group Music Therapy and Drumming w/Cara (E, S, SP) 5:00 Puzzles</p>
<p>12 9:30 Devotional (SP, E) Daily Chronicle, This Day in History (S, O, I) Exercise (P) 11:45 Wash Hands, Set Table (O) 1:00 Floral Arranging (E, SP, O) 2:00 Dance and Move with Jen (P) 3:00 Snacks 3:30 Never Have I Ever for Seniors--S, E 4:00 Shelling Pecans (O, P, S) Buddy the Cat visits--E, S</p>	<p>13 9:30 Devotional (SP, E) Daily Chronicle, This Day in History (S, O, I) Exercise (P) 10:30 TCU Generations Program (S, E, SP, O) 11:45 Wash Hands, Set Table (O) 1:00 Mardi Gras Bead Roll Game 2:00 Music Therapy with Julia (E, SP, S) 3:00 King Cake 3:30 True/False Mardi Gras Trivia 4:00 Piano and Sing along w/Debbie (E, SP, S, O)</p>	<p>14 9:30 Devotional (SP, E) Daily Chronicle, This Day in History (S, O, I) Exercise (P) Love is in the Air Trivia (I, E) 11:45 Wash Hands, Set Table 1:00 Cupcake Baking 1:30 Famous Couples Valentine Matching Game AND Conversation Hearts Game--S, E 2:00 Valentine's Day Photo Booth Fun 3:00 Cupcake Frosting and Decorating 3:30 Valentine's Day Family Feud 4:00 Name that Love Song (E, SP, S)</p> 	<p>15 9:30 Devotional (SP, E) Daily Chronicle, This Day in History (S, O, I) Exercise (P) 11:45 Wash Hands, Set Table (O) 1:00 IN2L Fun 2:00 Art on the Go w/Sixty and Better 3:00 Snacks 3:30 Candy Trees w/Bailey (S, E, O) 4:00 Ball Toss (P)</p>	<p>16 9:30 Devotional (SP, E) Daily Chronicle, This Day in History (S, O, I) Exercise (P) 11:45 Wash Hands, Set Table (O) 1:00 Sensory Music Therapy w/Cara (E, SP) or Trivia (I) 3:00 Snacks 3:30 Group Music Therapy and Drumming w/Cara (E, S, SP) ***Special Girl scout program*** Reminisce, look at GS memorabilia and enjoy Girl Scout cookies this afternoon. (S, E, O, I)</p>
<p>19 9:30 Devotional (SP, E) Daily Chronicle, This Day in History (S, O, I) Exercise (P) 11:45 Wash Hands, Set Table (O) 1:00 Floral Arranging (E, SP, O) 1:15 Patriotic Music, Pledge of Allegiance and "Presidential Pets" (Activity Connection) 2:00 Dance and Move with Jen (P) 3:00 Snacks 3:30 Presidents Day Riddles and First Ladies Who am I? (Activity Connection) 4:00 Higher of Lower Card Game (I)</p>	<p>20 9:30 Devotional (SP, E) Daily Chronicle, This Day in History (S, O, I) Exercise (P) 10:30 TCU Generations Program (S, E, SP, O) 11:45 Wash Hands, Set Table (O) 1:00 Piano and Ball (P, S) 2:00 Music Therapy with Julia (E, SP, S) 3:00 Snacks 3:30 Grocery Ad Scavenger Hunt--I, O 4:00 Piano and Sing along w/Debbie (E, SP, S, O) 4:30 Matching Games (I, S)</p>	<p>21 9:30 Devotional (SP, E) Daily Chronicle, This Day in History (S, O, I) Exercise (P) 11:45 Wash Hands, Set Table (O) 1:00 Candy Bingo w/Ivan (S) 2:00 Live Music w/George Miadis (E, SP) 3:00 Snacks 3:30 Famous Movie Quotes 4:00 Bean Bag Toss (P) 4:30 Puzzles (I)</p>	<p>22 9:30 Devotional (SP, E) Daily Chronicle, This Day in History (S, O, I) Exercise (P) 11:45 Wash Hands, Set Table (O) 1:00 IN2L Fun (S, I) 2:00 Sunflowers w/Clothespins w/Bailey: S, E, O 3:00 Snacks 3:30 Golden Carers: Guess the Dog Breed Quiz--S, E, I 4:00 Ball Toss (P)</p>	<p>23 9:30 Devotional (SP, E) Daily Chronicle, This Day in History (S, O, I) Exercise (P) 11:45 Wash Hands, Set Table (O) 1:00 Tennis Day: Velcro Ball--P, S 2:00 Sensory Music Therapy w/Cara (E, SP) or Word Search (I) 3:00 Snacks 3:30 Group Music Therapy and Drumming w/Cara (E, S, SP)</p>
<p>26 9:30 Devotional (SP, E) Daily Chronicle, This Day in History (S, O, I) Exercise (P) 11:30 Floral Arranging (E, SP, O) 11:45 Wash Hands, Set Table (O) 1:00 Bingocize with Sixty and Better (P, I) 2:00 Dance and Move with Jen (P) 3:00 Snacks 3:30 Relaxing Hand Massage and Music (E, SP) 4:00 Puzzles</p>	<p>27 9:30 Devotional (SP, E) Daily Chronicle, This Day in History (S, O, I) Exercise (P) 10:30 TCU Generations Program (S, E, SP, O) 11:45 Wash Hands, Set Table (O) 1:00 Ball Toss 2:00 Music Therapy with Julia (E, SP, S) 3:00 Snacks 3:30 IN2L Fun (I, S) 4:00 Piano and Sing along w/Debbie (E, SP, S, O)</p>	<p>28 9:30 Devotional (SP, E) Daily Chronicle, This Day in History (S, O, I) Exercise (P) 11:45 Wash Hands, Set Table (O) 1:00 Candy Bing w/Ivan 2:00 Drum Circle w/Kenny (E, SP, S) 3:00 Snacks 3:30 Ball Toss (P) 4:00 Puzzles and Games, Magazines (I, S)</p>	<p>29 9:30 Devotional (SP, E) Daily Chronicle, This Day in History (S, O, I) Exercise (P) 11:45 Wash Hands, Set Table (O) 1:00 Leap Day Beanbag Leap Frog (P) 2:00 Crafting (O, E, I) 3:00 Snacks 3:30 IN2L Fun 4:00 Uno, Games and Puzzles</p>	