

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2019

Palm Cottages Assisted Living & Memory Care

						9:15 Morning Stroll 10:00 Exercise with Coleen-CO 1:00 Viera Wetlands/ Scenic Drive & Tasty Treat 2:00 Healthy Hydration 3:00 Airball and Trivia - CH 4:15 Mail Delivery	1	9:15 Porch Talk 10:00 Bingo 1:00 One on One Visits 2:00 Healthy Hydration 2:30 Ice Cream Delivery 4:15 Mail Delivery	2				
9:15 Morning Stroll 10:00 Bingo - CH 11:30 One on One Visits 1:30 Movie and Popcorn in Your Cottage 2:00 Healthy Hydration 4:00 Relax and Reminisce	3	9:15 Morning Chat 10:00 Fusion Fitness with Faith – CO 1:30 Bingo - CH 2:00 Healthy Hydration 3:00 Valentine 's Day Card Making/ Adult Coloring – CA 4:15 Mail Delivery	4	9:15 Morning Stroll 10:00 Exercise with Genesis Rehab – CO 10:30 Christian Service and Music with Pastor Pina - MT 1:30 Bingo - CH 2:00 Healthy Hydration 3:00 Valentine's Day Arts & Crafts, and Cookies! – CH 4:15 Mail Delivery <small>Chinese New Year</small>	5	9:30 Catholic Service- DA 10:00 Fitness with Staff- DA 1:30 Bingo - CH 2:00 Healthy Hydration 2:15 Academy Sounds School Musical Performance- CH 4:15 Mail Delivery	6	9:15 Morning Wake & Stretch 10:00 Walmart Shopping Outing 1:30 Board/Card Games - CH 2:00 Healthy Hydration 3:00 Thirsty Thursday with Kenny- CH 4:15 Mail Delivery	7	9:15 Morning Stroll 10:00 Exercise with Coleen-CO 12:00 Lunch Outing to Chili's (GROUP 1) 2:00 Healthy Hydration 3:00 Airball and Trivia - CH 4:15 Mail Delivery	8	9:15 Porch Talk 10:00 Bingo 1:00 One on One Visits 2:00 Healthy Hydration 2:30 Ice Cream Delivery 4:15 Mail Delivery	9
9:15 Morning Stroll 10:00 Bingo - CH 11:30 One on One Visits 1:30 Movie and Popcorn in Your Cottage 2:00 Healthy Hydration 4:00 Relax and Reminisce	10	9:15 Morning Chat 10:00 Fusion Fitness with Faith – CO 1:30 Bingo - CH 2:00 Healthy Hydration 2:30 Publix Shopping Outing 3:00 Valentine's Day Card Making/ Adult Coloring - WA 4:15 Mail Delivery	11	9:15 Morning Stroll 10:00 Exercise with Genesis Rehab - CO 10:00 Valentine's Day Visit with MOMS Club Children- CA 1:30 Bingo - CH 2:00 Healthy Hydration 3:00 Resident Council Meeting – CH 4:15 Mail Delivery	12	9:30 Catholic Service- DA 10:00 Fitness with Staff- DA 12:00 FANTASTIC Football Birthday Bash with Frank- CH 1:30 Bingo - CH 2:00 Healthy Hydration 3:00 Mobile Book Swap 4:15 Mail Delivery	13	9:15 Morning Wake & Stretch 10:00 Walmart Shopping Outing 1:30 Board/Card Games - CH 2:00 Healthy Hydration 3:00 Thirsty Thursday Valentine's Day Party with Dollie Dimples – CH 4:15 Mail Delivery <small>Valentine's Day</small>	14	9:15 Morning Stroll 10:00 Exercise with Coleen-CO 1:00 Beach Outing/ Scenic Drive & Tasty Treat 2:00 Healthy Hydration 3:00 Airball and Trivia - CH 4:15 Mail Delivery	15	9:15 Porch Talk 10:00 Bingo 1:00 One on One Visits 2:00 Healthy Hydration 2:30 Ice Cream Delivery 4:15 Mail Delivery	16
9:15 Morning Stroll 10:00 Bingo - CH 11:30 One on One Visits 1:30 Movie and Popcorn in Your Cottage 2:00 Healthy Hydration 4:00 Relax and Reminisce	17	9:15 Morning Chat 10:00 Fusion Fitness with Faith – CO 1:30 Bingo - CH 2:00 Healthy Hydration 2:30 Suntree Library Outing 4:15 Mail Delivery <small>Presidents' Day (US)</small>	18	9:15 Morning Stroll 10:00 Exercise with Genesis Rehab - CO 1:30 Bingo - CH 2:00 Healthy Hydration 3:00 Arts and Crafts - DA 4:15 Mail Delivery	19	9:30 Catholic Service- DA 10:00 Fitness with Staff- DA 11:30 Picnic Lunch on the River 1:30 Bingo - CH 2:00 Healthy Hydration 3:00 Mobile Book Swap 4:15 Mail Delivery	20	9:15 Morning Wake & Stretch 10:00 Walmart Shopping Outing 1:30 Board/Card Games - CH 2:00 Healthy Hydration 3:00 Thirsty Thursday with Frank - CH 4:15 Mail Delivery	21	9:15 Morning Stroll 10:00 Exercise with Coleen-CO 12:00 Lunch Outing to Chili's (GROUP 2) 2:00 Healthy Hydration 3:00 Airball and Trivia - CH 4:15 Mail Delivery	22	9:15 Porch Talk 10:00 Bingo 1:00 One on One Visits 2:00 Healthy Hydration 2:30 Ice Cream Delivery 4:15 Mail Delivery	23
9:15 Morning Stroll 10:00 Bingo - CH 11:30 One on One Visits 1:30 Movie and Popcorn in Your Cottage 2:00 Healthy Hydration 4:00 Relax and Reminisce	24	9:15 Morning Chat 10:00 Fusion Fitness with Faith – CO 1:30 Bingo - CH 2:00 Healthy Hydration 2:30 Dollar Tree Shopping Outing 3:00 Card Making/ Letter Writing/ Adult Coloring - WA 4:15 Mail Delivery	25	9:15 Morning Stroll 10:00 Exercise with Genesis Rehab - CO 1:30 Bingo - CH 2:00 Healthy Hydration 3:00 Root Beer Float Party- CH 4:15 Mail Delivery	26	9:30 Catholic Mass with Father John Patrick- MT 10:00 Exercise- DA 1:00 Brevard Zoo Outing 1:30 Bingo - DA 2:00 Healthy Hydration 4:15 Mail Delivery	27	9:15 Morning Wake & Stretch 10:00 Walmart Shopping Outing 1:30 Board/Card Games - CH 2:00 Healthy Hydration 3:00 Thirsty Thursday with Music of the Decades- CH 4:15 Mail Delivery	28	Location Key CH - Club House MT – CH Movie Theatre CA - Canary CO - Coconut DA - Date WA - Washington WI – Windmill **Copies of Calendar in CH** <i>Ideas? Comments? Send them to: smelnyk@palmcottagesfl.com</i>			