




FEBRUARY 2019
CAMBRIDGE

NOTTINGHAM VILLAGE HEATHER COURT ACTIVITIES

... people caring for people!

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|---|---|--|--|---|---|--|
| CALENDAR SUBJECT TO CHANGE | | | | | FRIDAY 1 | SATURDAY 2 |
| | | | | | 7:30 Life Skills 9:30 Sunshine Club 10:00 Exercise (Drum Circle) 10:30 Bible Study by Mr. Brosious 11:30 Dreamy Melodies 1:00 Manicures 2:00 Time Slips 3:00 Snack/Hydration 3:30 Toss Across 4:00 Life Skills 6:00 Reminisce (Collections) 6:30 Individual Projects 7:00 Night Time Snack | 7:30 Life Skills 9:30 Sunshine Club 10:00 Exercise (Active Games) 10:30 Snack/Hydration 10:45 Sing-a-Long 1:00 Hand Care 2:00 Kitchen Bingo 3:00 Snack/Hydration 3:30 Volleyball 4:00 Life Skills 6:00 Magazine Scavenger Hunt 6:30 Individual Projects 7:00 Night Time Snack |
| | | | | | ACTIVITY LOCATIONS CA- Common Area CT- Courtyard L Lobby | |
| Activities will all take place in the Common Area unless other wise stated | | | | | | |
| SUNDAY 3 | MONDAY 4 | TUESDAY 5 | WEDNESDAY 6 | THURSDAY 7 | FRIDAY 8 | SATURDAY 9 |
| 7:30 Daily Cares or Life Skills 9:30 Sunshine Club 10:00 Hymn Sing 10:30 Snack/Hydration 10:45 Bible Trivia 1:00 Reminisce Winter Fun 2:00 Sunday Social 3:00 Snack/Hydration 3:30 Tai Chi 4:00 Life Skills 6:00 Writing Poetry Corner 6:30 Individual Projects 7:00 Night Time Snack | 7:30 Life Skills 9:30 Sunshine Club 10:00 Exercise Program 10:30 Snack/Hydration 10:45 Musical Bouquet 1:00 Hand Care 2:00 Bingo 3:00 Snack/Hydration 3:30 Parachute Play 4:00 Life Skills 6:00 Word Game (A-Z Capitals) 6:30 Individual Projects 7:00 Night Time Snack | 7:30 Life Skills 9:30 Sunshine Club 10:00 Exercise (Head to Toe) 10:30 Snack/Hydration 10:45 Old Time Music 1:00 Nursery Guessing Games 2:00 Musical Quiz 3:00 Snack/Hydration 3:30 Bean Bag Can Game 4:00 Life Skills 6:00 Word Games (Listening Lotto) 6:30 Individual Projects 7:00 Night Time Snack | 7:30 Life Skills 9:30 Sunshine Club 10:15 Sing-A-Long 10:30 Snack/Hydration 10:45 Old Time Music 1:00 Manicures 2:00 Worship Service CA 3:00 Snack/Hydration 3:30 Tic Tac Toe 4:00 Life Skills 5:00 Reminisce Group 6:30 Individual Projects 7:00 Night Time Snack | 7:30 Life Skills 9:30 Sunshine Club 10:00 Sweatin' Seniors 10:30 Snack/Hydration 10:45 Musical Bouquet 1:00 Rhyming Words 2:00 Toss-Up Ball 3:00 Snack/Hydration 3:30 Yoga 4:00 Life Skills 6:00 Word Games (Nursery Rhymes) 6:30 Individual Projects 7:00 Night Time Snack | 7:30 Life Skills 9:30 Sunshine Club 10:30 Snack/Hydration 10:45 Old Time Music 1:00 Variety of Trivia 2:30 Banana Split Social 3:30 Golfing 4:00 Life Skills 6:00 Do you Recall?? 6:30 Individual Projects 7:00 Night Time Snack | 7:30 Life Skills 9:30 Sunshine Club 10:00 Exercise (Active Games) 10:30 Snack/Hydration 10:45 Sing-a-Long 1:00 Hand Care 2:00 Number Bingo 3:00 Snack/Hydration 3:30 Toss Across 4:00 Life Skills 6:00 Magazine Scavenger Hunt 6:30 Individual Projects 7:00 Night Time Snack |

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|---|---|---|--|---|--|--|
| SUNDAY 10 | MONDAY 11 | TUESDAY 12 | WEDNESDAY 13 | THURSDAY 14 | FRIDAY 15 | SATURDAY 16 |
| 7:30 Life Skills 9:30 Sunshine Club 10:00 Hymn Sing 10:30 Snack/Hydration 10:45 Bible Trivia 1:00 Reminisce/ Winter Fun 2:00 Sunday Social 3:00 Snack/Hydration 3:30 Tai Chi 4:00 Life Skills 6:00 Poetry Corner 6:30 Individual Projects 7:00 Night Time Snack | 7:30 Life Skills 9:30 Sunshine Club 10:00 Exercise (Movin'/Groovin) 10:30 Snack/Hydration 10:45 Calming CD 1:00 Numbers Trivia 2:00 Bingo 3:00 Snack/Hydration 3:30 Missing Letters 4:00 Life Skills 6:00 Trivia 6:30 Individual Projects 7:00 Night Time Snack | 7:30 Life Skills 9:30 Sunshine Club 10:00 Exercise Class 10:30 Snack/Hydration 10:45 Calming CD 1:00 Hand Care 2:00 Music by Ed Poziomick CA 3:00 Snack/Hydration 3:30 Yoga 4:00 Life Skills 6:00 Word Games 6:30 Individual Projects 7:00 Night Time Snack | 7:30 Life Skills 9:30 Sunshine Club 10:00 Exercise (Movin'/Groovin) 10:30 Snack/Hydration 10:45 Calming CD 1:00 Rhyming Words 2:00 Rainbow Bingo 3:00 Snack/Hydration 3:30 Ring Toss 4:00 Life Skills 6:00 Word Game Idioms 6:30 Individual Projects 7:00 Night Time Snack | 7:30 Life Skills 9:30 Sunshine Club 10:00Sweatin' Seniors 10:30 Snack/Hydration 10:45 Calming CD 1:00 Manicures 2:30 Music by Singing Mailman CA 3:00 Snack/Hydration 3:30 Volleyball 4:00 Life Skills 6:00 A-Z Travel 6:30 Individual Projects 7:00 Night Time Snack | 7:30 Life Skills 9:30 Sunshine Club 10:30 Bible Study by Mr. Brosious 10:30 Snack/Hydration 10:45 Calming CD 1:00 Hand Care 2:00 Crossword Puzzle 3:00 Snack/Hydration 3:30 Bowling 4:00 Life Skills 6:00 Sensory Box 6:30 Individual Projects 7:00 Night Time Snack | 7:30 Life Skills 9:30 Sunshine Club 10:00 Active Games 10:30 Snack/Hydration 10:15 Sing-A-Long 1:00 Trivia 2:00 Bingo 3:00 Snack/Hydration 3:30 Horse Shoes 4:00 Life Skills 6:00 Magazine Scavenger Hunt 6:30 Individual Projects 7:00 Night Time Snack |

| SUNDAY 17 | MONDAY 18 | TUESDAY 19 | WEDNESDAY 20 | THURSDAY 21 | FRIDAY 22 | SATURDAY 23 |
|--|--|--|--|--|--|--|
| 7:30 Life Skills 9:30 Sunshine Club 10:00 Hymn Sing 10:30 Snack/Hydration 10:45 Bible Trivia 1:00 Reminisce/ Winter Games 2:00 SudaY Social 3:00 Snack/Hydration 3:30 Tai Chi 4:00 Life Skills 6:00 Poetry Corner 6:30 Individual Projects 7:00 Night Time Snack | 7:30 Life Skills 9:30 Sunshine Club 10:00 Exercise (Movin'/Groovin) 10:45 Calming CD 1:00 Hand Care 2:00 Bingo 3:00 Snack/Hydration 3:30 Horse Race 4:00 Life Skills 6:00 A-Z Kitchen Objects 6:30 Individual Projects 7:00 Night Time Snack | 7:30 Life Skills 9:30 Sunshine Club 10:00 Story Time 10:30 Snack/Hydration 10:45 Calming CD 1:00 Back Rub 2:00 Jeopardy 3:00 Snack/Hydration 3:30 Toss Across 4:00 Life Skills 6:00 Word Game Idioms 6:30 Individual Projects 7:00 Night Time Snack | 7:30 Life Skills 9:30 Sunshine Club 10:10 Sing-A-Long 10:45 Calming CD 1:00 Manicures 2:00 Worship Service CA 3:00 Snack/Hydration 3:30 Basketball 4:00 Life Skills 6:00 A-Z Food 6:30 Individual Projects 7:00 Night Time Snack | 7:30 Life Skills 9:30 Sunshine Club 10:00Sweatin' Seniors 10:30 Snack/Hydration 10:45 Calming CD 1:00 Back Rub 2:00 Spelling Bee Basketball 3:00 Snack/Hydration 3:30 Yoga 4:00 Life Skills 6:00 Hangman 6:30 Individual Projects 7:00 Night Time Snack | 7:30 Life Skills 9:30 Sunshine Club 10:00 Resident Council 10:15 Snack/Hydration 10:45 Calming CD 1:00 Manicures 2:00 Jingo 3:00 Snack/Hydration 3:30 Bowling 4:00 Life Skills 6:00 Cards/Dominos 6:30 Individual Projects 7:00 Night Time Snack | 7:30 Life Skills 9:30 Sunshine Club 10:00 Active Games 10:15 Sing-A-Long 10:30 Snack/Hydration 1:00 Trivia 2:00 Bingo 3:00 Snack/Hydration 3:30 Horse Shoes 4:00 Life Skills 6:00 Magazine Scavenger Hunt 6:30 Individual Projects 7:00 Night Time Snack |
| SUNDAY 24 | MONDAY 25 | TUESDAY 26 | WEDNESDAY 27 | THURSDAY 28 | | |
| 7:30 Life Skills 9:30 Sunshine Club 10:00 Hymn Sing 10:30 Snack/Hydration 10:45 Bible Trivia 1:00 Reminisce 2:00 Sunday Social 3:00 Snack/Hydration 3:30 Tai Chi 4:00 Life Skills 6:00 Word Games 6:30 Individual Projects 7:00 Night Time Snack | 7:30 Life Skills 9:30 Sunshine Club 10:00 Sweatin' Seniors 10:30 Snack/Hydration 10:45 Calming CD 1:00 Hand Care 2:00 Bingo 3:00 Snack/Hydration 3:30 Frisbee Fun 4:00 Life Skills 6:00 Missing Letters 6:30 Individual Projects 7:00 Night Time Snack | 7:30 Life Skills 9:30 Sunshine Club 10:00 Exercise 10:30 Snack/Hydration 10:45 Calming CD 1:00 Manicures 2:00 Music by KJ Wager CA 3:00 Snack/Hydration 3:30 Bowling 4:00 Life Skills 6:00 Word Games 6:30 Individual Projects 7:00 Night Time Snack | 7:30 Life Skills 9:30 Sunshine Club 10:00 Sweatin' Seniors 10:30 Snack/Hydration 10:45 Calming CD 1:00 Hand Care 2:30 Wine Social 3:00 Snack/Hydration 3:30 Volleyball 4:00 Life Skills 6:00 Crossword Puzzle 6:30 Individual Projects 7:00 Night Time Snack | 7:30 Life Skills 9:30 Sunshine Club 10:00Sweatin' Seniors 10:30 Snack/Hydration 10:45 Calming CD 1:00 Manicures 2:00 Time Slips 3:00 Snack/Hydration 3:30 Bean Bag Throw 4:00 Life Skills 6:00 Crossword Puzzle 6:30 Individual Projects 7:00 Night Time Snack |  | |
| ACTIVITY LOCATIONS | CA Common Area | CT- Courtyard | L-Lobby | PLEASE NOTE: | CALENDAR | SUBJECT TO CHANGE |

