

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February 2025

Memory Haven

							<p>Rise &amp; Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest &amp; Rejuvenation Exercise Movie Matinee Rest &amp; Rejuvenation Brain Builder Sing &amp; Dance</p> <p style="text-align: right;"><b>1</b></p>
<p>Rise &amp; Shine Daily Devotional Exercise – Dumbbell Daily News / Weather Report Praise &amp; Worship Fellowship / Snack Rest &amp; Rejuvenation Puzzle (For those not resting) Exercise Table Games Sunday Social</p> <p style="text-align: right;"><b>2</b></p> <p style="text-align: center;"><small>Groundhog Day</small></p>	<p>Rise &amp; Shine Daily Devotional Exercise – YOGA Daily News / Weather Report Report Music Therapy BINGO Exercise Arts &amp; Crafts Brain Builder</p> <p style="text-align: right;"><b>3</b></p>	<p>Rise &amp; Shine Devotional Exercise – Thera-Bands Daily News / Weather Report Morning Movie Rest &amp; Rejuvenation Exercise Sensory Kitchen Creation Rest &amp; Rejuvenation</p> <p style="text-align: right;"><b>4</b></p>	<p>Rise &amp; Shine Devotional Exercise – Dumbbells Daily News / Weather Report Music Therapy Experiment Rest &amp; Rejuvenation Exercise Bible Study BINGO Rest &amp; Rejuvenation</p> <p style="text-align: right;"><b>5</b></p>	<p>Rise &amp; Shine Devotional Exercise – Lower Body Daily News / Weather Report Thirsty Thursday Mocktails Arts &amp; Crafts Rest &amp; Rejuvenation Exercise Rest &amp; Rejuvenation Nail Bar Brain Builder</p> <p style="text-align: right;"><b>6</b></p>	<p>Rise &amp; Shine Devotional Exercise – YOGA Daily News / Weather Report <b>9:30 - Music Therapy with Amanda Casper</b> Rest &amp; Rejuvenation Exercise Sensory Kitchen Creation Rest &amp; Rejuvenation</p> <p style="text-align: right;"><b>7</b></p>	<p>Rise &amp; Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest &amp; Rejuvenation Exercise Movie Matinee Rest &amp; Rejuvenation Brain Builder Sing &amp; Dance</p> <p style="text-align: right;"><b>8</b></p>	
<p>Rise &amp; Shine Daily Devotional Exercise – Dumbbell Daily News / Weather Report Praise &amp; Worship Fellowship / Snack Rest &amp; Rejuvenation Puzzle (For those not resting) Exercise Table Games Sunday Social</p> <p style="text-align: right;"><b>9</b></p>	<p>Rise &amp; Shine Daily Devotional Exercise – YOGA Daily News / Weather Report Report Music Therapy BINGO Exercise Arts &amp; Crafts Brain Builder</p> <p style="text-align: right;"><b>10</b></p>	<p>Rise &amp; Shine Devotional Exercise – Thera-Bands Daily News / Weather Report Morning Movie Rest &amp; Rejuvenation Exercise Sensory Kitchen Creation Rest &amp; Rejuvenation</p> <p style="text-align: right;"><b>11</b></p>	<p>Rise &amp; Shine Devotional Exercise – Dumbbells Daily News / Weather Report Experiment Rest &amp; Rejuvenation Exercise Bible Study BINGO <b>1:00- Rock N' Rose DJ Valentines Music</b> <small>Tu B'Shevat Begins</small></p> <p style="text-align: right;"><b>12</b></p>	<p>Rise &amp; Shine Devotional Exercise – Lower Body Daily News / Weather Report Thirsty Thursday Mocktails Arts &amp; Crafts Rest &amp; Rejuvenation Exercise Rest &amp; Rejuvenation Nail Bar Brain Builder</p> <p style="text-align: right;"><b>13</b></p>	<p>Rise &amp; Shine Devotional Exercise – YOGA Daily News / Weather Report <b>9:30 - Music Therapy with Amanda Casper</b> Rest &amp; Rejuvenation Exercise Sensory Kitchen Creation Rest &amp; Rejuvenation</p> <p style="text-align: right;"><b>14</b></p> <p style="text-align: center;"><small>Valentine's Day</small></p>	<p>Rise &amp; Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest &amp; Rejuvenation Exercise Movie Matinee Rest &amp; Rejuvenation Brain Builder Sing &amp; Dance</p> <p style="text-align: right;"><b>15</b></p>	
<p>Rise &amp; Shine Daily Devotional Exercise – Dumbbell Daily News / Weather Report Praise &amp; Worship Fellowship / Snack Rest &amp; Rejuvenation Puzzle (For those not resting) Exercise Table Games Sunday Social</p> <p style="text-align: right;"><b>16</b></p>	<p>Rise &amp; Shine Daily Devotional Exercise – YOGA Daily News / Weather Report Report Music Therapy BINGO Exercise Arts &amp; Crafts Brain Builder</p> <p style="text-align: right;"><b>17</b></p> <p style="text-align: center;"><small>Presidents' Day (U.S.)</small></p>	<p>Rise &amp; Shine Devotional Exercise – Thera-Bands Daily News / Weather Report Morning Movie Rest &amp; Rejuvenation Exercise Sensory Kitchen Creation Rest &amp; Rejuvenation</p> <p style="text-align: right;"><b>18</b></p>	<p>Rise &amp; Shine Devotional Exercise – Dumbbells Daily News / Weather Report Music Therapy Experiment Rest &amp; Rejuvenation Exercise Bible Study BINGO Rest &amp; Rejuvenation</p> <p style="text-align: right;"><b>19</b></p>	<p>Rise &amp; Shine Devotional Exercise – Lower Body Daily News / Weather Report Thirsty Thursday Mocktails Arts &amp; Crafts Rest &amp; Rejuvenation Exercise Rest &amp; Rejuvenation Nail Bar Brain Builder</p> <p style="text-align: right;"><b>20</b></p>	<p>Rise &amp; Shine Devotional Exercise – YOGA Daily News / Weather Report <b>9:30 - Music Therapy with Amanda Casper</b> Rest &amp; Rejuvenation Exercise Sensory Kitchen Creation Rest &amp; Rejuvenation</p> <p style="text-align: right;"><b>21</b></p>	<p>Rise &amp; Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest &amp; Rejuvenation Exercise Movie Matinee Rest &amp; Rejuvenation Brain Builder Sing &amp; Dance</p> <p style="text-align: right;"><b>22</b></p>	
<p>Rise &amp; Shine Daily Devotional Exercise – Dumbbell Daily News / Weather Report Praise &amp; Worship Fellowship / Snack Rest &amp; Rejuvenation Puzzle (For those not resting) Exercise Table Games Sunday Social</p> <p style="text-align: right;"><b>23</b></p>	<p>Rise &amp; Shine Daily Devotional Exercise – YOGA Daily News / Weather Report Report Music Therapy BINGO Exercise Arts &amp; Crafts Brain Builder</p> <p style="text-align: right;"><b>24</b></p>	<p>Rise &amp; Shine Devotional Exercise – Thera-Bands Daily News / Weather Report Morning Movie Rest &amp; Rejuvenation Exercise Sensory Kitchen Creation Rest &amp; Rejuvenation</p> <p style="text-align: right;"><b>25</b></p>	<p>Rise &amp; Shine Devotional Exercise – Dumbbells Daily News / Weather Report Music Therapy Experiment Rest &amp; Rejuvenation Exercise Bible Study BINGO Rest &amp; Rejuvenation</p> <p style="text-align: right;"><b>26</b></p>	<p>Rise &amp; Shine Devotional Exercise – Lower Body Daily News / Weather Report Thirsty Thursday Mocktails Arts &amp; Crafts Rest &amp; Rejuvenation Exercise Rest &amp; Rejuvenation Nail Bar Brain Builder</p> <p style="text-align: right;"><b>27</b></p>	<p>Rise &amp; Shine Devotional Exercise – YOGA Daily News / Weather Report <b>9:30 - Music Therapy with Amanda Casper</b> Rest &amp; Rejuvenation Exercise Sensory Kitchen Creation Rest &amp; Rejuvenation</p> <p style="text-align: right;"><b>28</b></p> <p style="text-align: center;"><small>Ramadan Begins</small></p>	<p>Rise &amp; Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest &amp; Rejuvenation Exercise Movie Matinee Rest &amp; Rejuvenation Brain Builder Sing &amp; Dance</p> <p style="text-align: right;"><b>28</b></p>	

Activities are subject to change without notice. Location Key: GR- Game Room, L- Library, FR- Family Room, F- Fitness, C- Chapel, D - Dining, OD- Overflow Dining, \$- Cost, O- Outing, R2R – Room to Room