

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
  						
Program & Location Key RED – Music Therapy; BLUE– Physical Mobility; GREEN – Special Events; PURPLE - Special TV Programs;						
9:30 Sunday Stretches 9:45 Hydration and News 10:00 Noodle ball/volley ball 11:00 Mass in Chapel / Mass CH 956 1:30 Strength and Balance 2:30 Bingo MP Room 3:30 Relaxation Social 4:00 CH 984 WMLW –Comedy 5:00 CH 998 WMLW Heroes & ICONS Tu B'Shevat Begins	9:30 Morning Dance Moves 10:00 Hydration and News 10:15 Lucky 4 Card Game 11:00 Mass in Chapel Mass CH 956 1:30 Walking Moves 2:00 Name that Tune 2:30 Music Therapy – Drawing to music 2:30 Music Therapy Sensory Focused Group (den) 3:30 Meditation and Hydration 4:00 CH 2 WTMJ - NBC 5:00 CH 984 WMLW –Comedy Groundhog Day	9:45 Strength and Balance 10:00 Hydration and News 10:15 A Rose is a Rose Day (Gertrude Stein) discussion 11:00 Mass in Chapel Mass CH 956 1:00 Yoga MP Room 2:00 ART CLUB Cathedral den 3:15 Book Club Shares - DEN 3:30 Hydration social 4:00 CH 61 TV LAND 5:00 CH CH 72 TRAVEL 5:30 Walking and Wheeling Club 6:00 Card Club 6:30 Coloring Club	9:30 AGELESS GRACE – Lake Park 10:00 Rosary Club – Den 11:00 Mass in Chapel Mass CH 956 1:30 Walking and Wheeling Club 2:15 BINGO – MP Room 3:30 Hydration Social 4:00 CH 61 TV LAND 5:00 CH 997 MOVIES! MILAN WINTER OLYMPICS	9:30 Dance Moves 10:00 Hydration and News 10:15 Name the instrument 11:00 Mass in Chapel Mass CH 956 1:30 Walking and Wheeling Club 2:15 You Pick Sing Along – MP Room 2:15 YOU TUBE Documentary 3:30 Hydration social 4:00 CH 62 Hallmark 5:00 CH 998 WMLW Heroes & ICONS	9:30 Morning Moves/Winter Sports 10:00 Daily news/Hydration 10:15 Winter Olympics Opening Ceremony 11:00 Mass in Chapel Mass CH 956 12:30 Marquette University High School Students Intergenerational Program – MP Room 2:00 Winter Olympics Happy Hour in Dinning Area 3:15 Meditation music You Tube 4:00 CH 19 ME TV 5:30 Winter Olympics coloring contest 6:00 Noodle ball hockey 6:30 hydration social – favorite winter sports	9:30 Saturday Stretches 9:45 Morning News & Hydration 10:30 Cranium Crunches - Concentration Puzzle 11:15 Noodle Ball with Sound of Music Soundtrack 1:30 Walking and Wheeling Club 2:30 Cool Down and Refreshments 3:00 Manicures! 4:00 CH 19 ME-TV WBME 5:00 CH 997 MOVIES!
9:30 Sunday Scarf Stretches 9:45 Hydration and News 10:00 Creativity – HEART Discussion <3 11:00 Mass in Chapel Mass CH 956 1:30 Strength and Balance 2:30 Bingo MP Room 3:30 Relaxation Social 4:00 CH 41 DISCOVERY 5:30 CH 15 SUPERBOWL - SEAHAWKS VS PATRIOTS	9:30 Morning Wake up Grooves 10:00 Hydration and News 10:15 This or That 11:00 Mass in Chapel Mass CH 956 1:30 Active stretching/Movement 2:00 Hersey's Chocolate Day – Who Am I 2:30 Music Therapy – John Williams: Maestro of the Movies 2:30 Music Therapy Sensory Focused Group (den) 3:30 Meditation and Hydration 4:00 CH 2 WTMJ - NBC 5:00 CH 41 DISCOVERY	9:45 Jesuit Troubadours Perform 10:30 Hydration/News 11:00 Mass in Chapel Mass CH 956 2:00 ART CLUB Cathedral den 2:15 Gold Record day- Glenn Miller 3:15 Favorite Literary Couples Day Book Club - DEN 3:30 Hydration social 4:00 CH 984 WMLW –Comedy 5:00 CH 998 WMLW Heroes & ICONS 5:30 Noodle Ball 6:00 Card Club/Poker 6:30 Hydration Social	9:30 AGELESS GRACE – Lake Park 10:00 Rosary Club – Den 11:00 Anointing Mass for World Day of the Sick/ Mass CH 956 12:00 Valentine's Day Couples Luncheon featuring entertainment by Craig Seimsen RSVP required – MP Room 1:30 Exercise Dice game 2:15 BINGO – MP Room 3:30 Love song shares 4:00 CH 61 TV LAND 5:00 CH CH 72 TRAVEL	9:30 Wake up and dance 10:00 Hydration and News 10:15 Abe Day Trivia/discussion 11:00 Mass in Chapel Mass CH 956 1:30 Walking and Wheeling Club 2:15 You Pick Sing Along – MP Room 2:15 YOU TUBE Documentary 3:30 Hydration social 4:00 CH 62 Hallmark 5:00 CH 61 TV LAND	9:30 Morning Cat Moves 10:00 Daily news/Hydration 10:15 “It’s the Cat’s Meow” discussion/pictures/jokes 11:00 Mass in Chapel Mass CH 956 1:00 Stations of the Cross with Sister Cecilia - Chapel 1:30 Exercise/Strength 2:15 Valentine's Happy Hour MP – Room 3:30 Relation Music You Tube 4:00 CH 161 TV Land 5:30 Valentine's day coloring 6:00 Puzzles 6:30 Hydration / Share jokes Valentine's Day	9:30 Saturday Stretches 9:45 Morning News & Hydration 10:30 Dice Game 11:15 Noodle Ball 1:30 Walking and Wheeling Club 2:30 Birthday Party – MP Room 3:30 Relaxation Social 4:00 CH 61 TV Land 5:00 62 Hallmark
9:30 Sunday Stretches 9:45 Hydration and News 10:00 Golf 11:00 Mass in Chapel Mass CH 956 1:30 Strength and Balance 2:30 Bingo MP Room 3:30 Word Game 4:00 CH 41 DISCOVERY 5:00 CH 997 MOVIES!	9:30 Strengthen Moves 10:00 Hydration and News 10:15 Beach Ball Toss 11:00 Mass in Chapel Mass CH 956 1:30 Active stretching/Movement 2:00 Complete the Lyrics 2:30 Music Therapy Singing 2:30 Music Therapy Sensory Focused Group (den) 3:30 Meditation and Hydration 4:00 CH 2 WTMJ - NBC 5:00 CH 998 WMLW Heroes & ICONS Presidents' Day (U.S.)	9:45 Active moves/strengthening 10:00 Pet visits with Chris and Udo 11:00 Mass in Chapel Mass CH 956 12:00 FAT Tuesday Luncheon featuring Gold Rush Chicken RSVP Required – MP Room 1:00 Yoga MP Room 2:00 ART CLUB Cathedral den 3:15 Book Club “Foxglove Honey” - Den 5:30 Marti Gras trivia 6:00 Card Club/Poker 6:30 Life History Shares/Hydration Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)	9:30 AGELESS GRACE – Lake Park 10:00 Rosary Club – Den 11:00 ASH Wednesday Mass in Chapel Mass CH 956 1:30 Walking and Wheeling Club 1:30 Community Café – Revitalized Wellness Center 2:15 BINGO – MP Room 3:30 Finish the Lyrics 4:00 CH 61 TV LAND 5:00 CH 984 WMLW –Comedy	9:30 Morning Stretches 10:00 Hydration and News 10:15 A Wonderful Day in the Neighborhood discussion 11:00 Mass in Chapel Mass CH 956 1:30 Walking and Wheeling Club 2:15 You Pick Sing Along – MP Room 2:15 YOU TUBE Documentary 3:30 Hydration social 4:00 CH 19 ME TV 5:00 CH 997 MOVIES!	9:30 Wake up and Shine Strengthening 10:00 Daily news/Hydration 10:15 Care Giver's Day Thank you notes 11:00 Mass in Chapel Mass CH 956 1:00 Stations of the Cross with Sister Cecilia - Chapel 1:30 Exercise/Strength 2:15 Happy Hour Featuring Yuri on Piano and Carolyn on Vocals MP - Room 3:30 Life History shares 4:00 CH 19 ME TV 5:00 CH 998 WMLW Heroes & ICONS 5:30 Word game 6:00 Winter sports Arts and Crafts 6:30 Noodle hockey/hydration	9:30 Saturday Stretches 9:45 Morning News & Hydration 10:30 Snowflake Day discussion 11:15 Snowflake crafts/art 1:30 Walking and Wheeling Club 2:30 Ice Cream Social – MP Room 3:30 Afternoon Social 4:00 CH 19 ME TV 5:00 CH 984 WMLW –Comedy
9:30 Sunday Scarf Stretches 9:45 Hydration and News 10:00 Roll A Word 11:00 Mass in Chapel Mass CH 956 1:30 Strength and Balance 2:30 Bingo MP Room 3:30 Relaxation 4:00 CH 41 DISCOVERY 5:00 CH 19 ME-TV WBME	9:30 Dance Grooves 10:00 Hydration and News 10:15 Tootsie Roll Day 11:00 Mass in Chapel Mass CH 956 1:30 Active stretching/Movement 2:00 Hydration 2:15 Cat visits with Margo and Madeline 3:30 Word Game 4:00 CH 2 WTMJ - NBC 5:00 CH 984 WMLW –Comedy	8:00 Men's Breakfast – MP Room 9:45 Morning Moves 10:00 Hydration and News 10:15 Sing a long 11:00 Mass in Chapel Mass CH 956 1:00 Yoga MP Room 1:30 Disco Dance Moves (Bee Gee's anniv.) 2:00 ART CLUB Cathedral den 2:15 Guess the Movie by the song 3:15 “Once Upon A Time” Book Shares - Den 4:00 CH 61 TV LAND 5:00 CH 984 WMLW –Comedy 5:30 Finish the Lyrics – TV Themes 6:00 Card Club/Poker/UNO 6:30 Story sharing/hydration	9:30 AGELESS GRACE – Lake Park 10:00 Rosary Club – Den 11:00 Mass in Chapel Mass CH 956 1:30 Resident Council Meeting in Whitnall living area 2:15 Neal Bardele Trio – MP Room 3:30 Hydration Social 4:00 CH 61 TV LAND 5:00 CH 997 MOVIES!	9:30 Strength and Balance 10:00 Hydration and News 10:15 Johnny Cash Birthday History/Music 11:00 Mass in Chapel Mass CH 956 1:30 Walking and Wheeling Club 2:15 You Pick Sing Along – MP Room 2:15 YOU TUBE Documentary 3:30 Hydration social 4:00 CH 62 Hallmark 5:00 CH 998 WMLW Heroes & ICONS	9:30 Exercise mind/body 10:00 Daily news/Hydration 10:15 Finish the Song Lyrics 11:00 Mass in Chapel Mass CH 956 1:00 Stations of the Cross with Sister Cecilia - Chapel 1:30 Exercise/Strength 2:15 Love Bug Happy Hour MP - Room 3:30 Meditation/Relaxation live music 4:00 CH 16 WMTV - PBS 5:00 CH 984 WMLW –Comedy 5:30 Who AM I? 6:00 Puzzles 6:30 Positive shares/hydration social	9:30 Saturday Stretches 9:45 Morning News & Hydration 10:30 Creativity - Cherry Pie Day 11:15 Noodle Ball with New Songs 1:30 Walking and Wheeling Club 2:30 Baking –Cherry Pie 3:30 Treat Tasting & Social 4:00 Destination Documentary 5:00 CH 61 TV LAND