

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# February 2019

## Shannondale Health Care Center



<p>3 <b>3:30 Worship Service – 5<sup>th</sup> or Channel 12</b></p>	<p>4 9:30 Reminiscing - RV 11:00 Morning Stretch – 2<sup>nd</sup> 2:00 Resident Council 3:00 <b>LIVE</b> Piano W/ Karen – 5<sup>th</sup> 6:30 The Rhythm Game - ACT</p>	<p>5 9:30 Recollections 11:00 Coffee w/ Buddy – Lobby on 1st 1:30 Chinese New Year Superstitions and Taboos 3:00 Bingo – 3rd 6:30 Craft with Girl Scout Troop 20227 <small>Chinese New Year</small></p>	<p>6 10:00 Pretty Nails 2:30 Bible Study – 5<sup>th</sup> 4:00 Homemade Bread 6:30 Snow Man Pudding Cup Craft - ACT</p>	<p>7 9:30 Morning Fellowship - RV 11:00 <b>LIVE</b> Ron &amp; Dino – 2nd 1:30 Mad Libs 2:30 Crafter's Corner 6:30 History of Valentine's</p>	<p>8 9:30 Table Talk - RV 11:00 Calendar Chat - RV 1:30 The Weekly Buzz w/ Rose – 2<sup>nd</sup> 2:00 Welcome Wagon - RV 3:00 Spiritual Circle – 5<sup>th</sup> 6:30 Celebrity Chat "Hal Holbrook"</p>	<p>2 <b>11:00 Exercise W/ Mary – 2nd</b></p> <p><small>Groundhog Day</small></p>
<p>10 <b>3:30 Worship Service – 5<sup>th</sup> or Channel 12</b></p>	<p>11 9:30 Morning Salutations - RV 11:00 Music &amp; Movement – 2<sup>nd</sup> 1:30 Happy Hour 3:00 Tea Cup Fairy Garden Craft - 6:30 Valentine's Cards - ACT</p>	<p>12 9:30 A.M. Kickstart - RV 10:30 <b>LIVE</b> The Mulfords – 2nd 1:30 Fairy Tales, Folktales, and Fables Fill-in-the-Blank 3:00 Bingo – 4th 6:30 The First Ladies of History</p>	<p>13 10:00 Pretty Nails 2:30 Bible Study – 5<sup>th</sup> 4:00 Body Jam – 2nd 6:30 Fresh Fruit Wand Craft - ACT</p>	<p>14 9:30 Current Events 11:00 Valentine Flower Arranging – 2nd 1:30 Who am I? 3:00 <b>LIVE</b> Jeff Nelson – 5<sup>th</sup> 6:30 Invention or Imagination <small>Valentine's Day</small></p>	<p>15 9:30 Heart to Heart - RV 11:00 Seatworks – 2<sup>nd</sup> 1:30 The Weekly Buzz 2:30 Craft &amp; Sip - 6:30 Mad Libs</p>	<p>16 <b>3:00 Bingo – 5<sup>th</sup></b></p>
<p>17 <b>3:30 Worship Service – 5<sup>th</sup> or Channel 12</b></p>	<p>18 9:30 Talk Shop - RV 11:00 Whoga – 2<sup>nd</sup> 1:30 Word Boxes 3:00 <b>LIVE</b> Piano W/ Karen – 5<sup>th</sup> 6:30 Not So Wine &amp; Cheese Social - ACT <small>Presidents' Day (US)</small></p>	<p>19 9:30 Chew the Fat - RV 11:00 Coffee W/ Buddy – Lobby on 1st 1:30 African American History Month 3:00 Bingo – 5<sup>th</sup> 6:30 Go Fish &amp; Gone</p>	<p>20 10:30 <b>LIVE</b> Smoky Mountain Variety Show – 5<sup>th</sup> 3:00 This Day in History – 5<sup>th</sup> 4:00 Left, Center, Right Game – 4th 6:30 Banana Car Craft - ACT</p>	<p>21 10:45 <b>LIVE</b> Heartstrings – 2nd 1:30 Star of the Month "Hal Holbrook" 3:00 General Store – 4th 6:30 Chinese Horoscopes</p>	<p>22 9:30 Current Events - RV 11:00 Chair Aerobics – 2<sup>nd</sup> 1:30 The Weekly Buzz 3:00 Man Cave Meeting (men only) - ACT 6:30 What Am I?</p>	<p>23 <b>11:00 East TN History W/ Melissa</b></p>
<p>24 <b>3:30 Worship Service – 5<sup>th</sup> or Channel 12</b></p>	<p>25 9:30 Table Talk 11:00 Fittersitters – 2<sup>nd</sup> 1:30 Happy Hour 3:00 Balloon Ball – 4th 6:30 Chinese Zodiac Horoscopes</p>	<p>26 9:30 Reminiscing - RV 11:00 Coffee &amp; Donuts – 4th 1:30 Random Trivia 3:00 Bingo – 2nd 6:30 Malt Shop - ACT</p>	<p>27 10:00 Pretty Nails 2:30 Bible Study - C 4:00 Chair Yoga – 2nd 6:30 Peanut Butter Grasshopper Craft - ACT</p>	<p>28 9:30 Shoot the Breeze - RV 11:00 Stretch &amp; Strength – 2nd 1:30 Tale of the Dragon 3:00 Birthday Party – 4th 6:30 African American History</p>	<p>RV = Room Visits ACT = Activity Room No location posted = Day rooms on each floor</p>	

Calendar is subject to change. Please see Daily Schedule posted on each floor to the left of the elevators for the most current information.