



FEBRUARY 2019



Activities for The Cottages of Mt Home

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Never forget how blessed you are. Don't be negative when you have so much to be positive about</p>					<p>1 10am Exercise 1130am Trivia 1230pm Bingo</p>	<p>2 10am Basketball 2pm Popcorn & Movie</p> 
<p>3 10am Music Therapy 1pm Family Visits 430pm Superbowl Party</p> 	<p>4 10am Donuts with Don 1pm Exercise 12pm Bingo</p>	<p>5 10am Card Games 1130am On This Day 1pm Ice Cream Social</p>	<p>6 10am Exercise 1130am Name 5 1pm Tea Social</p>	<p>7 10am Valentine's Craft 1pm Arm Chair Travel</p>	<p>8 10am Exercise 1130am Trivia 1230pm Bingo</p>	<p>9 10am Bowling 2pm Snack Social</p>
<p>10 10am Music Therapy 1pm Family Visits</p>	<p>11 10am Donuts with Don 12pm Bingo</p>	<p>12 10am Fancy Nails 1130am On This Day</p>	<p>13 10am Exercise 1130am Name 5 1pm Craft</p>	<p>14 10am Card Games 1pm Valentines Day Party</p> 	<p>15 <u>National Caregivers Day</u> 10am Exercise 1130am Trivia 1230pm Bingo</p>	<p>16 10am Basketball 2pm Popcorn & Movie</p>
<p>17 10am Music Therapy 1pm Family Visits</p>	<p>18 Angela's B-day 10am Donuts with Don 11am Exercise 12pm Bingo</p> 	<p>19 10am Card Games 1130am On This Day 1pm Tea Social</p>	<p>20 10am Exercise 1130am Name 5 1pm Fun with Food</p>	<p>21 10am Craft 1pm Arm Chair Travel</p>	<p>22 10am Exercise 1130am Trivia 1230pm Bingo</p>	<p>23 10am Bowling 2pm Snack Social</p>
<p>24 10am Music Therapy 1pm Family Visits</p> 	<p>25 10am Donuts with Don 11am Bus Ride</p>	<p>26 10am Trivia 1130am On This Day</p>	<p>27 10am Exercise 1130am Name 5 1pm Craft</p>	<p>28 Helen L's B-day 10am Card Games 1pm Snack Social</p>	<p>YOU Make the Difference!</p>	

Activities subject to change – Activities are available for all residents who wish to participate