





INSPIRED SENIOR LIVING

February 2023 Gardenside



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			10:00 Bowling 1 11:00 Morning Word Games 2:00 Bingo 2:00 One on one Shadow Box Project 3:30 Artful Enrichment	10:45 All About Groundhog Day! 2 2:00 Edible Groundhog Food Creations	9:45 Music Therapy Session with Lorri- 3 11:00 Reading The Daily Chronicles 2:00 Carpet Bowling 3:30 Who or What Am I ?	10:00 Piano Performance 4 by Mabon 11:00 Foods of the World Quiz 2:30 Lets play Bocce 3:30 1:1 with Mona
10:00 Catholic Mass on TV 5 10:30 Thelma on Piano 11:00 Let's Play Dominoes 2:30 Sing & Reminisce "Thanks for the Memory" 3:30 Gentle Exercise	9:30 Morning Walks 6 10:00 One on One visits 2:00 Love Letter Puzzle Time! 2:00 1:1 Shadow Box Projects 3:30 Fun Riddles	11:00 Penny Ante Game 7 3:00 Front Porch Travels: Off to Venice! 6:30 Evening Manicures	10:00 Morning Word Games 8 2:00 1 on 1 visits with Life Enrichment Staff 2:00 Bingo 3:30 Conversational Pieces	10:45 Balloon Badminton 9 2:00 Short Story Time with Cafe Mocha Drinks! 3:30 Word Games	11:00 Reading The Daily Chronicles 10 1:30 Photo Finish: Roses 2:30 1:1 with Mona 3:00 1 on 1 Visits with Wendy B	10:00 Piano Performance 11 by Mabon 2:30 Valentine's Day Card Making 3:30 Gratitude Jar - Golden Carers
10:00 Catholic Mass on TV 12 10:30 Thelma on Piano 1:30 Balloon Badminton	9:30 Morning Walks 13 11:00 Reading The Daily Chronicles 2:30 The 'Gee Bend Quilters' Discuss and Explore	11:00 Decorating for Valentines 14 3:00 Scents & Senses of Valentine's Day 6:30 Evening Manicures	10:00 Lets play Bocce 15 11:00 Morning Word Games 2:00 1 on 1 visits with Life Enrichment Staff 2:00 Bingo 3:30 Java Music Club	10:00 Java Music Club 16 2:00 Get to know your neighbours a group game. 4:00 One on one visits	9:45 Music Therapy Session with Lorri- 17 11:00 1 on 1 Music Therapy Sessions with Lorri 2:00 Gardenside Scenic Drive 4:00 1 on 1 visits with Life Enrichment Staff	10:00 Piano Performance 18 by Mabon 11:00 Drumfit 2:30 Artfull Enrichment 3:30 1:1 with Mona
10:00 Catholic Mass on TV 19 10:30 Thelma on Piano 2:00 1 on 1 Visits	9:30 Morning Walks 20 11:00 WoW! Word Game 2:30 Quilt Making Workshop	10:00 Gentle Chair Exercises 21 11:00 The Daily Chronicles 2:30 Mardi Gras Birthday Tea 6:30 Evening Manicures	10:00 Corn Hole Game 22 11:00 Morning Word Games 2:00 Bingo 2:30 Science Experiment- Orange Volcano 3:30 Java Music Club	10:00 Musical Memories 23 1:30 One on One sensory visits 2:30 Beanbag Shuffleboard 3:30 Mobility Program	9:45 Music Therapy Session with Lorri- 24 11:00 Reading The Daily Chronicles 11:00 1 on 1 Music Therapy Sessions with Lorri 2:30 Cultural Presentations - Music and Food Tasting	10:00 Piano Performance 25 by Mabon 2:30 Let's make our own avatar!
10:00 Catholic Mass on TV 26 10:30 Thelma on Piano 11:00 Uno	9:30 Morning Walks 27 11:00 True or False Game 1:30 Memory Game 3:00 New- Corn Hole Game	10:30 20 Questions 28 2:00 Artfull Enrichment 3:00 1:1 Shadow Box Project - Eileen Garrett 3:30 Hot Drink Social - Almond Roca 6:30 Evening Manicures	