

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# February 2019 Adele Court

Memories light the corners of our minds



9:00-9:45 Music & Memory <b>1</b>	9:00-9:45 Music & Memory <b>2</b>
9:45-10:00 Morning Hydration	9:45-10:00 Morning Hydration
10:15-11:00 Exercise Activity	10:15-11:00 Exercise Activity
1:00-1:45 Music & Memory	1:00-1:45 Music & Memory
2:00 - 2:15 Afternoon Hydration	2:00 - 2:15 Afternoon Hydration
2:30 - 3:00 Cognitive Activity	2:30 - 3:00 Cognitive Activity

9:00-9:45 Music & Memory <b>3</b>	9:00-9:45 Music & Memory <b>4</b>	9:00-9:45 Music & Memory <b>5</b>	9:00-9:45 Music & Memory <b>6</b>	9:00-9:45 Music & Memory <b>7</b>	9:00-9:45 Music & Memory <b>8</b>	9:00-9:45 Music & Memory <b>9</b>
9:45-10:00 Morning Hydration	9:45-10:00 Morning Hydration	9:45-10:00 Morning Hydration	9:45-10:00 Morning Hydration	9:45-10:00 Morning Hydration	9:45-10:00 Morning Hydration	9:45-10:00 Morning Hydration
10:15-11:00 Exercise Activity	10:15-11:00 Exercise Activity	10:15-11:00 Exercise Activity	10:15-11:00 Exercise Activity	10:15-11:00 Exercise Activity	10:15-11:00 Exercise Activity	10:15-11:00 Exercise Activity
1:00-1:45 Music & Memory	1:00-1:45 Music & Memory	1:00-1:45 Music & Memory	1:00-1:45 Music & Memory	1:00-1:45 Music & Memory	1:00-1:45 Music & Memory	1:00-1:45 Music & Memory
2:00 - 2:15 Afternoon Hydration	2:00 - 2:15 Afternoon Hydration	2:00 - 2:15 Afternoon Hydration	2:00 - 2:15 Afternoon Hydration	2:00 - 2:15 Afternoon Hydration	2:00 - 2:15 Afternoon Hydration	2:00 - 2:15 Afternoon Hydration
2:30 - 3:00 Cognitive Activity	2:30 - 3:00 Cognitive Activity	2:30 - 3:00 Cognitive Activity	2:30 - 3:00 Cognitive Activity	2:30 - 3:00 Cognitive Activity	2:30 - 3:00 Cognitive Activity	2:30 - 3:00 Cognitive Activity

Chinese New Year


Groundhog Day

9:00-9:45 Music & Memory <b>10</b>	9:00-9:45 Music & Memory <b>11</b>	9:00-9:45 Music & Memory <b>12</b>	9:00-9:45 Music & Memory <b>13</b>	9:00-9:45 Music & Memory <b>14</b>	9:00-9:45 Music & Memory <b>15</b>	9:00-9:45 Music & Memory <b>16</b>
9:45-10:00 Morning Hydration	9:45-10:00 Morning Hydration	9:45-10:00 Morning Hydration	9:45-10:00 Morning Hydration	9:45-10:00 Morning Hydration	9:45-10:00 Morning Hydration	9:45-10:00 Morning Hydration
10:15-11:00 Exercise Activity	10:15-11:00 Exercise Activity	10:15-11:00 Exercise Activity	10:15-11:00 Exercise Activity	10:15-11:00 Exercise Activity	10:15-11:00 Exercise Activity	10:15-11:00 Exercise Activity
1:00-1:45 Music & Memory	1:00-1:45 Music & Memory	1:00-1:45 Music & Memory	1:00-1:45 Music & Memory	1:00-1:45 Music & Memory	1:00-1:45 Music & Memory	1:00-1:45 Music & Memory
2:00 - 2:15 Afternoon Hydration	2:00 - 2:15 Afternoon Hydration	2:00 - 2:15 Afternoon Hydration	2:00 - 2:15 Afternoon Hydration	2:00 - 2:15 Afternoon Hydration	2:00 - 2:15 Afternoon Hydration	2:00 - 2:15 Afternoon Hydration
2:30 - 3:00 Cognitive Activity	2:30 - 3:00 Cognitive Activity	2:30 - 3:00 Cognitive Activity	2:30 - 3:00 Cognitive Activity	2:30 - 3:00 Cognitive Activity	2:30 - 3:00 Cognitive Activity	2:30 - 3:00 Cognitive Activity

Valentine's Day

9:00-9:45 Music & Memory <b>17</b>	9:00-9:45 Music & Memory <b>18</b>	9:00-9:45 Music & Memory <b>19</b>	9:00-9:45 Music & Memory <b>20</b>	9:00-9:45 Music & Memory <b>21</b>	9:00-9:45 Music & Memory <b>22</b>	9:00-9:45 Music & Memory <b>23</b>
9:45-10:00 Morning Hydration	9:45-10:00 Morning Hydration	9:45-10:00 Morning Hydration	9:45-10:00 Morning Hydration	9:45-10:00 Morning Hydration	9:45-10:00 Morning Hydration	9:45-10:00 Morning Hydration
10:15-11:00 Exercise Activity	10:15-11:00 Exercise Activity	10:15-11:00 Exercise Activity	10:15-11:00 Exercise Activity	10:15-11:00 Exercise Activity	10:15-11:00 Exercise Activity	10:15-11:00 Exercise Activity
1:00-1:45 Music & Memory	1:00-1:45 Music & Memory	1:00-1:45 Music & Memory	1:00-1:45 Music & Memory	1:00-1:45 Music & Memory	1:00-1:45 Music & Memory	1:00-1:45 Music & Memory
2:00 - 2:15 Afternoon Hydration	2:00 - 2:15 Afternoon Hydration	2:00 - 2:15 Afternoon Hydration	2:00 - 2:15 Afternoon Hydration	2:00 - 2:15 Afternoon Hydration	2:00 - 2:15 Afternoon Hydration	2:00 - 2:15 Afternoon Hydration
2:30 - 3:00 Cognitive Activity	2:30 - 3:00 Cognitive Activity	2:30 - 3:00 Cognitive Activity	2:30 - 3:00 Cognitive Activity	2:30 - 3:00 Cognitive Activity	2:30 - 3:00 Cognitive Activity	2:30 - 3:00 Cognitive Activity

Presidents' Day (US)

9:00-9:45 Music & Memory <b>24</b>	9:00-9:45 Music & Memory <b>25</b>	9:00-9:45 Music & Memory <b>26</b>	9:00-9:45 Music & Memory <b>27</b>	9:00-9:45 Music & Memory <b>28</b>	<p>TV Time Down Memory Lane Reminisce Activities Multi-Sensory Room</p> 
9:45-10:00 Morning Hydration	9:45-10:00 Morning Hydration	9:45-10:00 Morning Hydration	9:45-10:00 Morning Hydration	9:45-10:00 Morning Hydration	
10:15-11:00 Exercise Activity	10:15-11:00 Exercise Activity	10:15-11:00 Exercise Activity	10:15-11:00 Exercise Activity	10:15-11:00 Exercise Activity	
1:00-1:45 Music & Memory	1:00-1:45 Music & Memory	1:00-1:45 Music & Memory	1:00-1:45 Music & Memory	1:00-1:45 Music & Memory	
2:00 - 2:15 Afternoon Hydration	2:00 - 2:15 Afternoon Hydration	2:00 - 2:15 Afternoon Hydration	2:00 - 2:15 Afternoon Hydration	2:00 - 2:15 Afternoon Hydration	
2:30 - 3:00 Cognitive Activity	2:30 - 3:00 Cognitive Activity	2:30 - 3:00 Cognitive Activity	2:30 - 3:00 Cognitive Activity	2:30 - 3:00 Cognitive Activity	