

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Daily Payer Reading 9:30 Sunday Morning stretch Bands 9:45 Peaceful minds 10:30 Nerfing around—Target practice 11:00 Peaceful minds 12:30 Word games on the White board 12:15 Special Olympic bowling practice— 1:30 Crafters corner 2:45 Word games on the white Board 3:30 Nerfing around— Target practice 3:30 Peaceful Minds 4:10 Nerfing Around-Target practice 5:00 Meal assist & Reminiscing (3 & 2mc)	2 Ground Hog Day 9:30 Morning Stretch—Noodle ball 9:30 Manicure and Music 9:45 Morning Devotions& coffee 10:20 Morning Devotion & Coffee 10:45 BINGO 11:00 Morning Devotion & Coffee 12:30 Fresh air Break/walkabout 12:30 Manicures and music 12:40 Self Care with Diana 1:30 Movie Matinee— Ground hog day 3:30 Bonus BINGO 3:30 Table talk & Scabble 4:00 Sensory over load 5:00 Meal assist & reminiscing (3 & 2mc)	3 The Day the Music Died 9:30 Morning Coffee cart 9:30 Chair Yoga –Video 11:00 Puzzle Fun *11:00 Scrabble game *12:30 A/C Travel—Paris, France video & passport 12:30 Outing- the day the music died crash site *1:45 A/C Travel- Paris, France Video & passport *2:45 A/C Travel- Paris, France Video & passports *2:50 Scrabble game 3:00 Puzzle Fun *3:45 A/C Travel- Paris, France Video & passports 4:00 Puzzle Fun 5:00 table assist & reminiscing (1 & 2al)	4 Home made soup day 9:30 Coffee & conversation 10:00 Wednesday Bible Study 11:00 Table talk about soup & trivia 11:15 Match Game soup edition 12:30 Fresh Air break / walk about 12:30 Match Game soup edition 1:30 Table talk about soup & trivia 145 Match Game soup edition 2:30 Table talk about soup & trivia 2:45 Match Game soup edition 2:45 Table talk about soup & trivia 3:30 BINGO 3:45 Game Hour 4:30 Uno game 5:00 table assist & reminiscing (1 & 2al)	5 9:30 Morning Coffee club 9:30 Moring Stretch Bands 11:00 Valentines Day Crafts— 11:00 Table Talk & UNO 12:30 Valentines days Crafts— 12:30 Fresh Air Break/ Walkabout 2:00 Big Group Puzzle Games –Whiteboard 3:30 BINGO 3:30 Valentines day Crafts- 4:15 Valentines day Crafts- 4:30 Table talk & UNO 5:00 table assist & reminiscing (1 & 2al)	6 Frozen Yogurt Day 9:30 Sit & Be Fit—Balloon Pop 9:30 Goods News Net work – 10:30 Goods News Network 10:45 Music Bingo 11:15 Good News Network 12:30 Fresh Air Break / walk about 12:40 Music Bingo 12:45 Frozen yogurt cart & fun Facts 1:30 Good News Network 2:00 Music Bingo 3:30 BINGO 3:30 12 Step meeting ALL welcome— 4:30 Table talk & Jokes 5:00 table assist & reminiscing (3 & 2mc)	7 9:30– Saturday Morning Coffee Club 9:30 Good morning table talk & TDIH 11:00 making Valentines 12:30 Bonus Bingo 12:30 Fresh Air Break /Walk about 2:00 Making Valentines 2:00 Bonus Bingo 3:15 Making Valentines 3:15 Bonus Bingo 4:15 Making Valentines 4:15 Bonus Bingo 5:00 table assist & reminiscing (1 & 2al)
8 Daily Prayer Reading 9:30 Morning Stretches 9:45 Morning table talk & In the news 10:00 Creative creations 11: 00 Trivia Games 12:30 Trivia Games 12:15 Special Olympic bowling practice— 1:30 Sunday service with Paster Janelle 2:30 Trivia Games 3:00 Creative creations 3:30 Table talk & in the News 4:00 Creative Creations 5:00 Meal assist & Reminiscing (3 & 2mc) 5:30 Super Bowl kick	9 9:30 Morning stretches- Noodle ball 9:30 Manicures and Music 9:45 Morning Devotion & Coffee 10:20 Morning Devotion & Coffee 10:45 BINGO 11:00 Morning Devotion & Coffee 12:30 Manicures and Music 12:30 Fresh air break /walkabout 12:40 Self care with Diana 1:30 Movie Matinee- Paris Can wait 2:00 Sensory Overload *3:30 Table talk & Scabble 3:30 Bonus BINGO 3:45 Sensory overload 5:00 Meal Assist & reminiscing (3 & 2mc)	10 9:30 Morning Coffee cart / Today In History 9:30 Chair Yoga –Video 10:45 Game Hour *11:00 Crafts—tour de France—suncatchers *12:30 A/C Travel- Provence- Lavender Fields 12:30 Fresh Air Break /walkabout *12:30 Crafts- Tour de France- Suncatchers *1:15 A/C Travel- Provence- Lavender Fields *2:00 Crafts- Tour de France- Suncatchers *2:30 A/C Travel- Provence- Lavender Fields 3:10 Game Hour *3:15 Crafts- Tour de France- Suncatchers *3:45 A/C Travel- Provence- Lavender Fields 4:00 Puzzle Fun 5:00 Meal assist & table talk (1 & 2al)	11 9:30 Coffee & Conversation 9:30 Sittercise—video 10:00 Wednesday Bible study 11:00 Brain Games 11:00 Snowball toss 12:30 Fresh Air break/ Walk about 12:30 Snowball toss 1:30 Movie Mantine 2:45 Brain Games 2:45 snowball toss 3:30 Brain Games 3:30 BINGO 4:30 Brain Games 4:30 snowball toss 5:00 Table assist & reminiscing (3 & 2mc)	12 9:30 Morning Coffee Cart 9:30 Library Cart 11:00 Picture Bingo 11:00 Raffle Winner Outing –Kathys kitchen 12:30 Fresh air break/ walkabout 1:30 Nerfing around-Target practice 2:30 Nerfing Around –Target practice 3:00 BINGO 3:30 Nerfing Around-Target practice 3:30 Nerfing Around—Target practice 4:00 Table talk and Board Games 5:00 Table assist & reminiscing (1 & 2al)	13 Galentine's Day 9:30 Sit & Be Fit 9:45 Play Doh Fun & facts 11:00 Table Talk & Board Games 11:00 Play Doh Fun & Facts 12:30 Fresh Air Break 12:30 Table talk & board games 1:30 Galentine's social for the Ladies on 2 2:45 Table Talk & Board Games 3:30 BINGO 4:15 Play Doh Fun & facts 4:30 Table talk and trivia 5:00 table assist & reminiscing (3 & 2mc)	14 Valentines day 9:30 Saturday Morning Coffee club 9:30 Morning Stretches 10:30 Puzzle Fun- Games and Printable 11:00 Finish lines 12:30 Fresh Air break 1:30 Valentines Day Shindig 3:30 Puzzle Fun –Games and Printables 3:30 Finish lines 4:00 Puzzle Fun –Games and Printables 4:15 Finish Lines 5:00 Table assist & reminiscing
15 National Gumdrop Day Daily Prayer Reading 9:30 Morning Stretch Bands 11:00 Good News Network 11:00 Gumdrop games 12:15 Special Olympic bowling practice— 12:30 Fresh air break 1:30 Sunday service with Paster Janelle 2:30 Gumdrop Games 3:00 Good News Network 3:30 Gumdrop Engineering 1w 3:45 Good News Network 4:30 Gumdrop games 5:00 Meal assist & Reminiscing (3 & 2mc)	16 9:30 M... 9:30 Manicure and Music 9:45 Morning Devotions& coffee 10:20 Morning Devotion & Coffee 10:45 BINGO 11:00 Morning Devotion & Coffee 12:30 Fresh air Break/walkabout 12:30 Manicures and music 12:40 Self care with Diana 1:30 Movie Matinee –independence day 3:00 Sensory overload 3:30 Bonus BINGO *3:30 Table talk & Shifumi 4:00 Sensory over load 5:00 Meal assist & reminiscing (3 & 2mc)	17 9:30 Morning Coffee cart / Today in History 9:30 Chair yoga –Video 9:30 Tuesday Trivia Fun 10:15 Tuesday Trivia Fun *11:00 A/C travel –Mont St Michel 11:00 Tuesday Trivia Fun *12:30 A/C Travel-Mont-St, Michel 12:30 Fresh Air break / walk about 12:40 Chitchat & Chew 1:30 Mardi Gras Social & Music *3 10 A/C travel –Mont St. Michel 3:10 Telling Jokes 3:15 Chitchat & Chew 3:40 Telling Jokes *3:50 A/C Travel- Mont St. Michel 4:30 Tuesday Trivia 5:00 table assist & reminiscing (1 & 2al)	18 9:30 Coffee & conversation 9:30 Sittercise –video 10:00 Wednesday Bible Study 11:00 Puzzle Fun 11:00 Music Therapy—Sing along 12:30 Puzzle Fun 12:30 Music Therapy- Sing along 12:30 Fresh Air break 1:30 Puzzle Fun 1:45 Music Therapy—Sing along 2:45 Puzzle Fun 3:30 BINGO 3:30 Puzzle Fun 3:30 Music Therapy—Sing along 4:00 Table talk & cards 5:00 Table Assist & reminiscing (3 & 2mc)	19 National Choc. Mint Ice cream Day 9:30 Morning Coffee Club 9:30 Moring Stretch Bands 10:45 White board games 11:00 Table talk & UNO games 12:30 White Board games 12:30 Fresh Air Break/ Walkabout 1:30 Birthday Party -Bingo 3:15 White board games 3:15 Table talk & UNO games 4:00 White Board Games 5:00 table assist & reminiscing (1 & 2al)	20 9:30 Sit & Be Fit—Balloon Bop 10:00 Blue Earth Library outing 11:00 connect four Tournament 11:30 Strategy games 12:30 Connect four Tournament 12:30 Fresh Air Break / walk about 1:30 Friday Movie Matinee-An American in Paris 3:30 BINGO 3:30 Connect four Tournament 3:30 12 Step meeting ALL welcome 4:15 Connect four Tournament 4:15 Strategy Games 5:00 table assist & reminiscing (3 & 2mc)	21 9:30 Saturday Morning Coffee Club 9:30 Good morning table talk & TDIH 11:00 Table top Bowling 12:30 Fishing Fun 12:30 Fresh Air Break /Walk about 1:45 Crafters Corner- 3:15 Fishing Fun 3:15 Table top bowling 4:15 Fishing Fun 4:30 Table top Bowling 5:00 table assist & reminiscing (1 & 2al)
22 Daily Prayer Reading 9:30 Morning Stretches 9:30 Coffee & Conversation 11:00 Snow Ball Toss 12:15 Special Olympic bowling practice 12:30 Snow ball toss 1:30 Sunday service with paster Janelle 2:15 Snow ball toss 3:00 Fresh Air break 3:00 Brain games 4:00 Brain games 4:00 Table talk & Cards 5:00 Meal assist & Reminiscing (vgee3 & 2mc)	23 9:30 Morning stretches- Noodle ball 9:30 Manicures and Music 9:45 Morning Devotion & Coffee 10:20 Morning Devotion & Coffee 10:45 BINGO 11:00 Morning Devotion & Coffee 12:30 Manicures and Music 12:30 Fresh air break /walkabout 12:40 Self Care with Diana 1:30 Movie Matinee— Dirty Rotten scoundrels 2:00 Sensory Overload *3:30 Table talk & Shifumi 3:30 Bonus BINGO 3:45 Sensory overload 5:00 Meal Assist & reminiscing (3 & 2mc)	24 National Tortilla Chip Day 9:30 Morning Coffee cart / Today in History 9:30 Chair Yoga –Video 10:30 Brain Games 11:00 Table talk & cards 11:00 Brain Games 12:30 Fresh air break/ walk about 12:30 Brain Games *12:30 A/C Travel-Colmar, Alsace & passports 1:30 Table talk & Cards *1:30 A/C Travel –Colmar, Alsace & passports 2:00 Tortilla Chip Tasting and Social –1w *3:30 A/C Travel – Colmar, Alsace & passports 3:30 Brain Games *4:20 A/C Travel - Colmar, Alsace & passports 5:00 Table assist & reminiscing (1 & 2al)	25 9:00 Outing to Bell Museum— in St. Paul 9:30 Coffee & conversation 9:30 Sittercise- video 11:00 Morning News –Video & Discussion 11:10 Brain Games 12:30 Fresh air break/walk about 12:30 Brain Games 1:45 In the news- Video & Discussion 1:45 Brain Games 3:00 In the News –video & Discussion 3:00 Brain Games 4:00 In the News –Video & Discussion 4:30 Table talk & Cards 5:00 Table assist & reminiscing (3 & 2mc)	26 National Tell a fairy tale 9:30 Morning Coffee Club 9:30 Moring Stretch Bands 11:00 Strategy games 12:30 Fresh Air break/walkabout 12:30 Strategy games 1:30– Movie Matinee –Fairytale- Residents choice 3:30 Strategy games 3:30 Finish Lines 4:15 Stratagy games 4:15 Finish lines 5:00 Table assist & reminiscing(1 & 2al)	27 National Retro Day (Dress up) 9:30 Sit & Be Fit –Balloon Bop 10:00 Resident council meeting & Coffee 10:45 Animal planet—Video and Craft 11:00 Memory Card Game 12:30 Fresh air break 12:30 Memory Card Game 1:30 Retro Party- Disco- refreshments-games 1:30 Bingo Store 3:30 Memory Card Game 3:30 BINGO 3:30 12 Step Meeting ALL welcome 4:15 Animal Planet—Video & craft 4:30 Memory Card Game 5:00 table assist & reminiscing (3 & 2mc)	28 National Floral Design day 9:30 Saturday Morning Table talk & Cards 9:30 Saturday Morning Coffee Club 11:00 Pictionary on White board 11:00 Good morning table time & card games 12:30 Fresh Air Break 12:45 Pictionary on White Board 1:30 Crafters Corner- Floral Design 1w. 3:00 Pictionary on white board 3:00 Table Talk & Card Games 3:40 Pictionary on white board 3:45 Table Talk & Card Games 5:00 table assist & reminiscing (1 & 2al)





Sunflower Communities
 Choice Living Close To Home
Resident Activities Calandar

Arm Chair Travel this Month we are traveling to France

Happy Birthday
 02-12-Robin E.
 02-14-Joseph O.



Activities are subject to change

Key
 1st floor
 2nd AL
 2nd MC
 3rd floor
 Outings/Meetings
 Includes all floors
 Your Welcome to attend Any of the
 Activities Regardless of Location