

# Altoona Nursing and Rehab

# February 2019 Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 WEAR RED DAY 9:30-Exercise 10:00-Coffee & Danishes/CE 10:15-Bean Bag Toss 10:45-Mind Joggers 2:30-Music with Luke 3:30-Hand Massages	2 9:30-Exercise 10:00-Current Events 10:15-Frisbee 10:30-Reminisce-Bathrooms 2:30-Card Bingo 3:30-Pictionary
3 9:30-Exercise 10:00-Church 10:30-Current Events 10:45-Foot ball Triva 2:30-Super Bowl Football Party 3:30	4 9:30-Exercise 10:00-Current Events 10:15-Basket Ball 10:45-How Many Words 2:30-Valentine Wreath	5 9:30-Exercise 10:00-Current Events 10:15-Ring Toss 10:45-Unscramble the Words 2:30-Music with Rick 3:30-Wheel of Fortune	6 9:30-Exercise 10:00-Church 10:45-Hymns 2:30-Bird Feeders	7 9:30-Exercise 10:00-Silver Sneakers Balloon Volleyball 10:30-Current Events 10:45-Picture Puzzle 2:30-Manicure 3:00-Ice Cream Social 6:30-Domino's Bingo	8 9:30-Exercise 10:00-Garage Sale and CE 10:15-Bean Bag Toss 10:45-Dancing Through Time 2:30-Resident Birthday Party with Music 3:30-Jeopardy 3:30-Hand Massages	9 9:30-Exercise 10:00-Current Events 10:15-Frisbee 10:30-Reminisce-Courting 2:30-Prize Bingo 3:30-Arm Chair Travel-Africa
10 9:30-Exercise 10:00-Church 10:30-Current Events 10:45-Mind Joggers 2:30-Move 4:00-Movie Review	11 9:30-Exercise 10:00-Current Events 10:15-Basket Ball 10:45-Crossword Puzzle 2:30-Button Heart	12 9:30-Exercise 10:00-Current Events 10:15-Ring Toss 10:45-African American Women in Art 2:30-Baking Club-Pinnacle Cake	13 9:30-Exercise 10:00-Church 10:45-Hymns 2:30-Name that Taste 3:30-Wheel of Fortune	14 VALENTINE'S DAY 9:30-Exercise 10:00-Silver Sneakers Catch 10:30-Current Events 10:45-Classic Love Songs 2:30-Valentine Day Party 6:30-Penny Bingo	15 9:30-Exercise 10:00-Coffee & Danishes/CE 10:15-Bean Bag Toss 10:45-World Radio 2:30-Making Cards for Kids in the Hospital 3:30-Hand Massages	16 9:30-Exercise 10:00-Current Events 10:15-Frisbee 10:30-Reminisce-Telephones 2:30-Card Bingo 3:30-Pictionary
17 9:30-Exercise 10:00-Church 10:30-Current Events 10:45-Mind Joggers 2:30-Movie 4:00-Movie Review	18 PRESIDENTS DAY 9:30-Exercise 10:00-Current Events 10:15-Basket Ball 10:45-Name the President 2:30-Tape Art	19 9:30-Exercise 10:00-Current Events 10:15-Ring Toss 10:45-Women in Sports 2:30-Music with Paul 3:30-Bowling	20 9:30-Exercise 10:00-Church 10:45-Hymns 2:30-Happy Hour 3:30-Poetry Writing	21 9:30-Exercise 10:00-Silver Sneakers Balloon Volleyball 10:30-Current Events 10:45-Just Saying 2:30-Manicure 3:00-Parfait's 6:30-Dice Game	22 9:30-Exercise 10:00-Coffee & Danishes/CE 10:15-Bean Bag Toss 10:45-Jobs in Golf 2:30-Music with Bob 3:30-Penny Ante 3:30-Hand Massages	23 9:30-Exercise 10:00-Current Events 10:15-Frisbee 10:30-Reminisce-Weddings 2:30-Prize Bingo 3:30-Arm Chair Travel-Italy
24 9:30-Exercise 10:00-Church 10:30-Current Events 10:45-Mind Joggers 2:30-Movie 4:00-Movie Review	25 9:30-Exercise 10:00-Current Events 10:15-Basket Ball 10:45-Name Five 2:30-Mardi Gras Mask	26 9:30-Exercise 10:00-Current Events 10:15-Ring Toss 10:45-The year was 1940 2:30-Baking Club-Mini Cheesecakes	27 9:30-Exercise 10:00-Church 10:45-Hymns 2:30-Food Committee 3:00-Resident Council	28 9:30-Exercise 10:00-Silver Sneakers Catch 10:30-Current Events 10:45-Music Trivia 2:30-Manicure 3:00-Cookie Social 6:30-UNO		