



# February 2024

# COMFORT COVE

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			<b>PET THERAPY IN THE COMMONS: Every Wednesday at 3:30</b>	1 9:30 Walkers & Wheelers Stroll 10:00 Brain Game / Snacks 11:00 Sing Along/ Exercise W/ Sid 1:00 Relaxing Music 2:00 Word In A Word/ Snacks 3:00 Team Sports ( Basketball) 4:00 Word Search/ Fluff & Fold	2 9:30 Morning Chat w/ Coffee/ Tea 10:30 Bodies In Motion 11:30 Chicken Soup For Soul 1:00 Relaxing Movie 2:00 Finish The Phrase/ Snacks 3:00 Arts & Crafts 4:00 Puzzles & Cards	3 10:00 Volleyballon 10:30 Word Game 12:00 Lunch and Music 1:30 Bingo 3:00 Classic TV 4:00 Fluff & Fold	
4 10:00 Morning Devotions 11:00 Hymn Music 12:00 LUNCH 1:30 World Outreach Church 3:00 Puzzles 6:00 Hallmark Family Movie	5 10:00 Reminiscing about Family 11:00 Volleyballon / Snacks 11:30 Guess What Actress/ Actor 1:00 Relaxing Music 2:00 World Trivia/ Snacks 3:00 Ball Exercise/ Parachute Play 4:00 Fluff & Fold/ Puzzles	6 9:30 Today's News/ Snacks 10:30 Bible Study / Hymns Singing 11:30 Exercise W/ 2lbs. Weights 1:00 Kick Back & Relax 2:00 Walkers & Wheelers Stroll 3:00 Fit Mind / Snack 4:00 Conversation Ball Game	7 10:00 All About The Presidents 11:00 Guess What?/ Snacks 1:30 Scenic Bus Ride Local Parks 3:00 Brain Game w/ Helen 4:00 Sit & Stretch W/ Tracey 7:00 Me T.V. / Snacks	8 9:30 Walkers & Wheelers Stroll 10:00 Brain Game / Snacks 11:00 Sing Along/ Exercise W/ Jay 1:00 Relaxing Music 2:00 Word In A Word/ Snacks 3:00 Team Sports ( Catch & Throw) 4:00 Word Search/ Fluff & Fold	9 9:30 Morning Chat w/ Coffee/ Tea 10:30 Bodies In Motion 11:30 Chicken Soup For Soul 1:00 Relaxing Movie 2:00 Finish The Phrase/ Snacks 3:00 Arts & Crafts 4:00 Puzzles & Cards	10 10:00 Volleyballon 10:30 Word Game 12:00 Lunch and Music 1:30 Bingo 3:00 Classic TV 4:00 Fluff & Fold	
11 10:00 Morning Devotions 11:00 Hymn Music 12:00 LUNCH 3:00 Puzzles 6:00 Hallmark Family Movie	12 10:00 Reminiscing about LOVE 11:00 Volleyballon / Snacks 11:30 Guess What COLOR 1:00 Relaxing Music 2:00 World Trivia/ Snacks 3:00 Ball Exercise/ Parachute Play 4:00 Fluff & Fold/ Board Games	13 9:30 Today's News/ Snacks 10:30 Bible Study / Hymns Singing 11:30 Exercise W/ 2lbs. Weights 1:00 Kick Back & Relax 2:00 Walkers & Wheelers Stroll 3:00 Fit Mind / Wheel 4:00 Conversation Ball Game	14 <b>VALENTINE DAY</b> 10:00 Presidents Wives 11:00 Guess What?/ Snacks 1:30 Scenic Bus Ride JR Bridge 3:00 Brain Game w/ Helen 4:00 Sit & Stretch W/ Tracey 7:00 Me T.V. / Snacks	15 9:30 Walkers & Wheelers Stroll 10:00 Brain Game / Snacks 11:00 Sing Along/ Exercise W/ Bea 1:00 Relaxing Music 2:00 Word In A Word/ Snacks 3:00 Team Sports ( Ring Toss) 4:00 Word Search/ Fluff & Fold	16 9:30 Morning Chat w/ Coffee/ Tea 10:30 Bodies In Motion 11:30 Chicken Soup For Soul 1:00 Relaxing Movie 2:00 Finish The Phrase/ Snacks 3:00 Arts & Crafts 4:00 Puzzles & Cards	17 10:00 Volleyballon 10:30 Word Game 12:00 Lunch and Music 1:30 Bingo 3:00 Classic TV 4:00 Fluff & Fold	
18 10:00 Morning Devotions 11:00 Hymn Music 12:00 LUNCH 1:30 World Outreach Church 3:00 Puzzles 6:00 Hallmark Family Movie	19 10:00 Reminiscing/FRIENDS 11:00 Volleyballon / Snacks 11:30 Guess What T.V Show 1:00 Relaxing Music 2:00 Mennowood Belles Performance (The Commons) 3:00 Ball Exercise/ Parachute Play 4:00 Fluff & Fold/ Reading	20 9:30 Today's News/ Snacks 10:30 Bible Study / Hymns Singing 11:30 Exercise W/ 2lbs. Weights 1:00 Kick Back & Relax 2:00 Walkers & Wheelers Stroll 3:00 Fit Mind / Snack 4:00 Conversation Ball Game	21 10:00 Vice Presidents 11:00 Guess What?/ Snacks 1:30 Scenic Bus Ride Dandy Loop 3:00 Brain Game w/ Helen 4:00 Sit & Stretch W/ Tracey 7:00 Me T.V. / Snacks	22 9:30 Walkers & Wheelers Stroll 10:00 Brain Game / Snacks 11:00 Sing Along/ Exercise W/ Aida 1:00 Relaxing Music 2:00 Word In A Word/ Snacks 3:00 Team Sports ( Kick Ball) 4:00 Word Search/ Fluff & Fold	23 9:30 Morning Chat w/ Coffee/ Tea 10:30 Bodies In Motion 11:30 Chicken Soup For Soul 1:00 Relaxing Movie 2:00 Finish The Phrase/ Snacks 3:00 Arts & Crafts 4:00 Puzzles & Cards	24 10:00 Volleyballon 10:30 Word Game 12:00 Lunch and Music 1:30 Bingo 3:00 Classic TV 4:00 Fluff & Fold	
25 10:00 Morning Devotions 11:00 Hymn Music 12:00 LUNCH 1:30 World Outreach Church 3:00 Puzzles 6:00 Hallmark Family Movie	26 10:00 Reminiscing / Grandparents 11:00 Volleyballon / Snacks 11:30 Guess What FOOD GROUP 1:00 Relaxing Music 2:00 World Trivia/ Snacks 3:00 Ball Exercise/ Parachute Play 4:00 Fluff & Fold/ Cards	27 9:30 Today's News/ Snacks 10:30 Bible Study / Hymns Singing 11:30 Exercise W/ 2lbs. Weights 1:00 Kick Back & Relax 2:00 Walkers & Wheelers Stroll 3:00 Fit Mind / Snack 4:00 Conversation Ball Game	28 10:00 Presidents Born In Va. 11:00 Guess Why ? / Snacks 1:30 Scenic Bus Ride YORKTOWN 3:00 Brain Game w/ Helen 4:00 Sit & Stretch W/ Tracey 7:00 Me T.V. / Snacks	29 9:30 Walkers & Wheelers Stroll 10:00 Brain Game / Snacks 11:00 Sing Along/ Exercise/Steve 1:00 Relaxing Music 2:00 Word In A Word/ Snacks 3:00 Team Sports ( Corn Hole) 4:00 Word Search/ Fluff & Fold	<b>SUPPLIES ARE ACCOUNTED FOR AND STORED AFTER EACH ACTIVITY</b>		<b>ALL ACTIVITIES ARE SUBJECT TO CHANGE</b>  <b><u>DURATION OF ACTIVITIES:</u></b> Each activity lasts for <b><u>30 minutes</u></b> unless noted otherwise.