


Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>Room Location Codes: LR = Memory Care Living Room DR = Memory Care Dining Room AR = Activity Room MDR = Main Dining Room FE = Front Entrance</p>			<p>1 10:00 Exercise – LR 10:30 Catholic Service – LR 11:00 Cranium Crunches-DR 2:00 Arts & Crafts – DR 3:30 Tea & Hand Massages 6:30 Nightly News - LR</p>	<p>2 10:00 Bible Stories – LR 10:30 Sit & Be Fit – LR 11:00 Throw Away Bingo-DR 2:00 Signs of Love – DR 3:30 Throwback Thursday-DR 6:30 Lady Vols vs. Mississippi – LR Groundhog Day</p>	<p>3 10:00 Glamour Hour – DR 11:00 Gospel Music – LR 2:00 Happy Hour – DR 3:30 Happy Hands – DR 6:30 Nightly News - LR</p>	<p>BIRTHDAY – John T. 4 10:00 Bible Studies – LR 10:30 Chair Tai Chi – LR 11:00 Bingo – DR 2:00 Music Hour - LR 3:30 Time Travel – LR 6:30 Nightly News – LR</p>
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<p>5 9:00 Morning News - MC 2:30 Hymn Sing-A-Long-MC 3:30 Walking Club - MC 7:00 60 Minutes - MC</p>	<p>6 10:30 Balloon Volleyball – AR 2:00 Creative Coloring – DR 3:30 Puzzles – DR 6:30 Nightly News – LR 7:00 Lady Vols vs. MS State – LR</p>	<p>7 10:00 Devotions – LR 10:30 Tango Tuesday – LR 11:00 Trivia – LR 2:00 Memory Bag – DR 3:30 Love is in the Air – LR 7:00 Game Shows - LR</p>	<p>8 9:00 Foot Clinic Day 1 - AR 10:00 Exercise – LR 10:30 Catholic Service – LR 11:00 Cranium Crunches-DR 2:00 Garden Crafts w/UT Gardens – DR 3:30 Tea & Hand Massages 6:30 Nightly News - LR</p>	<p>9 9:00 Foot Clinic Day 2 – AR 10:00 Bible Stories – LR 10:30 Sit & Be Fit – LR 11:00 Throw Away Bingo-DR 2:00 Stained Glass Hearts Craft – AR 3:30 Throwback Thursday-DR 7:00 Game Shows – LR</p>	<p>10 10:00 Glamour Hour – DR 11:00 Gospel Music – LR 2:00 Super Bowl Pre-Game Tailgate – DR 3:30 Happy Hands – DR 6:30 Nightly News - LR</p>	<p>11 10:00 Bible Studies – LR 10:30 Chair Tai Chi – LR 11:00 Bingo – DR 2:00 Music Hour - LR 3:30 Time Travel – LR 6:30 Nightly News – LR</p>
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<p>12 9:00 Morning News - MC 2:00 Lady Vols vs. Vanderbilt - LR 2:30 Hymn Sing-A-Long-MC 3:30 Walking Club - MC 6:30 Super Bowl Sunday: KC Chiefs vs. Philly Eagles – LR</p>	<p>BIRTHDAY – Julia C. 13 10:30 Balloon Volleyball – AR 2:00 Music Hour – LR 3:30 Fancy Folding – DR 6:30 Nightly News - LR</p>	<p>14 10:00 Devotions – LR 10:30 Tango Tuesday – LR 11:00 Trivia – LR 12:00 Valentine's Day Lunch - DR 2:00 Making Chocolate Dipped Strawberries – DR 3:30 Valentine's Day Bingo Valentine's Day</p>	<p>15 10:00 Exercise – LR 10:30 Catholic Service – LR 11:00 Cranium Crunches-DR 2:30 Root Beer Floats – DR 3:30 Hand Massages – DR 6:30 Nightly News - LR</p>	<p>16 10:00 Bible Stories – LR 10:30 Sit & Be Fit – LR 11:00 Throw Away Bingo-DR 2:00 Music with Rob Murdock – MDR 3:30 Throwback Thursday-DR 7:00 Lady Vols vs. Arkansas -LR</p>	<p>17 10:30 Lunch Around Town at Corner 16– FE 2:00 Happy Hour – DR 3:30 Happy Hands – DR 6:30 Nightly News - LR</p>	<p>18 10:00 Bible Studies – LR 10:30 Chair Tai Chi – LR 11:00 Bingo – DR 2:00 Music Hour - LR 3:30 Time Travel – LR 6:30 Nightly News – LR</p>
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<p>19 9:00 Morning News – MC 12:00 Lady Vols vs. Auburn - LR 2:30 Hymn Sing-A-Long-MC 3:30 Walking Club - MC 7:00 60 Minutes - MC</p>	<p>20 10:30 Balloon Volleyball – AR 2:00 Music w/Mitch & John - MDR 3:30 Puzzles – DR 6:30 Nightly News – LR Presidents' Day</p>	<p>21 10:00 Devotions – LR 10:30 Tango Tuesday – LR 11:00 Trivia – LR 2:00 Mardi Gras Masks-DR 3:30 Sing that Love Song-LR 7:00 Game Shows – LR Mardi Gras</p>	<p>22 10:00 Exercise – LR 10:30 Catholic Service – LR 11:00 Cranium Crunches-DR 2:00 Rhythm Band with Rise Tucker – AR 3:30 Tea & Hand Massages 6:30 Nightly News - LR</p>	<p>23 10:00 Bible Stories – LR 10:30 Sit & Be Fit – LR 11:00 Throw Away Bingo-DR 2:30 Monthly Birthday Party for All February B-days-DR 3:30 Throwback Thursday-DR 7:00 Lady Vols vs. S. Carolina - LR</p>	<p>24 10:00 Glamour Hour – DR 11:00 Gospel Music – LR 2:00 Happy Hour – DR 3:30 Happy Hands – DR 6:30 Nightly News - LR</p>	<p>25 10:00 Bible Studies – LR 10:30 Chair Tai Chi – LR 11:00 Bingo – DR 2:00 Music Hour - LR 3:30 Sip & Paint – DR 6:30 Nightly News – LR</p>
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<p>BIRTHDAY – Elizabeth P. 26 9:00 Morning News – MC 2:00 Lady Vols vs. Kentucky - LR 2:30 Hymn Sing-A-Long-MC 3:30 Walking Club - MC 7:00 60 Minutes - MC</p>	<p>BIRTHDAY – Eleanor J And Patty P. 27 10:30 Balloon Volleyball – AR 2:00 Creative Coloring – DR 3:30 Reminiscing – LR 6:30 Nightly News – LR</p>	<p>28 10:00 Devotions – LR 10:30 Tango Tuesday – LR 11:00 Trivia – LR 2:00 Music with Frank & Friends – MDR 3:30 Name 5 – DR 7:00 Game Shows – LR</p>
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February 2023

Northshore Heights Senior Living - Memory Care Activities