


February 2025


Our Daily Wellness Path.

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Morning * 23 Wake Up Daily Bulletin Bible Study Tabletop Sensory 9:30 Virtual Canvas Church Service & Cookies Trivia Puzzles & Crosswords</p> <p>Afternoon Hymn singalong Bible Story time 3:00 Virtual Bethlehem Church Service</p> <p>6 DIMENSIONS OF WELLNESS PHYSICAL EMOTIONAL INTELLECTUAL SOCIAL SPIRITUAL VOCATIONAL</p>	<p>Morning 24 Wake Up Sensory TV History of everyday things Tabletop Sensory Daily Bulletin & Devotions Baking Club Chip Dip Memory Jogging 11:00 Music Therapy with Kristin Snack & Hydration</p> <p>Afternoon 1:30 Reading Club with Lorrie Stay Fit with Tammy Finishing up Cards for Stillwater Corn Crunch quiz & Tortilla Chip Social 3:30 Independent Interests & Down Time</p>	<p>Morning 25 Wake Up Sensory TV Talking Dog Tabletop Sensory Jello Fun Daily Bulletin & Daily Devotion Jesus's light Storytelling Memory Jogging Quess the quote 11:30 1-1 Catholic Visits Snack & Hydration</p> <p>Bodies IN Motion Parachute Ball</p> <p>Afternoon Stay Fit with Tammy Reminiscing Tell me about a time Popcorn IN2L Trivia 3:30 Independent Interests & Down Time</p>	<p>Morning 26 Wake Up Sensory TV Johnny Cash Tabletop Sensory Daily Bulletin & Devotions Memory Jogging Johnny Cash & Men in Black Trivia Oldies Singalong Snack & Hydration</p> <p>Afternoon 1:30 Karaoke with Connie and Friends 2:30 Barb's Birthday Celebration 3:30 Independent Interests & Down Time</p>	<p>Morning 27 Wake Up Sensory TV History of The Black Pioneer Cowboys Tabletop Sensory Frosting Graham crackers Daily Bulletin & Devotion Memory Jogging Song/word Trivia Baking Club</p> <p>Bodies in Motion Fly Swatter Swat</p> <p>Afternoon 1:30 Manicures Strawberry Short cake Tasting Independent Projects Movie Matinee: 101 Dalmatians 3:30 Independent Interests & Down Time</p>	<p>Morning * 28 Donut Day Wake Up Gardenia Sensory TV Jimmy Carter Tabletop Sensory Lavender Cloud Daily Devotion & Bulletin Donuts and Hydration</p> <p>Bodies in Motions Balloon Volleyball</p>  <p>Afternoon 1:30 Drive around the Valley & Treat</p>	<p>Morning * 1 Wake Up Tabletop Sensory Pigs TV Sensory Iditarod Race/Hog Calling Baking Club Pigs in a Blanket Music and Motion Memory Jogging March Trivia/Iditarod Fact Files</p> <p>Afternoon Seated Tai Chi Pig Trivia Toss the Pig & Pizza Movie Matinee Babe & Popcorn</p>


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<p>Morning 2</p> <p>Wake Up Tabletop Sensory Sensory TV Sound of Music Daily Bulletin Bible Study #1 10:30 Virtual Canvas Church Service & Cookies Singalong to the Soundtrack Trivia Puzzles & Crosswords Sound of Music Bingo</p> <p>Afternoon</p> <p>Hymn singalong Float Social Red Wine Float Bible Story time 3:00 Virtual Northridge Church Service</p> <p>6 DIMENSIONS OF WELLNESS PHYSICAL EMOTIONAL INTELLECTUAL SOCIAL SPIRITUAL VOCATIONAL</p>	<p>Morning 3</p> <p>Wake Up Sensory TV Dr Seuss Books & Museum Tabletop Sensory The Cat in the Hat Daily Bulletin & Devotions Making Bookworm Treats for Daycare Memory Jogging Fact or Folklore 11:00 Music Therapy with Kristin Snack & Hydration</p> <p>Afternoon</p> <p>1:30 Reading Club with Lorrie Decorating for Mardi Gras Movie Matinee 3:30 Independent Interests & Down Time</p>	<p>Morning 4</p> <p>Mardi Gras</p> <p>Wake Up Sensory TV Mardi Gras parade Tabletop Sensory Mardi Gras Box Daily Bulletin & Daily Devotion Storytelling Wind in the Willows Memory Jogging Mardi Gras Word Game 11:30 1-1 Catholic Visits Snack & Hydration</p> <p>Bodies IN Motion Parachute Ball</p> <p>12:00 Mardi Gras Lunch Celebration</p> <p>Afternoon</p> <p>Stay Fit with Tammy IN2L Trivia Mardi Gras 2:30 Sandy Birthday Celebration with Coffee and Beignets Travel Destination New Orleans 3:30 Independent Interests & Down Time</p>	<p>Morning 5</p> <p>Wake Up Sensory TV Mount Rainer Tabletop Sensory Daily Bulletin & Devotions, Ash Wednesday Memory Jogging Ash Wednesday Oldies Singalong Snack & Hydration</p> <p>Afternoon</p> <p>Bodies in Motion 2:30 Exercise with Todd Hymn Sing 3:30 Independent Interests & Down Time</p>	<p>Morning * 6</p> <p>Wake Up Sensory TV Cheerleading Contests Tabletop Sensory Oreo Tasting 10:00 Visits with Kid Kare Books, Doodling & Bookmarks Daily Bulletin & Devotion Memory Jogging Fact Finding Oreo's</p> <p>Bodies in Motion Flyswatter Hits</p> <p>Afternoon</p> <p>1:30 Manicures Oreo's Milkshakes Movie Matinee: 3:30 Independent Interests & Down Time</p>	<p>Morning * 7</p> <p>Donut Day</p> <p>Wake Up Sensory TV Babies Tabletop Sensory Wrapping Baby Gifts Daily Devotion & Bulletin Donuts and Hydration Memory Jogging Myth Busters Decorating for Baby shower</p> <p>Bodies in Motions Balloon Volleyball</p>  <p>Afternoon</p> <p>2:00 Megan's Baby Shower 3:30 Independent Interests & Down Time</p>	<p>Morning 8</p> <p>Wake Up Tabletop Sensory Cereal Bracelets TV Sensory Inventions made by Women Baking Club Rice Crispy Bars Music and Motion Memory Jogging Guess the Cereal/ Cereal Times Snack & Hydration</p> <p>Afternoon</p> <p>Stretch and Flex Highway to Lady's in History YouTube Amazing Women Video Expressionist Art Norman Rockwell Movie Matinee & Popcorn</p>


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<p>Morning Daylight Saving Day Wake Up Daily Bulletin Bible Study #2 Sensory TV Harriet Tubman Tabletop Sensory Cutting Projects & Dolls 10:30 Virtual Canvas Church Service & Cookies Trivia Puzzles & Crosswords Fact File All about Barbies</p> <p>Afternoon Hymn singalong 2:00 Diana & Kathryn's Birthday Celebration Bible Story time/Bible Trivia 3:00 Virtual Our Savior's Church Service</p> <p>6 DIMENSIONS OF WELLNESS PHYSICAL EMOTIONAL INTELLECTUAL SOCIAL SPIRITUAL VOCATIONAL</p>	<p>Morning Wake Up Sensory TV Rosie the Riveter Tabletop Sensory Leprechaun Bouquet Daily Bulletin & Devotions Baking Club Memory Jogging Movie Titles 11:00 Music Therapy with Kristin Snack & Hydration</p> <p>Afternoon 1:30 Reading Club with Lorrie Stay Fit with Tammy Amazing Women 3:30 Independent Interests & Down Time</p>	<p>Morning Wake Up Sensory TV Lucrecia Mott's Tabletop Sensory Salt Dough Shamrocks Daily Bulletin & Daily Devotion Storytelling Wind in the Willows Memory Jogging Famous Faces 11:30 1-1 Catholic Visits Snack & Hydration</p> <p>Bodies IN Motion Parachute Ball</p> <p>Afternoon Stay Fit with Tammy IN2L Trivia March Bingo 3:30 Independent Interests & Down Time</p>	<p>Morning* Wake Up Sensory TV Female Scientists Tabletop Sensory Daily Bulletin & Devotions Memory Jogging Clue Trivia Oldies Singalong Snack & Hydration</p> <p>Afternoon Bodies in Motion Parachute Toss 2:30 Exercise with Todd Hymn Sing 3:30 Independent Interests & Down Time</p>	<p>Morning * Wake Up Sensory TV Famous Spy Limping Lady Tabletop Sensory Marshmallow Constellations 10:00 Visits with Growing Roots Daily Bulletin & Devotion Memory Jogging Cool as Gold Baking Club Irish Soda Bread</p> <p>Bodies in Motion Kickball Circle</p> <p>Afternoon 1:30 Manicures Independent Projects Movie Matinee: 3:30 Independent Interests & Down Time</p>	<p>Morning Donut Day Wake Up Sensory TV Greece & Dancing Tabletop Sensory Pictures of Greece & Olive Tapenade Tasting Daily Devotion & Bulletin Donuts and Hydration</p> <p>12:00 Greek Lunch</p> <p>Bodies in Motions Balloon Volleyball</p>  <p>Afternoon 2:00 Around the world to Greece Presentation from Hannah Peirce, Taste of Greece Movie Matinee: My Big Fat Greek Wedding</p>	<p>Morning Girl Scout Day Wake Up Tabletop Sensory Potato Chips TV Sensory The Potato Chip lady Baking Club Potato Chip Krispy Treats Music and Motion Memory Jogging Snack & Hydration</p> <p>Bodies in Motions Potato Chip Tossing game</p> <p>Afternoon Stretch and Flex 2:30 Kris's Birthday Celebration Girl Scout Bingo Bingo Dots and Shamrocks Movie Matinee & Popcorn</p>


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<p>Morning 16</p> <p>Wake Up Daily Bulletin Bible Study Sensory Tv The Green Lady of Brooklyn Tabletop Sensory Picture Books CHAMPANE Music & Bubbles 9:30 Virtual Canvas Church Service & Cookies Trivia Puzzles & Crosswords Baking Club Lucky Chex Mix</p> <p>Afternoon</p> <p>Float Social Champagne Float Buddie's Birthday Celebration Hymn singalong Bible Story time 3:00 Virtual Bethlehem Church Service</p> <p>6 DIMENSIONS OF WELLNESS PHYSICAL EMOTIONAL INTELLECTUAL SOCIAL SPIRITUAL VOCATIONAL</p>	<p>Morning 17</p> <p>St Patrick's Day Decorating and St up for St Patrick's day event Movie Matinee Older than Ireland, Finigan Rainbow, The Luck of the Irish</p> <p>11:00 Music Therapy with Kristin Snack & Hydration</p> <p>Afternoon</p> <p>1:30 Reading Club with Lorrie 2:00 St Patty's Day Pub and Table Stroll Pat's Birthday Celebration 3:30 Independent Interests & Down Time 4:00 St Patrick's Day Dinner</p>	<p>Morning* 18</p> <p>Wake Up Sensory TV Tabletop Sensory Hand lotion & Massage Daily Bulletin & Daily Devotion 2nd Graders to Visit -Stem Activity Storytelling Wind IN the Willows Memory Jogging True or False 11:30 1-1 Catholic Visits Snack & Hydration</p> <p>Bodies IN Motion Parachute Ball</p> <p>Afternoon</p> <p>Stay Fit with Andy 2:00 Pampering Facials with Alysen N2L Trivia 3:30 Independent Interests & Down Time</p>	<p>Morning * 19</p> <p>Andy later 11:00 Wake Up Sensory TV Carol Bernett Tabletop Sensory Cowboy Stories Daily Bulletin & Devotions Memory Jogging Jokes Oldies Singalong Snack & Hydration</p> <p>Afternoon</p> <p>Laugh and Pass the Balloon Game 2:30 Exercise with Todd Hymn Sing 3:30 Independent Interests & Down Time</p>	<p>Morning 20</p> <p>Spring has Spring Wake Up Sensory TV Gardening Tabletop Sensory Spring Tree Flower Daily Bulletin & Devotion Memory Jogging All about Spring</p> <p>Bodies in Motion</p> <p>Afternoon</p> <p>1:30 Creston Crooners 2:30 Manicures Movie Matinee: Checking out the Courtyard 3:30 Independent Interests & Down Time</p>	<p>Morning 21</p> <p>Donut Day Wake Up Sensory TV Tabletop Sensory One last Snowball Fight Daily Devotion & Bulletin Donuts and Hydration Memory Jogging Lucky Count Puzzle</p> <p>Bodies in Motions Balloon Volleyball</p>  <p>Afternoon</p> <p>Stretching to Music Armchair Travel to Nebraska & Reuben Bites Wack-A-Mole with Staff 3:30 Independent Interests & Down Time</p>	<p>Morning 22</p> <p>Wake Up Cedar Tabletop Sensory Name that Toy TV Sensory Sights, Sounds Nature & Music and Motion Memory Jogging Name That piano melody Snack & Hydration Corn Dogs</p> <p>Afternoon</p> <p>Stretch and Flex Decorating Flowerpots with Washi tape Movie Matinee & Popcorn</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Puppy Day Wake Up Sensory TV Puppies Daily Bulletin & Devotions Tabletop Sensory Stuffed animals 10:30 Virtual Canvas Church Service & Cookies Trivia Puppy Love Puzzles & Crosswords	Morning * Wake Up Sensory TV Family Feud Tabletop Sensory Theme boxes Daily Bulletin & Devotions Baking Club Dump Cake Memory Jogging Toss the Ball Reminisce 11:00 Music Therapy with Kristin Snack & Hydration	Morning * Wake Up Sensory TV Figure Skating Tabletop Sensory Coke sampling Daily Bulletin & Daily Devotion Storytelling Wind IN the Willows Memory Jogging Golden Tv Memories 11:30 1-1 Catholic Visits Snack & Hydration	Morning Wake Up Sensory TV Trish Yearwood Cooking Tabletop Sensory Cookbooks Recipe Cards Menu planning Daily Bulletin & Devotions Memory Jogging Weather Expressions Oldies Singalong Snack & Hydration	Morning Wake Up Sensory TV The Streaker on The Tonight Show Tabletop Sensory Target Practice Daily Bulletin & Devotion Memory Jogging Person Place or Thing/ Bad fabs Baking Club Wacky Cake GF	Morning Donut Day Wake Up Sensory TV Mississippi River & Yosemite Tabletop Sensory Hats Memory Jogging March Categories Daily Devotion & Bulletin Donuts and Hydration	Morning Wake Up Tabletop Sensory Musical instruments & Chair movements TV Sensory Piano in Concert Baking Club Jello Salad Music and Motion Memory Jogging Melody Match
Afternoon Float Social Raspberry Float Color your Puppy Hymn singalong Bible Story time 3:00 Virtual Northridge Church Service	Afternoon 1:30 Reading Club with Lorrie Stay Fit with Tammy Magic list Family Feud	Afternoon Stay Fit with Andy IN2L Trivia Aromatherapy Scent Spray 3:30 Independent Interests & Down Time	Afternoon Bodies in Motion Pitching Practice 2:30 Exercise with Todd Hymn Sing 3:30 Independent Interests & Down Time	Afternoon 1:30 Manicures Movie Matinee: Baseball 3:30 Independent Interests & Down Time Opening Day Baseball Crackerjacks and Soda	Afternoon 1:30 Scenic Drive Armchair Travel to Vermont Boxing Match 3:30 Independent Interests & Down Time	Afternoon Stretch and Flex Expressionist Art Edvard Munch Garden Club Spring Planting Movie Matinee & Popcorn
6 DIMENSIONS OF WELLNESS PHYSICAL EMOTIONAL INTELLECTUAL SOCIAL SPIRITUAL VOCATIONAL						

April 2025

Our Daily Wellness Path.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Morning * 30 Wake Up Daily Bulletin Bible Study Sensory TV Tabletop Sensory 9:30 Virtual Canvas Church Service & Cookies Trivia Puzzles & Crosswords</p> <p>Afternoon Courtyard Clean up Float Social Root Beer Float Hymn singalong Bible Story time 3:00 Virtual Our Savior's Church Service</p> <p>6 DIMENSIONS OF WELLNESS PHYSICAL EMOTIONAL INTELLECTUAL SOCIAL SPIRITUAL VOCATIONAL</p>	<p>Morning * 31 Wake Up Sensory TV Tabletop Sensory Daily Bulletin & Devotions Baking Club Memory Jogging 11:00 Music Therapy with Kristin Snack & Hydration</p> <p>Afternoon Coffee & Italian Soda Bar and Creamers 1:30 Reading Club with Lorrie Froggy Relaxation Stay Fit 3:30 Independent Interests & Down Time</p>	<p>Morning 1 Wake Up Sensory TV Tabletop Sensory Painting with Water Daily Bulletin & Daily Devotion Storytelling Wind in the Willows Memory Jogging Spelling Words 11:30 1-1 Catholic Visits Snack & Hydration</p> <p>Bodies IN Motion Parachute Ball</p> <p>Afternoon Spring Cleaning in Family Room Stay Fit with Tammy IN2L Trivia 3:30 Independent Interests & Down Time</p>	<p>Morning 2 Wake Up Sensory TV Tabletop Sensory Daily Bulletin & Devotions Memory Jogging Mix Trivia Oldies Singalong Snack & Hydration</p> <p>Bodies in Motion</p> <p>Afternoon Bodies in Motion 2:30 Exercise with Todd Hymn Sing 3:30 Independent Interests & Down Time</p>	<p>Morning 3 Wake Up Sensory TV Tabletop Sensory Reminisce boxes Daily Bulletin & Devotion Memory Jogging Reminiscing Flashcards Baking Club</p> <p>Bodies in Motion</p> <p>Afternoon 1:30 Manicures Independent Projects Movie Matinee: 3:30 Independent Interests & Down Time</p>	<p>Morning 4 Donut Day Wake Up Sensory TV Tabletop Sensory Folding Daily Devotion & Bulletin Donuts and Hydration</p> <p>Bodies in Motions Balloon Volleyball</p>  <p>Afternoon Stretching to Music</p>	<p>Morning * 5 Wake Up Tabletop Sensory TV Sensory Baking Club Music and Motion Memory Jogging</p> <p>Afternoon Stretch and Flex Garden Club Movie Matinee & Popcorn</p>

