

The Lodge Wellness Calendar *February* 2019

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00	Morning Walk	Morning Walk	Morning Walk	Morning Walk	Rosary Group (9:30)-CH	Morning Walk Hymn Sing (9:30)-CH	Morning Walk (Nursing)
10:00	Worship- CH	Group Exercise W/ Jess	Catholic Church Service- CH	Worship- CH	Walking Group	Worship with Pastor Richard	Magazines, Coloring, and Puzzles (Nursing)
11:00-12:45	Lunch	Oshibori/Lunch	Oshibori/Lunch	Oshibori/Lunch	Oshibori/Lunch	Oshibori/Lunch	Lunch
12:45	Fancy Nails	Reminiscing	Reminiscing	Reminiscing	Reminiscing	Reminiscing	Fancy Nails
1:30	Magazines, Coloring, and Puzzles	Bible Study with Pastor Richard—CH	Group Exercise	Group Exercise	Group Exercise	Group Exercise	Fancy Nails
2:00	Movie Viewing	Short Stories	Nature Documentary	Short Stories	Bingo—1st floor DR	Afternoon Movie	Trivia
3:15	Movie Viewing	Snack & Chat/Music	Snack & Chat/Music	Snack & Chat/Music	Snack & Chat/Music	Afternoon Movie	Snack & Chat/ Music
4:15	Sensory Boxes (Nursing)	Cardio Biking	Cardio Biking	Cardio Biking	Cardio Biking	Cardio Biking	Sensory Boxes
5:00-6:00	Dinner	Oshibori/Dinner	Oshibori/Dinner	Oshibori/Dinner	Oshibori/Dinner	Oshibori/Dinner	Dinner
6:00	Comedy Show (Nursing)	Sing-A-Long	Sing-A-Long	Sing-A-Long	Sing-A-Long	Sing-A-Long	Movie Viewing (Nursing)
7:00	Snack & Chat/Relaxing Music (Nursing)	Snack & Chat/Relaxing Music (Nursing)	Snack & Chat/Relaxing Music (Nursing)	Snack & Chat/Relaxing Music (Nursing)	Snack & Chat/Relaxing Music (Nursing)	Snack & Chat/Relaxing Music (Nursing)	Movie Viewing (Nursing)