


















# FEBRUARY 2019



## GARDENS OF MADISON ASSISTED LIVING

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>HEALTH TOPIC:</b> <b>American Heart Month</b> <b>10am</b> 	<b>FOOD:</b> <b>Hot Breakfast Month</b> 	<b>FUN:</b> <b>Mardi Gras Valentine's Day</b> 	<b>BIRTHDAYS:</b> 	<b>National Senior Independence Month</b>	<b>1 10 am</b> <b>Name that song</b> <b>11am</b> <b>Aerobics with Saha</b> <b>1pm Bingo</b>	<b>2 Groundhog Day</b> <b>National Wear Red Day</b>  Rise and shine to love your heart Watch Phil the Groundhog
<b>3 Superbowl Sunday</b>  <b>10am</b> Church Services	<b>4 Nat'l Homemade 10am Exercise Soup Day</b> 	<b>5 Weatherman's Day</b> <b>10am</b> Play Cards <b>1-3pm</b> Color Time	<b>6 Women in Sports Day</b> <b>10am</b> Watch Women's Olympics <b>1-3pm</b> Ball Toss	<b>7 Send A Card Day</b> <b>10am</b> Bingo with HG Church <b>1-3pm</b> Uno	<b>8 Boy Scout Day</b>  <b>10am</b> Exercise <b>1-3pm</b> Draw names for secret Valentine	<b>9 Pizza Day</b>  Family time
<b>10</b>  <b>10am</b> Church Services <b>2pm</b> Movie	<b>11 National Make A Friend Day</b>  <b>10am</b> exercise	<b>12 Fat Tuesday</b>  <b>10am</b> Arts and Crafts <b>1-3pm</b> Trivia about Mardi Gras	<b>13</b> <b>10am</b> Puzzel Time <b>1-3pm</b> Watch Valentine Movie	<b>14 Valentine's Day</b>  <b>10am</b> Dress in red or pink <b>1-3pm</b> Valentine Party	<b>15</b> <b>10am</b> Chair exercise <b>1-3pm</b> Dominions	<b>16 Nat'l Almond Day</b> Family Time <b>2pm</b> Movie and Popcorn
<b>17 Random Acts of Kindness Day</b>  <b>10am</b> Church Services	<b>18</b>  <b>10am</b> Exercise <b>1-3pm</b> Contest: Name the Presidents Game	<b>19 Chocolate Mint Day</b> <b>10am</b> Checkers <b>1-3pm</b> Bingo	<b>20</b> <b>10am</b> Exercise <b>1-3pm</b> Working the Rubik Cube	<b>21 National Chili Day</b>  Chili for Lunch <b>1-3pm</b> Who Wants to be a millionaire	<b>22 George Washington's Birthday</b> <b>10am</b> Exercise <b>1-3pm</b> George W. Trivia	<b>23 Banana Bread Day</b> Family Time Enjoy some homemade Banana bread
<b>24 Oscar Night – Academy Awards Church Services</b>	<b>25</b> <b>10am</b> exercise <b>1-3pm</b> Watch Game Shows	<b>26</b> <b>10am</b> Name that tune <b>1-3pm</b> Walkathon	<b>27 Nat'l Strawberry Day</b> <b>10am</b> Word Search <b>1-3pm</b> manicures	<b>28</b> <b>10am</b> Exercise <b>1-3pm</b> Bowling	<b>National Bird Feeding Month</b> 	<b>Happy Mardi Gras!</b> 