



February 2025

COMFORT COVE Memory Care

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			EVERY WEDNESDAY at 3:30 "Skipper" the dog visits in the Commons	<u>DURATION OF ACTIVITIES:</u> Each activity lasts for 30 minutes, unless noted otherwise. (1) = 1 hour	<u>LOCATION</u> D = Downstairs Main Dining Room W = West Living Room	1 10:00 Stretcherise 10:30 Sing Along (1) W 1:30 Bingo (1) D 3:00 Fluff & Fold, Puzzles or Art Sheets 4:00 Classic TV
2 Groundhog Day 10:00 Morning Devotion 11:00 Hymns 1:30 World Outreach Church 3:00 Puzzles 4:00 Fluff & Fold 6:00 Hallmark Family Movie	3 9:30 Table Talk & Word Search 10:30 Sing Along & Snacks 11:30 Exercise & Brain Game 1:00 Relaxing Music 2:00 Arts & Crafts 3:30 Team Sports (Basketball)	4 10:00 Book Club / Short Stories 11:00 Sit & Stretch/ Snacks 1:00 Fluff & Fold / Me T.V 2:15 Brain Games 3:30 Walkers & Wheelers Stroll 4:00 Finish The Phrase	5 9:30 Coffee & Donuts/ Chit Chat 10:30 Volley Balloon / Trivia 11:30 Exercise w/Kaye & Snacks 1:30 Scenic Bus Ride 3:00 Fresh Fruit Bingo 4:00 Let's Talk About FAMILY	6 10:00 Bible Study/Hymn Singing 11:00 Corn Hole & Snacks 1:00 Relaxing Country Music 2:00 Adult Art Sheets & Puzzles 3:00 Fluff & Fold /Music/Snacks 4:00 Walkers Wheelers Stroll	7 10:00 Exercise w/ 2lbs. Weights 11:00 Visual Trivia Snacks 1:00 The Waltons 2:00 Singing by Ned Harris (1) 3:30 Snacks & Word In A Word 4:00 All Things RED	8 10:00 Stretcherise 10:30 Sing Along (1) W 1:30 Bingo (1) D 3:00 Fluff & Fold, Puzzles or Art Sheets 4:00 Classic TV
9 10:00 Morning Devotion 11:00 Hymns 1:30 Classic TV 3:00 Puzzles 4:00 Fluff & Fold 6:00 Hallmark Family Movie	10 9:30 Table Talk & Word Search 10:30 Sing Along & Snacks 11:30 Exercise & Brain Game 1:00 Relaxing Music 2:00 Arts & Crafts 3:30 Team Sports (Ring Toss)	11 10:00 Book Club / Short Stories 11:00 Sit & Stretch/ Snacks 1:00 Fluff & Fold / Me T.V 2:15 Brain Games 3:30 Walkers & Wheelers Stroll 4:00 Finish The Phrase	12 9:30 Hot Tea & Danish/ Chit Chat 10:30 Volleyballoon / Trivia 11:30 Exercise w/Keith & Snacks 1:30 Scenic Bus Ride 3:00 Cookie Bingo 4:00 Let's Talk About LOVE	13 10:00 Bible Study/Hymn Singing 11:00 Catch & Kick Ball/Snacks 1:00 Relaxing R & B Music 2:00 Adult Art Sheets & Cards 3:00 Fluff & Fold/Music/ Snacks 4:00 Walkers Wheelers Stroll	14 Valentine's Day 10:00 Exercise w/ 2lbs. Weights 11:00 Visual Trivia Snacks 1:00 The Waltons 2:00 Valentines Social With Billy Mitchell (1) 3:30 Valentine Love Stories	15 10:00 Stretcherise 10:30 Sing Along (1) W 1:30 Bingo (1) D 3:00 Fluff & Fold, Puzzles or Art Sheets 4:00 Classic TV
16 10:00 Morning Devotion 11:00 Hymns 1:30 World Outreach Church 3:00 Puzzles 4:00 Fluff & Fold 6:00 Hallmark Family Movie	17 9:30 Table Talk & Word Search 10:30 Sing Along & Snacks 11:30 Exercise & Brain Game 1:00 Relaxing Music 2:00 Arts & Crafts 3:30 Team Sports (Corn Hole)	18 10:00 Book Club / Short Stories 11:00 Sit & Stretch/ Snacks 1:00 Fluff & Fold / Me T.V 2:15 Brain Games 3:30 Walkers & Wheelers Stroll 4:00 Finish The Phrase	19 9:30 Coffee & Donuts/ Chit Chat 10:30 Volley Balloon / Trivia 11:30 Exercise w/Bea & Snacks 1:30 Scenic Bus Ride 3:00 Chips & Bingo 4:00 Let's Talk About Animals	20 10:00 Bible Study/Hymn Singing 11:00 Chair Yoga & Snacks 1:00 Relaxing Jazz Music 2:00 Adult Art Sheets & Puzzles 3:00 Fluff & Fold /Music/Snacks 4:00 Walkers Wheelers Stroll	21 10:00 Exercise w/ 2lbs. Weights 11:00 Visual Trivia Snacks 1:00 I Love Lucy 2:00 Monthly Celebration with Sentimental Journeys (1) D 3:30 Fit Minds / Guess What?	22 10:00 Stretcherise 10:30 Word Game 11:00 Devotion 1:30 Bingo (1) D 3:00 Fluff & Fold, Puzzles or Art Sheets 4:00 Classic TV
23 10:00 Morning Devotion 11:00 Hymns 1:30 World Outreach Church 3:00 Puzzles 4:00 Fluff & Fold 6:00 Hallmark Family Movie	24 9:30 Table Talk & Word Search 10:30 Sing Along & Snacks 11:30 Exercise & Brain Game 1:00 Relaxing Music 2:00 Arts & Crafts 3:30 Team Sports (Volley Balloon)	25 10:00 Book Club / Short Stories 11:00 Sit & Stretch/ Snacks 1:00 Fluff & Fold / Me T.V 2:15 Brain Games 3:30 Walkers & Wheelers Stroll 4:00 Finish The Phrase	26 9:30 Hot Chocolate & Cookies 10:30 Volley Balloon / Trivia 11:30 Exercise w/Peggy & Snacks 1:30 Scenic Bus Ride 3:00 Fresh Fruit Bingo 4:00 Let's Talk About Vacations	27 10:00 Bible Study/Hymn Singing 11:00 Corn Hole & Snacks 1:00 Relaxing Love Songs 2:00 Adult Art Sheets & Puzzles 3:00 Fluff & Fold/Music/Snacks 4:00 Walkers Wheelers Stroll	28 10:00 Exercise w/ 2lbs. Weights 11:00 Visual Trivia Snacks 1:00 I Love Lucy 2:00 Music by Roberto (1) D 3:30 Presidents Trivia & Snacks	ALL ACTIVITIES ARE SUBJECT TO CHANGE SUPPLIES ARE ACCOUNTED FOR AND STORED AFTER EACH ACTIVITY