

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:30 - Church Service 11:00 - Seated Chair Exercise 2:00 - Isabella and Friends (Musical Performance) (By Fireplace) Evening: Heart to Heart Visits	2 Hugs and Hearts Mobile Cart 10:30 - 11:30 Balloon Volleyball with Kamryn and Isabella 2:00- Hugs and Hearts Evening- Nail Care	3 10:00 - Bocce Ball 10:30 - Games in Memory Care 11: 00 -Pictionary Teams 1:30 - Brian Eldred 3:00 - UNO in MC Evening: Wood Heart	4 Heart Healthy 10:30 - Heart Workout 11:00 - Heart Healthy with Hope 1:30- Poetry Reading in MC 3:00 - Wine Wednesday Evening: Heart Healthy Snack	5 Meet the Chef 10:30 - Chair Yoga 11:00 - Men's Group with Robbie 2:00 - Meet Chef Ryan 6:00 - Resident Lead Games Evening: Comfort and Care Bin	6 10:30 - Trivia with Susan and Documentary 1:30 - CMU Dance Team (Workout) 3:00 - Movie Friday: On Golden Pond (1981) Evening: Nail Care	7 Michigan Magic Series Stop #1 Mackinaw Island 10:30 - Mackinaw Island Virtual Tour 11:00 - Bible Study 2:00 - Fireside Games 3:00 - DVD's with Dee Evening: Movie Night
8 SuperBowl Party 10:30 - Church Service 11:00 - Seated Chair Exercise 2:00 - Bocce Ball 6:00 - Super Bowl Party	9 Trip to Cheers for Lunch 10:30 - Balance Clinic 11:00 - Bus Pick Up to Cheers 2:30 - Heart Door Hangers (Craft) Evening: Table Top Tournament	10 Valentine's Party with Renaissance ! 10:00 - Bocce Ball 1:15 - Valentines Party (Puppy kissing booth!) (D) Evening: Art Evening	11 10:30 -Move and Groove with Meagan 2:00 - BINGO 3:00 - Wine Wednesday and Technology Talk Evening: Balloon Parachute and Music	12 Sweethearts and Service Social 10:30 - Chair Power Hour (NEW) 11:00 - From the Heart Creations 2:00 - Sweethearts and Service Social with Heather Evening: Game Night	13 Cupids Cafe' 10:30 - Seated Yoga 11:00 - Category Game 12:00 - Cupid's Cafe' (Valentine Lunch) 1:30 - CMU Dance Team (Workout) 3:00 - Movie Friday Evening: Crush Cups	14 Stop #2 - Sleeping Bear Dune 10:30 - Sleeping Bear Dunes - Virtual Tour 11:00 - Susan's Brain Boost Trivia Evening: Left, Center , Right
15 10:30 - Church Service 11:00 - Morning Yoga 2:00 - Jewlery Making with Susan Evening: Mardi Gras T-shirt ART	16 10:30- Move to Music with Sandy 11:00 - MARDI GRAS Necklaces 1:30 - Robbie Bible Study 2:30 - Amanda (Treasured Memories Performance) Evening: T-shirt Art 2	17 Mardi Gras 10:00 - Bocce Ball 11:00 - Pen Pal Connections 12:00 - Fat Tuesday Feast (AL Dining) 3:00 -Puzzle Club Evening: Movie Nlght	18 ASH WEDNESDAY 10:30- Move and Groove 11:00- Roll the Ball Rally 1:30 - Rendevous with Rebecca 3:00 - Wine Wednesday and Music with Mark D. Evening: Tea & Poetry	19 Dapper Den 10:30 - Chair Power Hour 11:00 - John G. Name that Tune 2:00 - Dapper Den Evening: Large Jenga Game	20 BINGO at C.O.A. 10:300 - The Sound of Music (1965) PART 1 12:30 - Bus Pick Up for BINGO 1:30 - CMU Dance Team 3:00 - The Sound of Music PART 2 Evening: Game Night	21 #3 Tahquamenon Falls 10:30 - Tahquamenon Falls Tour 11:00 - Bible Study with Betty 2:00 - Bocce Ball 3:00 - DVD's from Dee! Evening: Snack Craft
22 10:30 - Church Service 11:00 - Morning Yoga 2:00 - Guess the Phrase Evening: Heart to Heart Visits	23 10:30 - Music and Movement 11:00 - Games with CMU 2:30 - Strawberry ShortCake Cups with Lucy and Madalyn Evening: Table Top Tournament	24 Euchre with Autumn 10:00- Bocce Ball 11:00- Euchre With Autumn 11:00 - Music in Memory Care 2:00 - Barbara Miller Old Hymns Sing Along Evening: Nerf Wars	25 Indoor Snow Tubing 10:30- Peaceful Morning Stretches 11:00 - Indoor Snow Tubing with Ava and Avrey 2:00 - BINGO 3:00 - Wine Wednesday Evening: Movie Nigh	26 Kevin Bendele 10:30 - Chair Power Hour 11:00 - Key Note Speaker on Community and Life 3:00 - Live music with Kevin Bendele (Wine will be served) Evening: Nail Care	27 10:30 - Morning Stretches with Susan 11:00 - UNO in (MC) 1:30 - CMU Dance Team 3:00 - Movie Friday: An Affair to Remember (1957) 6:00- Resident Lead Games Evening: Love Stories	28 Dragon Martial ARTS 10:30 - Detroit Belle Isle 11:00 - Susan's Brain Boost Trivia 2:00 - Combat weapons weapons (Dragon Martial ARTS) Evening: Heart to Heart Visi

Calender Key:

MC – Memory Care

D – Dining Hall

C - Community Room

MCA - Memory Care

Atrium

FP - Front Patio

L - Lobby

Soc - By the Fireplace