










# February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Neighborhood Legend:</b>  <b>B: Banook Lane</b> , Main Floor  <b>R: Russell Lane</b> , Main Floor  <b>N: Nantucket Lane</b> , Second Floor  <b>A: Alderney Lane</b> , Second Floor  <b>AL: All Lanes</b></p>		<p><b>Cancellation of Programs:</b>                      All programs &amp; events at Lewis Hall are subject to change with advanced or very little notice. Please check your <i>Daily Activity White Boards</i> for any updated time changes or cancellations.</p>	<p><b>Questions or ideas about Wellness?</b>                      Call <b>Gina , Gracie or Meghan</b>                      902-407-0796 ext. 6611  <a href="mailto:gamuenda@shannex.com">gamuenda@shannex.com</a>  <a href="mailto:gmacneil@shannex.com">gmacneil@shannex.com</a>  <a href="mailto:mmccarron@shannex.com">mmccarron@shannex.com</a>                      The Wellness Office is located in the main lobby.  <b>Brenda Bishop</b>                      Business Manager                      902-444-8365  <a href="mailto:bbishop@shannex.com">bbishop@shannex.com</a></p>	<p><b>February Birthday</b></p> <p>Helen Searles- 10th                      Evelyn Roberts- 19th                      Barbara Patterson-24<sup>th</sup></p>		<p>1</p> <p><b>Health Service Lead Recreation</b></p> <p>10:00- Pet Visits w/ Cat &amp; Big Ben (AL)</p>
<p>2 <b>Ground Hog Day</b></p>	3	4	5	6	7	8
<p><b>Health Service Lead Recreation</b>                      10:00- Bible Hymns                      11:15- Exercise Video                      2:00- Netflix Movie Matinee                      3:30- Adult Coloring/ Brain Fitness</p>	<p>10:00- Group Puzzle(N)                      11:00- Exercise (A)                      2:00 – Manicures (A)                      3:00 – You Tube Sing Along (A)                      3:30 – Board Games (N)                      10:00- Exercise (R)                      11:15- Exercise w/ Megan(B)                      1:30- Craft Time w/Megan (B)                      2:00- Pictionary (R)                      3:00- Afternoon Movie (B)                      3:15- Brain Fitness and Fun (R)</p>	<p>10:00- Group Puzzle(N)                      11:00- Exercise (A)  <b>2:00 – Music w/ Mervyn George (A)</b>                      3:30 – Watercolor Painting (N)                      10:00- Exercise (R)                      10:30- Sing Along (R)                      11:15- Tai Chi (B)                      (moving Check back)                      3:15- Trivia w/ Gracie(B)</p>	<p>10:00- Group Puzzle(N)                      11:00- Exercise (A)                      1:00 – Pet Visits w/ Donna &amp; Charlie (AL)  <b>2:00 – Prize Bingo (A)</b>                      3:30 – You Tube Sing Along (A)                      6:30 – Pet Visits w/ Judi &amp; Jake (AL)                      10:00- Exercise (R)                      11:15- Exercise w/ Megan(B)                      3:15- Making Valentines for Friends (R)</p>	<p>10:00- Group Puzzle(N)                      11:00- Exercise (A)  <b>2:00- Music w/ Alex Vaughn (A)</b>                      3:30- One on One Visits (N)                      10:00- Exercise (R)                      11:15- Exercise w/ Megan(B)                      3:30- One to One Visits (R)</p>	<p>10:00- Group Puzzle(N)                      11:00- Zumba (A)                      1:30 – Crafting w/ Cindy (N)                      3:00 – Jeopardy (A)                      10:00- Exercise (R)                      11:15- Exercise w/ Megan(B)                      1:30- Manicures (B)                      2:30- Board Games (R)</p>	<p><b>Health Service Lead Recreation</b></p>  <p><b>February Gemstone – Amethyst</b></p>
9	10	11	12	13	14	15
<p><b>Health Service Lead Recreation</b>                      10:00- Bible Hymns                      11:15- Exercise Video                      2:00- Netflix Movie Matinee                      3:30- Adult Coloring/ Brain Fitness</p> 	<p>10:00- Group Puzzle(N)                      11:00- Exercise (A)                      1:00 – Pet Visits w/ Donna &amp; Charlie (AL)                      2:00 – Manicures (N)                      3:30 – Valentine Crafting(A)                      10:00- Exercise (R)                      11:15- Exercise w/ Megan(B)                      1:00 – Pet Visits w/ Donna &amp; Charlie (AL)                      1:30- Craft Time w/Megan (B)                      “Making Valentines”</p>	<p>10:00- Group Puzzle(N)                      11:00- Exercise (A)  <b>2:00 – Lewis Choir w/ Leander Mendoza (A)</b>                      2:30 – Pet Visit w/ Judy &amp; Sophie (AL)                      3:30 – Valentine’s Card Making (A)                      10:00- Exercise (R)                      10:30- Sing Along (R)                      11:15- Tai Chi (B)                      3:15- Short Stories(R)</p>	<p>10:00- Group Puzzle(N)                      11:00- Exercise (A)                      2:00 – Prize Bingo (A)                      3:15 – You Tube Sing Along (A)                      3:15 – Valentine’s Card Making (N)                      10:00- Chair Yoga (B)                      10:00- Exercise (R)  <b>2:00- Prize Bingo (A)</b>                      3:00- Group Crossword (B)  <b>6:00- Girl Guide Visit(B)</b></p>	<p>10:00- Group Puzzle(N)                      11:00- Exercise (A)                      2:00 – Valentine’s Cookie Decorating (A)                      3:00 – Valentine’s Cookie Decorating (N)                      11:00- Exercise (R)                      11:15- Exercise w/ Megan(B)                      2:00- Valentines Manicures (B)                      3:00- Valentines Manicures (R)</p>	<p>10:00- Group Puzzle(N)                      11:00- Zumba (A)  <b>2:00 – Valentine’s Day Celebration! Music w/ John Dewolfe</b>  <b>3:30 – Boy and Girls Club Visit (AL)</b>                      10:00- Zumba w. Jeannie (R)                      11:15-Exercise w/ Megan(B)                      3:00- Handing out Valentines</p> 	<p><b>Health Service Lead Recreation</b></p>  <p><b>February Flower -Violets</b></p>

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<p>16</p> <p><b>Health Service Lead Recreation</b></p> <p>10:00- Bible Hymns 11:15- Exercise Video 2:00- Netflix Movie Matinee 3:30- Adult Coloring/ Brain Fitness</p>	<p>17</p> <p><b>Family Day!</b></p> 	<p>18</p> <p>2:00 – Watercolor Painting (N) 3:30 – Crafting (A) 10:00- Exercise (R) 10:00- Manicures (R) 11:15- Tai Chi (B) 3:15- Good Hair Day (R) <b>6:00- Valentine’s Day Dance Music w/ John Drakes (R)</b></p>	<p>19</p> <p>10:00- Group Puzzle(N) 11:00- Exercise (A) <b>2:00 – Prize Bingo (A)</b> 3:00 – Bean Bag Toss (N) 11:15- Exercise w/ Megan(B) <b>2:00- Prize Bingo (A)</b> 6:30 – Pet Visits w/ Judi &amp; Jake (AL)</p> 	<p>20</p> <p>10:00- Group Puzzle(N) 11:00- Exercise (A) <b>2:00 – Music w/ Leander Mendoza (A)</b> 3:30 – One on One Visits (N) 10:00- Exercise (R) 11:15- Exercise w/ Megan(B) 3:30- One to One Visits (R)</p>	<p>21</p> <p>11:00- Zumba w/ Jeannie(A) 1:30 – Crafting w/ Cindy (N) 3:30 – Afternoon Movie (N) 3:30 – Afternoon Movie (A) 10:00- Exercise (R) 11:15- Exercise w/ Megan(B) 1:30- Manicures (B) 3:00 - Board Games (R)</p>	<p>22</p> <p>10:00- Group Puzzle(N) 11:00- Zumba (A) 1:30 – Crafting w/ Cindy (N) 3:30 – Jeopardy (A) 10:00- Exercise (R) 11:15- Exercise w/ Gracie(B) <b>2:00- Music w/ Hidden Treasure (A)</b></p>
<p>23</p> <p><b>Health Service Lead Recreation</b></p> <p>10:00- Bible Hymns 11:15- Exercise Video 2:00- Netflix Movie Matinee 3:30- Adult Coloring/ Brain Fitness</p>	<p>24</p> <p>10:00- Group Puzzle(N) 11:00- Exercise (A) 1:00 – Pet Visits w/ Donna &amp; Charlie (AL) 2:00 – Manicures (A) 3:00 – You Tube sing Along (A) 3:00 – Manicures (N) 11:15- Exercise w/ Megan(B) 1:00 – Pet Visits w/ Donna &amp; Charlie (AL) 1:00- Craft Time w/Megan (B)</p>	<p>25</p> <p>10:00- Group Puzzle(N) 11:00- Exercise (A) <b>2:00 – Mardi Gras Celebration w/ Nadia Moore (A)</b> 3:30 – Board Games (N) 3:30 – Movie Afternoon (A) 10:00- Exercise (R) 10:30- Sing Along (R) 11:15- Tai Chi (B) 3:15- Short Stories(R)</p>	<p>26 <i>Ash Wednesday</i></p> <p><b>2:00 – Holy Eucharist (A)</b> 3:15 –Afternoon Movie w/ Ice cream Treat (A&amp;N) 10:00- Chair Yoga (B) 10:00- Exercise (R) 3:15- Afternoon movie w/ Ice Cream Treat (R) <b>6:30 – Performance by the Ukulele Ladies (N)</b></p> 	<p>27</p> <p><b>10:00- Portland Street Daycare Visit (B)</b> 11:00- Exercise (A) <b>2:00 – Birthday Party! Music w/ Tony Quinn (A)</b> 3:30 – Movie Afternoon (N) 3:30 – One on One Visits (A) 10:00- Exercise (R) 11:15- Exercise w/ Megan(B) 3:30- One to One Visits (B)</p>	<p>28</p> <p>10:00 – Group Puzzle (N) 11:00 – Zumba w/ Jeannie (A) 2:00 – Resident Council Meeting (B) 3:15 – You Tube Sing Along (N) 3:30 – Jeopardy (A) 10:00- Zumba w. Jeannie (R) 11:15- Exercise w/ Megan 1:30- Jeopardy (B) 2:30- Trivia “ Who Am I?” (R)</p>	<p>29</p> <p><b>Health Service Lead Recreation</b></p> 