<table>
<thead>
<tr>
<th>Day</th>
<th>Monday 2/1/21</th>
<th>Tuesday 2/2/21</th>
<th>Wednesday 2/3/21</th>
<th>Thursday 2/4/21</th>
<th>Friday 2/5/21</th>
<th>Saturday 2/6/21</th>
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<td></td>
<td>Perform a puzzle</td>
<td>WHAT WILL HE REVEAL?</td>
<td>MORNING STRETCH</td>
<td>Listen to music</td>
<td>GO RED FOR WOMEN! <em>Please wear red today</em></td>
<td>Listen to music</td>
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<td></td>
<td>Read a book</td>
<td>Listen to music</td>
<td>Reminisce</td>
<td>Mediate</td>
<td>Go outside and get some fresh air</td>
<td>Talk to a friend</td>
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</tbody>
</table>

*Please wear red today*
**Sunday 2/7/21**

Small Groups and Individual Activities

Read the paper

SUPERBOWL
On TV @ 6pm

**Monday 2/8/21**

Small Groups and Individual Activities

Perform the rosary

Read your favorite book.

**Tuesday 2/9/21**

Small Groups and Individual Activities

Take a walk in hallways

Listen to music

**Wednesday 2/10/21**

Small Groups and Individual Activities

MORNING STRETCH

Wii Bowling Match-up (residents VS staff)

Watch an oldies movie.

**Thursday 2/11/21**

Small Groups and Individual Activities

Say a prayer

Meditate

Play a card game

Don’t forget to water your plants

**Friday 2/12/21**

Small Groups and Individual Activities

CHINESE NEW YEAR OF THE OX!

Challenge your mind

Play a card game

Sing a song.

**Saturday 2/13/21**

Small Groups and Individual Activities

Don’t forget to water your plants

Mediate

Play a card game

Write a letter.
<table>
<thead>
<tr>
<th>Sunday 2/14/21</th>
<th>Monday 2/15/21</th>
<th>Tuesday 2/16/21</th>
<th>Wednesday 2/17/21</th>
<th>Thursday 2/18/21</th>
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<tr>
<td>HAPPY VALENTINE'S DAY</td>
<td>MARDI GRAS! BEADS GIVEN OUT</td>
<td>ASH WEDNESDAY</td>
<td></td>
<td>Read a book</td>
<td>Watch TV</td>
<td>Read a good book.</td>
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<tr>
<td>Say a Prayer</td>
<td>Listen to your favorite music</td>
<td>Go for a walk</td>
<td>Listen to birds sing</td>
<td>Mediate</td>
<td>Get some fresh air</td>
<td>Do a crossword puzzle</td>
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<tr>
<td>Do a crossword puzzle</td>
<td>Do a puzzle</td>
<td></td>
<td>Sing a song</td>
<td>Play a card game</td>
<td>Hear the birds sing</td>
<td>Listen to music</td>
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<td>Sunday 2/21/21</td>
<td>Monday 2/22/21</td>
<td>Tuesday 2/23/21</td>
<td>Wednesday 2/24/21</td>
<td>Thursday 2/25/21</td>
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<td>Give friends or family a call</td>
<td>Perform the Rosary</td>
<td>Play cards</td>
<td>MORNING STRETCH</td>
<td>Read a book</td>
<td>Talk to a friend</td>
<td>Do a light exercise</td>
</tr>
<tr>
<td>Write a letter.</td>
<td>Listen to birds sing</td>
<td>Take a walk in the hallways</td>
<td>Don’t forget to water your plants</td>
<td>Mediate</td>
<td>Read the paper</td>
<td>Listen to your favorite music</td>
</tr>
<tr>
<td>Do a light morning exercise</td>
<td>Challenge your mind</td>
<td>Watch an oldies movie</td>
<td>Do some coloring</td>
<td>Do some bird watching</td>
<td>Get outside for some fresh air</td>
<td>Do a word search puzzle</td>
</tr>
</tbody>
</table>
Due to the COVID-19 virus we are unable to have large group activities at this time. We can connect with your family through the computer using, “Facetime”.

*PROGRAMS ARE SUBJECT TO CHANGE*

Your Recreation Staff

Maura Ciccotti
Claudia D’Onofrio
Marta Komosinska
Luisa Prado
Jenna Sweet