

## Bluffview Memory Care Weekly Activity Calendar

Monday January 31 <sup>st</sup>	Tuesday February 1 <sup>st</sup>	Wednesday February 2 <sup>nd</sup>	Thursday February 3 <sup>rd</sup>	Friday February 4 <sup>th</sup>	Saturday February 5 <sup>th</sup>	Sunday February 6 <sup>th</sup>
10:00am-6:00pm In-Room Visits with Family	10:00am-6:00pm In-Room Visits with Family	10:00am-6:00pm In-Room Visits with Family	10:00am-6:00pm In-Room Visits with Family	10:00am-6:00pm In-Room Visits with Family	10:00am-6:00pm In-Room Visits with Family	10:00am-6:00pm In-Room Visits with Family
9:30am <b>Walking Club</b>	9:30am <b>Exercise</b>	9:30am <b>Chair Yoga</b>	Morning Activity <b>Open Spa in the Beauty Salon</b>	9:30am <b>Walking Club</b>	10:00am <b>Olympic Curling: USA and Canada</b>	9:30am <b>Living Word Christian Church on Channel 4</b>
10:30am <b>Resident Food Council</b>	10:30am <b>80's Fashion Show!</b> 	10:30am <b>Eversound: Sleeping Beauty</b>	1:30pm <b>Musical Entertainment with Bethany James</b> 	10:30am <b>Bible Study</b>	1:30pm <b>Valentines for Amery Memory Care</b>	1:30pm <b>Olympic Men's Luge</b>
1:30pm <b>Art Museum</b>	1:30pm <b>1980's Fashion</b>	1:30pm <b>Groundhog Day</b>		1:30pm <b>How War Changed American: WWII</b>	2:30pm <b>Snack in the Dining Rooms</b>	2:30pm <b>Snacks</b>
2:30pm <b>Snack in the Dining Rooms</b>	2:30pm <b>Snack in the Dining Rooms</b>	2:30pm <b>Snacks</b>	2:30pm <b>Snack in the Dining Rooms</b>	2:30pm <b>Snack in the Dining Rooms</b>		2:30pm <b>Snacks</b>
3:30pm <b>One-on-Ones</b>	3:30pm <b>One-on-Ones</b>	3:30pm <b>One-on-Ones</b>	3:30pm <b>One-on-Ones</b>	3:30pm <b>One-on-Ones</b>	3:30pm <b>One-on-One Visits</b>	3:30pm <b>One-on-Ones</b>
6:00pm <b>Art: Recycled Creations</b>	3:30pm <b>One-on-Ones</b>	6:00pm <b>Movie Night: Sleeping Beauty</b>	3:30pm <b>One-on-Ones</b>	6:00pm <b>BINGO Night!!</b>	6:00pm <b>Cupid's Arrow Toss</b>	6:00pm <b>Hearts, Hearts, Hearts!</b> 
National Inspire Your Heart with Art!	6:00pm <b>Penguin Pong</b>		6:00pm <b>Manicures</b>			

**Meal Times: Breakfast (8:00-9:30am), Lunch (12:00-1:30pm), and Supper (5:00-6:30pm)**

**\*\*\*Activities Subject to Change\*\*\***