













Bluffview Memory Care Weekly Activity Calendar

Monday February 1 st	Tuesday February 2 nd	Wednesday February 3 rd	Thursday February 4 th	Friday February 5 th	Saturday February 6 th	Sunday February 7 th
<p>MORNING ACTIVITY</p> <p>Morning Stretches</p> <p>10:00-11:30am Zoom Dates with Family</p> <p>AFTERNOON ACTIVITY</p> <p>Bible Study</p>  <p>1:00-2:30pm Closed Window Visits with Family</p> <p>EVENING ACTIVITY</p> <p>Evening Meditations & One on One Visits</p> 	<p>MORNING ACTIVITY</p> <p>Groundhog Day Story</p> <p>10:00-11:30am Zoom Dates with Family</p> <p>AFTERNOON ACTIVITY</p> <p>Black History Month</p>  <p>1:00-2:30pm Closed Window Visits with Family</p> <p>EVENING ACTIVITY</p> <p>Spa Night</p>	<p>MORNING ACTIVITY</p> <p>Current Events</p> <p>10:00-11:30am Zoom Dates with Family</p> <p>AFTERNOON ACTIVITY</p> <p>Chair Zumba</p>  <p>ZUMBA</p> <p>1:00-2:30pm Closed Window Visits with Family</p> <p>EVENING ACTIVITY</p> <p>Puzzles, Puzzles, Puzzles</p> 	<p>MORNING ACTIVITY</p> <p>Morning Stretches</p>  <p>10:00-11:30am Zoom Dates with Family</p> <p>AFTERNOON ACTIVITY</p> <p>BINGO!!!</p>  <p>1:00-2:30pm Closed Window Visits with Family</p> <p>EVENING ACTIVITY</p> <p>Evening Poetry</p>	<p>MORNING ACTIVITY</p> <p>10:00-11:30am Zoom Dates with Family</p>  <p>AFTERNOON ACTIVITY</p> <p>1:00-2:30pm Closed Window Visits with Family</p> <p>Origami Hearts</p>  <p>EVENING ACTIVITY</p> <p>Ring Toss</p> 	<p>MORNING ACTIVITY</p> <p><i>Saturday</i></p> <p>Morning Stretches</p>  <p>AFTERNOON ACTIVITY</p> <p>Karaoke</p>  <p>Karaoke</p> <p>Good Evening!! Enjoy your Super!</p> 	<p>MORNING ACTIVITY</p> <p>9:30am Living Word Christian Church Service: The Word of the Lord on TV Channel 4</p>  <p>Singing to Old Hymns</p> <p>AFTERNOON ACTIVITY</p> <p>Tapping with Hope!!</p>  <p>Good Evening!! Enjoy your Super!</p>

Meal Times: Breakfast (7:30-9am), Lunch (11:30-1pm), and Supper (4:30-6pm)

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