February 2025
Sending Love

ST. RITA SQUARE
a capri community

728 E Pleasant St
Milwaukee, WI 53202
(414) 485-6600

- Alzheimer Poetry Project
- Field to Fare
- Memories in the Making
- Mindful Matters
- Spiritual

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DAILY RHYTHM

8:00 Breakfast

10:00 Mindful Matters/Exercise

10:30 Field to Fare/Refreshments

11:00 Creative Arts/Partner Programs/Mindful Matters/Games

12:00 Lunch

1:30 Creative Arts/Partner Programs/ Mindful Matters/Games

3:00 Refreshments

3:30 Community/Music/Spiritual

5:00 Dinner

6:00 Evening program/Resident's Choice

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:00 Morning Movement w/ Caregivers 10:45 Hydration Station 11:00 Puzzle Club 1:30 Color Sheets 3:00 Snack & Chat 4:00 Mindfulness Meditation
2 **Groundhog Day** 10:00 Morning Movement w/Caregivers 10:45 Hydration Station 11:00 Church Gathering and Worship 3:00 Sunday Tea and Topics 4:00 Pass The Popcorn	**3** 10:00 Morning Movement w/ Caregivers 10:30 Infusion Bar 10:45 Hydration Station 11:00 Card Sharks 1:30 Poetry Project 2:00 Book Club 3:00 Snack & Chat 3:30 From Me to You	**4** 10:00 Morning Movement w/ Caregivers 10:30 Infusion Bar 10:45 Hydration Station 11:00 Tasty Tuesdays 1:30 Resident's Choice 3:00 Snack & Chat 3:30 UNO	**5** 10:00 Morning Movement w/ Caregivers 10:30 Infusion Bar 10:45 Hydration Station 11:00 Trivia 1:30 Watercolor Wednesday 3:00 Snack & Chat 3:30 Pass The Popcorn	**6** 10:00 Morning Movement w/ Caregivers 10:30 Infusion Bar 10:45 Hydration Station 11:00 Volunteer Corner 1:30 Crafty Club 3:00 Snack & Chat 3:30 Horse Races	**7** 10:00 Morning Movement w/ Caregivers 10:30 Infusion Bar 10:45 Hydration Station 11:00 Prize Bingo 1:30 Color Sheets 3:00 Team Bowling 3:30 Happy Hour 6:30 Popcorn and Movie Night	**8** 10:00 Morning Movement w/ Caregivers 10:45 Hydration Station 11:00 Puzzle Club 1:30 Board Games 3:00 Snack & Chat 4:00 Mindfulness Meditation
9 10:00 Morning Movement w/ Caregivers 10:45 Hydration Station 11:00 Church Gathering and Worship 3:00 Sunday Tea and Topics 4:00 Pass The Popcorn	**10** 10:00 Morning Movement w/ Caregivers 10:30 Infusion Bar 10:45 Hydration Station 11:00 Card Sharks 1:30 Puzzle Club 3:00 Snack & Chat 3:30 From Me to You	**11** 10:00 Morning Movement w/ Caregivers 10:30 Infusion Bar 10:45 Hydration Station 11:00 Tasty Tuesdays 1:30 Resident's Choice 3:00 Snack & Chat 3:30 Po-ke-no	**12** 10:00 Morning Movement w/ Caregivers 10:30 Infusion Bar 10:45 Hydration Station 11:00 Trivia 1:30 Watercolor Wednesday 3:00 Snack & Chat 3:30 Pass The Popcorn	**13** 10:00 Morning Movement w/ Caregivers 10:30 Infusion Bar 10:45 Hydration Station 11:00 Volunteer Corner 1:30 Crafty Club 3:00 Snack & Chat 3:30 Horse Races	**14** **Valentine's Day** 10:00 Morning Movement w/ Caregivers 10:30 Infusion Bar 10:45 Hydration Station 11:00 Prize Bingo 1:30 Book Club 3:00 Team Bowling 3:30 Happy Hour 6:30 Popcorn and Movie Night	**15** 10:00 Morning Movement w/ Caregivers 10:45 Hydration Station 11:00 Puzzle Club 1:30 Color Sheets 3:00 Snack & Chat 4:00 Mindfulness Meditation
16 10:00 Morning Movement w/ Caregivers 10:45 Hydration Station 11:00 Church Gathering and Worship 3:00 Sunday Tea and Topics 4:00 Pass The Popcorn	**17** **Presidents' Day** 10:00 Morning Movement w/ Caregivers 10:30 Infusion Bar 10:45 Hydration Station 11:00 Card Sharks 1:30 Poetry Project 2:00 Book Club 3:00 Snack & Chat 3:30 From Me to You	**18** 10:00 Morning Movement w/ Caregivers 10:30 Infusion Bar 10:45 Hydration Station 11:00 Tasty Tuesdays 1:30 Resident's Choice 3:00 Snack & Chat 3:30 UNO	**19** 10:00 Morning Movement w/ Caregivers 10:30 Infusion Bar 10:45 Hydration Station 11:00 Trivia 1:30 Watercolor Wednesday 3:00 Snack & Chat 3:30 Pass The Popcorn	**20** 10:00 Morning Movement w/ Caregivers 10:30 Infusion Bar 10:45 Hydration Station 11:00 Volunteer Corner 1:30 Crafty Club 3:00 Snack & Chat 3:30 Horse Races	**21** 10:00 Morning Movement w/ Caregivers 10:30 Infusion Bar 10:45 Hydration Station 11:00 Prize Bingo 1:30 Color Sheets 3:00 Team Bowling 3:30 Happy Hour 6:30 Popcorn and Movie Night	**22** 10:00 Morning Movement w/ Caregivers 10:45 Hydration Station 11:00 Puzzle Club 1:30 Board Games 3:00 Snack & Chat 4:00 Mindfulness Meditation
23 10:00 Morning Movement w/ Caregivers 10:45 Hydration Station 11:00 Church Gathering and Worship 3:00 Sunday Tea and Topics 4:00 Pass The Popcorn	**24** 10:00 Morning Movement w/ Caregivers 10:30 Infusion Bar 10:45 Hydration Station 11:00 Card Sharks 1:30 Puzzle Club 3:00 Snack & Chat 3:30 From Me to You	**25** 10:00 Morning Movement w/ Caregivers 10:30 Infusion Bar 10:45 Hydration Station 11:00 Tasty Tuesdays 1:30 Resident's Choice 3:00 Snack & Chat 3:30 Po-ke-no	**26** 10:00 Morning Movement w/ Caregivers 10:30 Infusion Bar 10:45 Hydration Station 11:00 Trivia 1:30 Watercolor Wednesday 3:00 Snack & Chat 3:30 Pass The Popcorn	**27** 10:00 Morning Movement w/ Caregivers 10:30 Infusion Bar 10:45 Hydration Station 11:00 Volunteer Corner 1:30 Crafty Club 3:00 Snack & Chat 3:30 Horse Races	**28** 10:00 Morning Movement w/ Caregivers 10:30 Infusion Bar 10:45 Hydration Station 11:00 Prize Bingo 1:30 Book Club 3:00 Team Bowling 3:30 Happy Hour 6:30 Popcorn and Movie Night	