

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10995 N Market Street Mequon, Wisconsin 53092 2624781566</p>	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> <h1>blu grotto</h1> <p>capri communities' signature memory care</p> </div> <div style="font-size: small;"> <ul style="list-style-type: none"> ■ Alzheimer Poetry Project ✦ Clubs ■ Field to Fare ■ Life with Color ■ Mindful Matters </div> </div>						
	<p>Groundhog Day 2</p> <p>10:00 Morning Stretch</p> <p>10:30 Church Gathering and Worship</p> <p>10:30 ■ Infusion Bar</p> <p>11:30 Word Game</p> <p>2:00 ■ Little Word from Big Word</p> <p>3:00 ■ Team Circle Bowling</p> <p>4:00 Creative Corner</p> <p>6:30 Mindfulness Meditation</p> <p>7:00 Church Gathering and Worship</p>	<p>9:30 Morning Stroll</p> <p>10:00 Daily Chronicle</p> <p>10:30 ■ Infusion Bar</p> <p>11:00 Chair Dance</p> <p>1:30 National Geographic</p> <p>2:00 Getting Crafty: A-Door-able De'cor</p> <p>4:00 Freerice</p> <p>6:30 Chicken Soup for the Soul</p>	<p>9:30 Morning Stroll</p> <p>10:00 Daily Chronicle</p> <p>10:30 ■ Infusion Bar</p> <p>11:00 Yoga</p> <p>1:30 National Geographic</p> <p>2:00 Baking Club:</p> <p>2:00 ■ Poetry Project:</p> <p>3:00 Manicures and Gossip</p> <p>4:00 Freerice</p> <p>4:00 Resident Spotlight: My History</p> <p>6:30 Timeless Melodies Choir Club</p>	<p>9:30 Morning Stroll</p> <p>10:00 Daily Chronicle</p> <p>10:30 ■ Infusion Bar</p> <p>11:00 Sit and be Fit</p> <p>1:30 BINGO! for Quarters</p> <p>1:30 National Geographic</p> <p>3:30 Trivia</p> <p>6:30 Freerice</p> <p>7:00 Chapter Chat</p>	<p>9:30 Morning Stroll</p> <p>10:00 Daily Chronicle</p> <p>10:30 ■ Infusion Bar</p> <p>11:00 Qigong Tai Chai and Yoga</p> <p>11:30 ■ Life with Color</p> <p>1:30 National Geographic</p> <p>2:00 Drama Club: Be My Valentine</p> <p>4:00 Resident's Choice</p> <p>6:30 Mindfulness Meditation</p>	<p>9:30 Morning Stroll</p> <p>10:00 Daily Chronicle</p> <p>10:30 ■ Infusion Bar</p> <p>11:00 Sittercise</p> <p>1:30 National Geographic</p> <p>2:00 Floral Club</p> <p>3:30 Uncorked</p> <p>6:30 Prayer or Group spiritual reading</p> <p>7:00 Montessori Life</p>	<p>10:00 Zumba Exercise</p> <p>10:30 ■ Infusion Bar</p> <p>11:00 Be Our Guess</p> <p>2:00 BINGO! for Quarters</p> <p>2:00 Puzzle Club</p> <p>3:00 Finish the Phrase</p> <p>6:30 Pass the Popcorn</p>
<p>Clubs scheduled weekly</p> <p>Calendar is subject to change.</p>	<p>10:00 Morning Stretch</p> <p>10:30 Church Gathering and Worship</p> <p>10:30 ■ Infusion Bar</p> <p>11:30 Word Game</p> <p>2:00 ■ Little Word from Big Word</p> <p>3:00 ■ Team Circle Bowling</p> <p>4:00 Creative Corner</p> <p>6:30 Mindfulness Meditation</p> <p>7:00 Church Gathering and Worship</p>	<p>9:30 Morning Stroll</p> <p>10:00 Daily Chronicle</p> <p>10:30 ■ Infusion Bar</p> <p>11:00 Chair Dance</p> <p>1:30 National Geographic</p> <p>2:00 Getting Crafty :Valentine Cards</p> <p>3:30 Sweet As Candy Finish The Phrase</p> <p>6:30 Mindfulness Meditation</p>	<p>9:30 Morning Stroll</p> <p>10:00 Daily Chronicle</p> <p>10:30 ■ Infusion Bar</p> <p>11:00 Yoga</p> <p>1:30 National Geographic</p> <p>2:00 Baking Club:</p> <p>3:00 Family Feud</p> <p>4:00 Sing Along w/ Suzie Q</p> <p>6:30 Timeless Melodies Choir Club</p>	<p>9:30 Morning Stroll</p> <p>10:00 Daily Chronicle</p> <p>10:30 ■ Infusion Bar</p> <p>11:00 Sit and be Fit</p> <p>1:30 BINGO! for Quarters</p> <p>1:30 National Geographic</p> <p>3:30 History Class:</p> <p>6:30 Freerice</p> <p>7:00 Chapter Chat</p>	<p>9:30 Morning Stroll</p> <p>10:00 Daily Chronicle</p> <p>10:30 ■ Infusion Bar</p> <p>11:00 Qigong Tai Chai and Yoga</p> <p>11:30 ■ Life with Color</p> <p>1:30 National Geographic</p> <p>2:00 Not Like the Others</p> <p>4:00 Resident's Choice</p> <p>6:30 Mindfulness Meditation</p>	<p>Valentine's Day 14</p> <p>9:30 Morning Stroll</p> <p>10:00 Daily Chronicle</p> <p>10:30 ■ Infusion Bar</p> <p>11:00 Sittercise</p> <p>12:00 Sweetheart's Luncheon With Entertainment Featuring "Rick & Dave"</p> <p>1:30 National Geographic</p> <p>2:00 Floral Club</p> <p>3:30 Uncorked</p> <p>6:30 Prayer or Group spiritual reading</p> <p>7:00 Montessori Life</p>	<p>10:00 Zumba Exercise</p> <p>10:30 ■ Infusion Bar</p> <p>11:00 Be Our Guess</p> <p>2:00 BINGO! for Quarters</p> <p>2:00 Puzzle Club</p> <p>3:00 Finish the Phrase</p> <p>6:30 Pass the Popcorn</p>
<p>DAILY RHYTHM</p> <p>8:00 Breakfast</p> <p>10:00 Mindful Matters/Exercise</p> <p>10:30 Field to Fare/Refreshments</p> <p>11:00 Creative Arts/Partner Programs</p> <p>12:00 Lunch</p> <p>2:00 Games/Mindful Matters/Refreshments</p> <p>3:00 Cultural Arts/Wellness</p>	<p>10:00 Morning Stretch</p> <p>10:30 Church Gathering and Worship</p> <p>10:30 ■ Infusion Bar</p> <p>11:30 Word Game</p> <p>2:00 ■ Little Word from Big Word</p> <p>3:00 ■ Team Circle Bowling</p> <p>4:00 Creative Corner</p> <p>6:30 Mindfulness Meditation</p> <p>7:00 Church Gathering and Worship</p>	<p>Presidents' Day 17</p> <p>9:30 Morning Stroll</p> <p>10:00 Daily Chronicle</p> <p>10:30 ■ Infusion Bar</p> <p>11:00 Chair Dance</p> <p>1:30 National Geographic</p> <p>2:00 History of Hail to the Chef</p> <p>3:00 President Trivia</p> <p>6:30 Meditation and Relaxation</p>	<p>9:30 Morning Stroll</p> <p>10:00 Daily Chronicle</p> <p>10:30 ■ Infusion Bar</p> <p>11:00 Yoga</p> <p>1:30 National Geographic</p> <p>2:00 Baking Club:</p> <p>3:00 Manicures and Gossip</p> <p>4:00 Freerice</p> <p>6:30 Timeless Melodies Choir Club</p>	<p>9:30 Morning Stroll</p> <p>10:00 Daily Chronicle</p> <p>10:30 ■ Infusion Bar</p> <p>11:00 Sit and be Fit</p> <p>1:30 BINGO! for Quarters</p> <p>1:30 National Geographic</p> <p>3:30 Cranium Crunches</p> <p>6:30 Freerice</p> <p>7:00 Chapter Chat</p>	<p>9:30 Morning Stroll</p> <p>10:00 Daily Chronicle</p> <p>10:30 ■ Infusion Bar</p> <p>11:00 Qigong Tai Chai and Yoga</p> <p>11:30 ■ Life with Color</p> <p>1:30 National Geographic</p> <p>2:30 Monthly Birthday Celebration with Karaoke Love Songs [A]</p> <p>4:00 Resident's Choice</p> <p>6:30 Mindfulness Meditation</p>	<p>9:30 Morning Stroll</p> <p>10:00 Daily Chronicle</p> <p>10:30 ■ Infusion Bar</p> <p>11:00 Sittercise</p> <p>1:30 National Geographic</p> <p>2:00 Floral Club</p> <p>3:30 Uncorked</p> <p>6:30 Prayer or Group spiritual reading</p> <p>7:00 Montessori Life</p>	<p>10:00 Zumba Exercise</p> <p>10:30 ■ Infusion Bar</p> <p>11:00 Be Our Guess</p> <p>2:00 BINGO! for Quarters</p> <p>2:00 Puzzle Club</p> <p>3:00 Finish the Phrase</p> <p>6:30 Pass the Popcorn</p>
	<p>10:00 Morning Stretch</p> <p>10:30 Church Gathering and Worship</p> <p>10:30 ■ Infusion Bar</p> <p>11:30 Word Game</p> <p>2:00 ■ Little Word from Big Word</p> <p>3:00 ■ Team Circle Bowling</p> <p>4:00 Creative Corner</p> <p>6:30 Mindfulness Meditation</p> <p>7:00 Church Gathering and Worship</p>	<p>9:30 Morning Stroll</p> <p>10:00 Daily Chronicle</p> <p>10:30 ■ Infusion Bar</p> <p>11:00 Chair Dance</p> <p>1:30 National Geographic</p> <p>2:00 Getting Crafty: I love Lucy</p> <p>3:30 Mindfulness Meditation</p>	<p>9:30 Morning Stroll</p> <p>10:00 Daily Chronicle</p> <p>10:30 ■ Infusion Bar</p> <p>11:00 Yoga</p> <p>1:30 National Geographic</p> <p>2:00 Baking Club:</p> <p>2:00 ■ Poetry Project:</p> <p>3:00 Manicures and Gossip</p> <p>4:00 Freerice</p> <p>6:30 Timeless Melodies Choir Club</p>	<p>9:30 Morning Stroll</p> <p>10:00 Daily Chronicle</p> <p>10:30 ■ Infusion Bar</p> <p>11:00 Sit and be Fit</p> <p>1:30 BINGO! for Quarters</p> <p>1:30 National Geographic</p> <p>6:30 Freerice</p> <p>7:00 Chapter Chat</p>	<p>9:30 Morning Stroll</p> <p>10:00 Daily Chronicle</p> <p>10:30 ■ Infusion Bar</p> <p>11:00 Qigong Tai Chai and Yoga</p> <p>11:30 ■ Life with Color</p> <p>1:30 National Geographic</p> <p>4:00 Resident's Choice</p> <p>6:30 Mindfulness Meditation</p>	<p>9:30 Morning Stroll</p> <p>10:00 Daily Chronicle</p> <p>10:30 ■ Infusion Bar</p> <p>11:00 Sittercise</p> <p>1:30 National Geographic</p> <p>2:00 Floral Club</p> <p>3:30 Uncorked</p> <p>6:30 Prayer or Group spiritual reading</p> <p>7:00 Montessori Life</p>	