

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>101 Walnut Circle Grafton, WI 53024 (262) 240-0872</p>  <ul style="list-style-type: none"> <li>■ Alzheimer Poetry Project</li> <li>■ Field to Fare</li> <li>■ Memories in the Making</li> <li>■ Mindful Matters</li> <li>🦋 Spiritual</li> </ul>					<p>101 Walnut Circle Grafton, WI 53024 (262) 240-0872</p>	<p>"When it rains, look for rainbows. When it's dark, look for stars." — Unknown</p>	<p>10:00 ■ In2L Sit and be fit 10:20 Infusion Bar 10:45 ■ Daily Chronicle and Discussion 11:00 Family Feud 11:30 Music in Motion: Cafe Jazz 2:00 <b>Bingo with Staff</b> 3:00 Adult Coloring 4:00 Team Bowling 6:30 ■ Evening Meditation: Sunsets</p> <p style="text-align: right; font-size: 2em;"><b>1</b></p>
Clubs scheduled weekly	<p><b>Groundhog Day</b> <span style="float: right;">2</span></p> <p>10:00 🦋 Non Denominational Church 10:30 ■ Donut Social and Infusion Bar 11:00 🦋 Catholic Rosary 11:30 🦋 Gospel music 1950's 2:00 ■ World of Color 3:00 Card Conversation Starters 4:00 Adult Coloring 6:30 🦋 Meditation Circle</p>	<p>10:20 Infusion Bar <span style="float: right;">3</span> 10:45 ■ Daily Chronicle and Discussion 11:00 Watercolor Painting w/ Heather 2:00 Monday Movie Madness [T] 4:00 Living Melodies 6:00 Mindfulness Meditation</p>	<p>10:00 Exercise: Silver Sneaker for seniors <span style="float: right;">4</span> 10:20 Infusion Bar 10:45 ■ Daily Chronicle and Discussion 11:00 Little House in The Big Woods-Audio Book w/ Heather 11:30 Relaxing Music 2:00 Throwback Movie: Tablet for relaxation</p>	<p>10:00 ■ Poetry Project Infusion Bar <span style="float: right;">5</span> 10:20 Infusion Bar 10:45 ■ Daily Chronicle and Discussion 11:00 Prize Trivia w/Heather 11:30 Music in Motion 2:00 Church Service 3:00 Pampered Paws 6:30 Meditation Circle</p>	<p>10:00 Exercise: Stretching <span style="float: right;">6</span> 10:20 Infusion Bar 10:30 Morning Meditation 10:45 ■ Daily Chronicle and Discussion 11:00 Little House in The Big Woods-Audio Book w/ Heather 11:30 Music in Motion: 1950's country music 2:30 Prize Bingo 6:30 ■ Bedtime Bingo</p>	<p>10:00 Catholic Rosary <span style="float: right;">7</span> 10:30 Infusion Bar 10:45 ■ Daily Chronicle and Discussion 11:00 Finish The Phrase Game 11:30 Music in Motion 2:30 Ice Cream Outing 6:30 🦋 Meditation by the Ocean</p>	<p>10:00 ■ Chair Yoga w/ Heather <span style="float: right;">8</span> 10:20 Infusion Bar 10:45 ■ Daily Chronicle and Discussion 11:00 Little House in The Big Woods-Audio Book w/ Heather 11:30 Music in Motion: Cafe Jazz 2:00 <b>Bingo with Staff</b> 3:15 Parachute Game w/Heather 6:30 ■ Evening Meditation: Sunsets</p>
DAILY RHYTHM							
8:00 Breakfast							
10:00 Mindful Matters/Exercise							
10:30 Field to Fare/Refreshments							
11:00 Creative Arts/Partner Programs							
12:00 Lunch							
2:00 Games/Mindful Matters/Refreshments							
3:00 Cultural Arts/Wellness							
4:00 Community/Music/Spiritual							
5:00 Dinner							
6:00 Evening program/Resident's Choice							
	<p>10:00 🦋 Non Denominational Church <span style="float: right;">9</span> 10:30 ■ Donut Social and Infusion Bar 11:00 🦋 Catholic Rosary 11:30 🦋 Gospel music 1950's 2:00 Card Games w/Heather 3:00 Armchair Traveling w/ Heather 6:30 🦋 Bedtime Meditation</p>	<p>11:00 Daily Chronicle and Discussion <span style="float: right;">10</span> 11:15 Masterminds 11:30 Music in Motion: Soft Country Music 2:00 Monday Movie Madness [T] 6:30 Mindfulness Meditation</p>	<p>10:00 Exercise: Silver Sneaker for seniors <span style="float: right;">11</span> 10:20 Infusion Bar 10:45 ■ Daily Chronicle and Discussion 11:00 Little House in The Big Woods-Audio Book w/ Heather 11:30 Discussion on Audio Book/Relaxing Music Before Lunch 2:00 Throwback Movie: Mindfulness Meditation</p>	<p>10:00 ■ Poetry Project: Cupid <span style="float: right;">12</span> 10:20 Infusion Bar 10:45 ■ Daily Chronicle and Discussion 11:00 InterFaith Service W/ Latoya Bates 11:30 Music in Motion 2:00 Church Service 3:00 Pampered Paws 6:30 Meditation Circle</p>	<p>10:00 Bible Study w/ Pastor Scott <span style="float: right;">13</span> 11:00 Daily Chronicle and Discussion 11:15 Adult Coloring w/Heather (Coloring Affirmation/Spiritual Pages) 11:45 Music in Motion: Cafe Jazz 2:30 Prize Bingo 4:00 Read Aloud &amp; Discussion: Chicken Soup For the Soul 6:30 ■ Bedtime Bingo</p>	<p><b>Valentine's Day</b> <span style="float: right;">14</span> 10:00 Catholic Rosary 10:20 Infusion Bar 10:45 ■ Daily Chronicle and Discussion 11:30 Little House in The Big Woods-Audio Book w/ Heather 2:30 ■ Valentine's Day Happy Hour 6:30 🦋 Prayer or group spiritual reading</p>	<p>10:00 ■ In2L Sit and be fit <span style="float: right;">15</span> 10:20 Infusion Bar 10:45 ■ Daily Chronicle and Discussion 11:00 Family Feud 11:30 Music in Motion: Cafe Jazz 2:00 <b>Bingo with Staff</b> 3:00 Adult Coloring 4:00 Team Bowling 6:30 ■ Evening Meditation: Sunsets</p>
	<p>10:00 🦋 Non Denominational Church <span style="float: right;">16</span> 10:30 ■ Donut Social and Infusion Bar 11:00 🦋 Catholic Rosary 11:30 🦋 Gospel music 1950's 2:00 ■ World of Color 3:00 Card Conversation Starters 4:00 Adult Coloring 6:30 🦋 Meditation Circle</p>	<p><b>Presidents' Day</b> <span style="float: right;">17</span> 10:00 History Highlights: George Washington 10:20 Infusion Bar 10:45 ■ Daily Chronicle and Discussion 11:00 Name the Presidents 11:30 Music in Motion 2:00 Monday Movie Madness [T] 4:00 Living Melodies 6:00 Mindfulness Meditation</p>	<p>10:00 Exercise: Silver Sneaker for seniors <span style="float: right;">18</span> 10:20 Infusion Bar 10:45 ■ Daily Chronicle and Discussion 11:00 Name That Noise w/ Heather 11:30 Little House in The Big Woods-Audio Book w/ Heather 2:00 Prize Trivia w/Heather 6:30 ■ Meditation by the Ocean</p>	<p>10:00 ■ Poetry Project: Valentine's <span style="float: right;">19</span> 10:20 Infusion Bar 10:45 ■ Daily Chronicle and Discussion 11:00 No Mess Finger Painting w/Heather (Valentine's Day Themed) 11:30 Classic Rock Music 1:30 Card Games and Coloring w/Heather 2:00 Church Service 6:30 Meditation Circle</p>	<p>10:00 Exercise: Stretching <span style="float: right;">20</span> 10:20 Infusion Bar 10:45 ■ Daily Chronicle and Discussion 11:00 Little House in The Big Woods-Audio Book w/ Heather 2:30 Prize Bingo 3:30 Sing a long-Music of the 60s and 70s w/Heather 6:30 ■ Bedtime Bingo</p>	<p>10:00 Catholic Rosary <span style="float: right;">21</span> 10:30 Infusion Bar 10:45 ■ Daily Chronicle and Discussion 11:00 Four Word Phrases 11:30 Music in Motion 2:30 Sing-A-Long 3:30 ■ Chicken Soup for the Soul 6:30 🦋 Meditation Circle</p>	<p>10:00 ■ In2L Sit and be fit <span style="float: right;">22</span> 10:20 Infusion Bar 10:45 ■ Daily Chronicle and Discussion 11:00 Family Feud 11:30 Music in Motion: Cafe Jazz 2:00 <b>Bingo with Staff</b> 3:00 Adult Coloring 4:00 Team Bowling 6:30 ■ Evening Meditation: Sunsets</p>
	<p>10:00 🦋 Non Denominational Church <span style="float: right;">23</span> 10:30 ■ Donut Social and Infusion Bar 11:00 🦋 Catholic Rosary 11:30 🦋 Gospel music 1950's 2:00 ■ World of Color 3:00 Card Conversation Starters 4:00 Adult Coloring 6:30 🦋 Mindfulness Meditation</p>	<p>10:20 Infusion Bar <span style="float: right;">24</span> 10:45 ■ Daily Chronicle and Discussion 11:00 Large Tic-Tac Toe Playing w/Heather 11:30 Music in Motion 2:00 Monday Movie Madness [T] 6:30 Mindfulness Meditation</p>	<p>10:00 Exercise: Silver Sneaker for seniors <span style="float: right;">25</span> 10:20 Infusion Bar 10:45 ■ Daily Chronicle and Discussion 11:00 Armchair Travel: France 11:30 Music in Motion: Acoustic Guitar 4:30 Dinner at Mcdonald's 6:30 ■ Meditation by the Ocean</p>	<p>10:00 ■ Poetry Project: Good Health <span style="float: right;">26</span> 10:20 Infusion Bar 10:45 ■ Daily Chronicle and Discussion 11:00 InterFaith Service W/ Latoya Bates 11:30 Music in Motion 2:00 Church Service 3:00 Pampered Paws 6:30 Meditation Circle</p>	<p>10:00 🦋 Bible Study w/ Pastor Scott <span style="float: right;">27</span> 11:00 Chair Yoga w/Heather 11:30 Music in Motion: 1940's smooth Jazz 2:00 Prize Bingo 3:30 Puzzle Building w/ Heather 6:30 ■ Bedtime Bingo</p>	<p>10:00 Catholic Rosary <span style="float: right;">28</span> 10:30 Infusion Bar 10:45 ■ Daily Chronicle and Discussion 11:30 Music in Motion 3:30 ■ Chicken Soup for the Soul 6:30 🦋 Meditation by the Ocean</p>	<p style="text-align: center;"><b>Location Keys</b></p> <p>Theatre T</p>

\* Calendar is subject to change