

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>150 Bella Vista Dr Madison, WI 53717 (608) 820-1800</p> <p>Clubs scheduled weekly *Programs subject to change</p>	<ul style="list-style-type: none"> Alzheimer Poetry Project Field to Fare Memories in the Making Mindful Matters 						<p>Nail Care with Care Team/ Varied Times 1</p> <p>10:00 Resident Choice: Puzzles, Music and Movies</p> <p>1:00 Indoor Walking Club- Self-Guided</p> <p>2:00 Resident Choice: At the Movies</p>
	<p>Groundhog Day 2</p> <p>1:00 Indoor Walking Club- Self-Guided</p> <p>2:00 Word Games and Puzzles</p>	<p>Daily Groove 3</p> <p>10:00 - Groundhog's Day Trivia and Fun</p> <p>11:00 Poetry Corner</p> <p>1:00 Indoor Walk Club</p> <p>1:30 Crafter's Corner</p> <p>2:00 Nail Care and Hand Massages</p> <p>3:00 Midday Musings and Snacks and Rehydration</p> <p>3:30 Sort It Out</p> <p>4:00 Word Games/Puzzles</p>	<p>Seated Yoga 4</p> <p>10:00 Seated Yoga</p> <p>10:30 Daily Chronicles</p> <p>11:00 Giving Hearts Stories</p> <p>1:30 Yarn Crafter's Club [CR]</p> <p>2:00 I Spy Indoor Adventure Walk</p> <p>3:00 Afternoon Refresh with Snacks/Hydration</p> <p>3:30 How is it Made?</p> <p>4:00 Music and Motion</p>	<p>Mobility and Flexibility 5</p> <p>10:00 Mobility and Flexibility</p> <p>10:30 Snowball Toss Game</p> <p>1:00 Stand Up and S-T-R-E-T-C-H BINGO Bash!</p> <p>2:00 Afternoon Refresh with Snacks/Hydration</p> <p>3:30 Book Club: Family Stories Month</p> <p>4:00 Golf Around</p>	<p>Daily Groove 6</p> <p>10:00 Daily Groove</p> <p>10:30 Daily Chronicles/ Weather Report</p> <p>11:00 SPECIAL GUEST: Communion with Reverend Childress</p> <p>1:00 Kitchen Fun</p> <p>2:00 Noodle Exercises</p> <p>3:00 Sounds and Snacks [BG]</p> <p>3:00 Table Top Games</p> <p>4:00 Kickball and Other Active Games</p>	<p>Chair Dancing 7</p> <p>10:00 Chair Dancing</p> <p>10:30 Daily News/ Weather Report</p> <p>1:00 Life In Color Painting Session</p> <p>2:30 Send a Card to a Friend Day</p> <p>3:00 Afternoon Refresh with Snacks/Hydration</p> <p>4:00 Stand Up and S-T-R-E-T-C-H</p>	<p>Nail Care with Care Team/ Varied Times 8</p> <p>10:00 Seated Exercises</p> <p>10:30 Daily News/Weather Report</p> <p>1:00 Indoor Walking Club</p> <p>2:00 Table Top Games</p> <p>3:00 Crafter's Corner</p> <p>4:00 Active Games</p>
DAILY RHYTHM	<p>10:00 Virtual Church Service 9</p> <p>10:30 Daily Groove</p> <p>1:00 Indoor Walking Club- Self-Guided</p> <p>2:00 Word Games and Puzzles</p>	<p>Daily Groove 10</p> <p>10:00 - Picture Book Fun</p> <p>11:00 Poetry Corner</p> <p>1:00 Indoor Walk Club</p> <p>2:00 Nail Care and Hand Massages</p> <p>3:00 Midday Musings and Snacks and Rehydration</p> <p>3:00 SPECIAL GUESTS: Card Making with Kathie and Sharon</p> <p>3:30 Sort It Out</p> <p>4:00 Word Games/Puzzles</p>	<p>Seated Yoga 11</p> <p>10:00 Seated Yoga</p> <p>10:30 Daily Chronicles</p> <p>11:00 Giving Hearts Stories</p> <p>1:30 Yarn Crafter's Club [CR]</p> <p>3:00 Afternoon Refresh with Snacks/Hydration</p> <p>3:30 How is it Made?</p> <p>4:00 Music and Motion</p>	<p>Mobility and Flexibility 12</p> <p>10:00 Mobility and Flexibility</p> <p>10:30 Snowball Toss Game</p> <p>1:00 Stand Up and S-T-R-E-T-C-H BINGO Bash!</p> <p>2:00 Afternoon Refresh with Snacks/Hydration</p> <p>3:30 Book Club: Family Stories Month</p> <p>4:00 Golf Around</p>	<p>Daily Groove 13</p> <p>10:00 Daily Groove</p> <p>10:30 Daily Chronicles/ Weather Report</p> <p>11:00 Ferris Wheel Day</p> <p>1:00 Kitchen Fun</p> <p>2:00 Noodle Exercises</p> <p>3:00 Sounds and Snacks [BG]</p> <p>3:00 Table Top Games</p> <p>4:00 Kickball and Other Active Games</p>	<p>Valentine's Day 14</p> <p>10:00 Chair Dancing</p> <p>10:30 Daily News/ Weather Report</p> <p>1:00 Life In Color Painting Session</p> <p>2:30 Mad Tea Party</p> <p>2:30 Meditation Circle</p> <p>4:00 Stand Up and S-T-R-E-T-C-H</p>	<p>Nail Care with Care Team/ Varied Times 15</p> <p>10:00 Resident Choice: Puzzles, Music and Movies</p> <p>1:00 Indoor Walking Club- Self-Guided</p> <p>2:00 Resident Choice: At the Movies</p>
8:00 Breakfast							
10:00 Mindful Matters/Exercise							
10:30 Hydration							
11:00 This Day in History/Various Programs	<p>1:00 Indoor Walking Club- Self-Guided 16</p> <p>2:00 Word Games and Puzzles</p>	<p>Presidents' Day 17</p> <p>10:00 Daily Groove - Picture Book Fun</p> <p>11:00 Poetry Corner</p> <p>1:00 Indoor Walk Club</p> <p>1:30 Crafter's Corner</p> <p>2:00 Nail Care and Hand Massages</p> <p>3:00 Midday Musings and Snacks and Rehydration</p> <p>3:30 Sort It Out</p> <p>4:00 Word Games/Puzzles</p>	<p>SPECIAL GUEST: Bernie the Dog! 18</p> <p>10:00 SPECIAL GUEST: Bernie the Dog!</p> <p>10:30 Daily Chronicles</p> <p>10:30 Seated Yoga</p> <p>11:00 Giving Hearts Stories</p> <p>1:30 Yarn Crafter's Club [CR]</p> <p>2:00 I Spy Indoor Adventure Walk</p> <p>3:00 Afternoon Refresh with Snacks/Hydration</p> <p>3:30 How is it Made?</p> <p>4:00 Music and Motion</p>	<p>Mobility and Flexibility 19</p> <p>10:00 Mobility and Flexibility</p> <p>10:30 Wedding Month Discussion</p> <p>1:00 Stand Up and S-T-R-E-T-C-H BINGO Bash!</p> <p>2:00 Afternoon Refresh with Snacks/Hydration</p> <p>3:30 Book Club: Family Stories Month</p> <p>4:00 Golf Around</p>	<p>Daily Groove 20</p> <p>10:00 Daily Groove</p> <p>10:30 Daily Chronicles/ Weather Report</p> <p>1:00 Kitchen Fun</p> <p>2:00 Noodle Exercises</p> <p>3:00 Sounds and Snacks [BG]</p> <p>3:00 Table Top Games</p> <p>4:00 Kickball and Other Active Games</p>	<p>Chair Dancing 21</p> <p>10:00 Chair Dancing</p> <p>10:30 Daily News/ Weather Report</p> <p>1:00 Life In Color Painting Session</p> <p>2:30 Meditation Circle</p> <p>3:00 Afternoon Refresh with Snacks/Hydration</p> <p>4:00 Stand Up and S-T-R-E-T-C-H</p>	<p>Nail Care with Care Team/ Varied Times 22</p> <p>10:00 Seated Exercises</p> <p>10:30 Daily News/Weather Report</p> <p>1:00 Indoor Walking Club</p> <p>2:00 Table Top Games</p> <p>3:00 Crafter's Corner</p> <p>4:00 Active Games</p>
12:00 Lunch							
1:00 Walking Club							
2:00 Mindful Matters/Partner Programs							
3:00 Group Programs	<p>10:00 Virtual Church Service 23</p> <p>10:30 Daily Groove</p> <p>1:00 Indoor Walking Club- Self-Guided</p> <p>2:00 Word Games and Puzzles</p> <p>5:30 Super Bowl Sunday: Kansas vs Philadelphia</p>	<p>Daily Groove 24</p> <p>10:00 - Picture Book Fun</p> <p>11:00 Poetry Corner</p> <p>1:00 Indoor Walk Club</p> <p>1:30 Crafter's Corner</p> <p>2:00 Nail Care and Hand Massages</p> <p>3:00 Midday Musings and Snacks and Rehydration- Tortilla Chip Day</p> <p>3:30 Sort It Out</p> <p>4:00 Word Games/Puzzles</p>	<p>Seated Yoga 25</p> <p>10:00 Seated Yoga</p> <p>10:30 Daily Chronicles</p> <p>11:00 Giving Hearts Stories</p> <p>1:30 Yarn Crafter's Club [CR]</p> <p>3:00 Afternoon Refresh with Snacks/Hydration</p> <p>3:30 How is it Made?</p> <p>4:00 Music and Motion</p>	<p>Mobility and Flexibility 26</p> <p>10:00 Mobility and Flexibility</p> <p>10:30 Tell a Fairy Tale Day</p> <p>1:00 Stand Up and S-T-R-E-T-C-H BINGO Bash!</p> <p>2:00 Afternoon Refresh with Snacks/Hydration</p> <p>3:30 Book Club: Family Stories Month</p> <p>4:00 Golf Around</p>	<p>Daily Groove 27</p> <p>10:00 Daily Groove</p> <p>10:30 Daily Chronicles/ Weather Report</p> <p>1:00 Kitchen Fun</p> <p>2:00 Noodle Exercises</p> <p>3:00 Sounds and Snacks [BG]</p> <p>3:00 Table Top Games</p> <p>4:00 Kickball and Other Active Games</p>	<p>Chair Dancing 28</p> <p>10:00 Chair Dancing</p> <p>10:30 Daily News/ Weather Report</p> <p>11:00 Tell a Fairy Tale Day</p> <p>1:00 Life In Color Painting Session</p> <p>2:30 Pizza Party</p> <p>3:00 Afternoon Refresh with Snacks/Hydration</p> <p>4:00 Stand Up and S-T-R-E-T-C-H</p>	<p>MAD TEA PARTY FRIDAY, FEB. 14 2:30 PM</p>
4:00 Art Corner/Recharge							
5:00 Dinner							
6:00 Resident's Choice							