




LIFE ENRICHMENT CALENDAR JEFFERSON PARK FEBRUARY 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Abbreviation Codes:</p> <p><u>Harmony Hall</u> (HH) <u>Parlor Lounge</u> (PL) <u>Jefferson Park</u> (JP)</p> <p><u>Multipurpose Room</u> (MPR) <u>Chapel</u> (Chapel) <u>Lincoln Grove</u> (LG)</p>		<p>BLACK HISTORY MONTH</p>			<p>GROUNDHOG DAY</p>	
<p>3</p> <p>10:00 AM Morning Music w/ Sara (JP) 10:30 AM Pet Visits w/ Macy (All) 11:00 AM Sunday Worship (LG) 12:00 PM Sunday Brunch (Bistro) 2:00 PM Namaste w/ Sara (JP) 4:00 PM Namaste w/ Sara (JP)</p>	<p>4</p> <p>10:00 AM Namaste w/ Carmen (JP) 10:30 AM Art Therapy w/ Annie (LG) 11:00 AM Mindful Movement w/ Cody (PL) 11:30 AM Morning Game w/ Denise (PL) 2:00 PM Travelogue w/ Denise (JP) 3:00 PM Namaste w/ Carmen (JP) 3:30 PM Manicures w/ Denise (HH)</p>	<p>5</p> <p>9:45 AM Namaste w/ Ashley (JP) 10:30 AM Bright Eyes w/ Lindsay (LG) 11:00 AM Baking w/ Denise & Ashley (JP) 11:00 AM Strength & Stretch w/ Cody (PL) 11:30 AM Communion (LG) 2:00 PM Friendly Visits w/ Denise (JP) 2:00 PM Pet Visits w/ Tink & Flop (All) 3:30 PM Afternoon Session w/ Ashley (JP) 6:00 PM Evening Music w/ Sara (JP)</p>	<p>6</p> <p>10:00 AM Friendly Visits w/ Denise (JP) 11:00 AM Cardio & Coordination w/ Cody (PL) 2:30 PM Wandering Docent: <i>Four Seasons in Art</i> (PL) 2:30 PM Namaste Care w/ Denise (JP) 3:30 PM Open Art Studio w/ Denise (JP)</p>	<p>7</p> <p>9:45 AM Namaste w/ Ashley (JP) 10:00 AM Manicures w/ Carmen (JP) 11:00 AM Namaste w/ Carmen (JP) 11:00 AM Seated Tai Chi w/ Charo (PL) 11:00 AM SNF Resident Council (LG) 2:00 PM Afternoon Concert ft. <i>Peggy Murphy</i> (JP) 3:00 PM Shared Stories w/ Denise (JP) 3:00 PM Namaste w/ Carmen (JP)</p>	<p>8</p> <p>10:00 AM Friendly Visits w/ Sara (JP) 10:00 AM Namaste w/ Carmen (JP) 10:30 AM Friendly Visits w/ Lindsay (JP) 11:00 AM Music & Movement w/ Sara (LG) 1:30 PM Afternoon Game w/ Carmen (JP) 1:30 PM Pet Visits w/ Mila (JP) 2:00 PM Namaste w/ Sara (JP) 3:30 PM Chinese New Year Party (HH) 3:30 PM Namaste w/ Carmen (JP) 6:00 PM Evening Music w/ Sara (JP)</p>	<p>9</p> <p>9:30 AM Friendly Visits w/ Lindsay (JP) 10:30 AM Coffee and Current Events w/ Lindsay (LG) 11:00 AM Total Body Tune-Up w/ Charo 2:30 PM Matinee Movie: <i>Operation Finale</i> (PL) 3:00 PM Namaste Care w/ Lindsay (JP)</p>

Please note that Life Enrichment program times and program content are subject to change. Please refer to daily listing for Large Print version of schedule. If you have any questions, please contact the Life Enrichment Staff: Kate, Denise, Sara, Lindsay at (240)-499-9059, (240)-499-9267, or (240)-499-9067.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10	11	12	13	VALENTINE'S DAY 14	15	16
9:45 AM Friendly Visits w/ Lindsay (JP) 10:30 AM Pet Visits w/ Macy (All) 11:00 AM Sunday Worship (LG) 12:00 PM Sunday Brunch (Bistro) 2:00 PM Ted Talks w/ Lindsay (PL) 3:00 PM Manicures w/ Lindsay (JP)	10:00 AM Namaste w/ Carmen (JP) 10:15 AM Pet Visits w/ Dylan (All) 11:00 AM Mindful Movement w/ Cody (PL) 11:30 AM Morning Game w/ Denise (JP) 3:00 PM Namaste w/ Carmen (JP) 3:30 PM Manicures w/ Denise (JP)	9:45 AM Namaste w/ Ashley (JP) 10:00 AM Goddard School Visit (PL) 11:00 AM Baking w/ Ashley & Denise (JP) 11:00 AM Strength & Stretch w/ Cody (PL) 11:30 AM Communion (LG) 2:00 PM Friendly Visits w/ Denise (JP) 2:00 PM Pet Visits w/ Tink & Flop (All) 3:30 PM Afternoon Session w/ Ashley (JP) 6:00 PM Evening Music w/ Sara (JP)	10:00 AM Friendly Visits w/ Denise (JP) 11:00 AM Cardio & Coordination w/ Cody (PL) 11:00 AM Music & Movement w/ Sara (LG) 2:30 PM Singing w/ Sara (PL) 2:30 PM Sharing stories w/ Denise (JP) 3:30 PM Open Art Studio w/ Denise (JP) 6:00 PM Brain Games w/ Lindsay (JP)	9:45 AM Namaste w/ Ashley (JP) 10:00 AM Manicures w/ Carmen (JP) 10:30 AM Reminiscence w/ Lindsay (JP) 11:00 AM Namaste w/ Carmen (JP) 11:00 AM Seated Tai Chi w/ Charo (PL) 2:00 PM Afternoon Concert ft. <i>Barbara Murry</i> (JP) 2:30 PM Valentine's Day Party (LG) 3:00 PM Namaste w/ Carmen (JP)	10:00 AM Friendly Visits w/ Sara (JP) 10:00 AM Namaste w/ Carmen (JP) 10:00 AM TimeSlips w/ Denise (JP) 10:15 AM Pet Visits w/ Ivy (All) 10:30 AM Friendly Visits w/ Lindsay (JP) 1:30 PM Afternoon Game w/ Carmen (JP) 2:00 PM Namaste w/ Sara (JP) 2:30 PM Namaste Care w/ Denise (JP) 3:30 PM Shabbat Visits (JP) 3:30 PM Namaste w/ Carmen (JP) 6:00 PM Evening Music w/ Sara (JP)	10:00 AM Namaste Care w/ Denise (JP) 11:00 AM Exercise Lite w/ Sharon (PL) 3:00 PM Sensory Spa / Denise (JP) 6:15 PM Evening Concert ft. <i>Ellen James</i> (JP)
17	PRESIDENT'S DAY 18	19	20	21	22	23
10:00 AM Morning Music w/ Sara (JP) 11:00 AM Sunday Worship (LG) 12:00 PM Sunday Brunch (Bistro) 2:00 PM Namaste w/ Sara (JP) 4:00 PM Namaste w/ Sara (JP)	10:00 AM Namaste w/ Carmen (JP) 10:45 AM Movement w/ Lindsay (LG) 11:00 AM Mindful Movement w/ Cody (PL) 12:00 PM Afternoon Visits w/ Carmen (JP) 3:00 PM Namaste w/ Carmen (JP)	9:45 AM Namaste w/ Ashley (JP) 10:30 AM Bright Eyes w/ Lindsay (LG) 11:00 AM Baking w/ Denise & Ashley (JP) 11:00 AM Strength & Stretch w/ Cody (PL) 11:30 AM Communion (LG) 2:00 PM Friendly Visits w/ Denise (JP) 2:00 PM Pet Visits w/ Tink & Flop (All) 3:30 PM Afternoon Session w/ Ashley (JP) 6:00 PM Evening Music w/ Sara (JP)	10:00 AM Friendly Visits w/ Denise (JP) 2:30 PM Afternoon Concert ft. <i>Barbara Murry</i> (PL) 2:30 PM Namaste Care w/ Denise (JP) 3:30 PM Open Art Studio w/ Denise (JP) 6:00 PM Brain Games w/ Lindsay (JP)	9:45 AM Namaste w/ Ashley (JP) 10:00 AM Manicures w/ Carmen (JP) 11:00 AM Namaste w/ Carmen (JP) 11:00 AM Seated Tai Chi w/ Charo (PL) 2:00 PM Afternoon Concert ft. <i>Jesse Palidofsky</i> (JP) 2:00 PM Namaste w/ Sara (JP) 3:00 PM Namaste w/ Carmen (JP) 3:00 PM A Little Dirt Won't Hurt w/ Denise (JP) 3:30 PM Music & Memories w/ Sara (LG)	10:00 AM TimeSlips w/ Denise (JP) 10:00 AM Namaste w/ Carmen (JP) 10:45 AM Friendly Visits w/ Denise (JP) 1:30 PM Afternoon Game w/ Carmen (JP) 1:30 PM Pet Visits w/ Mila (JP) 2:30 PM Namaste w/ Denise (JP) 3:30 PM Namaste w/ Carmen (JP) 3:30 PM Shabbat Visits (JP) 4:00 PM Namaste w/ Lindsay (JP)	9:30 AM Friendly Visits w/ Lindsay (JP) 10:30 AM Primetime News w/ Lindsay (LG) 11:00 AM Moving to Rhythms w/ Orit (PL) 3:00 PM Friendly Visits w/ Lindsay (JP)
24	25	26	27	28		
9:45 AM Friendly Visits w/ Lindsay (JP) 11:00 AM Sunday Worship (LG) 12:00 PM Sunday Brunch (Bistro) 3:00 PM Manicures w/ Lindsay (JP)	10:00 AM Namaste w/ Carmen (JP) 10:15 AM Pet Visits w/ Dylan (All) 11:00 AM Mindful Movement w/ Cody (PL) 11:30 AM Morning Game w/ Denise (JP) 2:00 PM Travelogue w/ Denise: Daytona Beach FL (JP) 3:00 PM Namaste w/ Carmen (JP)	9:45 AM Namaste w/ Ashley (JP) 10:00 AM Goddard School Visit (JP) 11:00 AM Baking with Denise & Ashley (JP) 11:00 AM Communion (LG) 11:00 AM Strength and Stretch w/ Cody (PL) 2:00 PM Friendly Visits w/ Denise (JP) 2:00 PM Pet Visits w/ Tink & Flop (All) 3:30 PM Afternoon Session w/ Ashley (JP)	10:00 AM Friendly Visits w/ Denise (JP) 11:00 AM Cardio & Coordination w/ Cody (PL) 2:30 PM Art Talk w/ Edith (PL) 2:30 PM Namaste w/ Denise (JP) 3:30 PM Open Art Studio w/ Denise (JP) 4:00 PM Art Therapy w/ Annie (LG)	9:45 AM Namaste w/ Ashley (JP) 10:00 AM Manicures w/ Carmen (JP) 10:00 AM Morning Music w/ Sara (LG) 11:00 AM Namaste w/ Carmen (JP) 11:00 AM Seated Tai Chi w/ Charo (PL) 2:00 PM Afternoon Concert ft. <i>Brian Rudolph</i> (JP) 3:00 PM Namaste w/ Carmen (JP)		

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