

















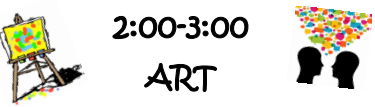



♥ February 2019 ♥

Memory Lodge
Eskaton Village Carmichael

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	 TUESDAYS EVENING MUSIC  WILL ALTERNATE ELIZABETH ON HARP & ANN ON ACOUSTIC GUITAR. PRIVATE IN ROOM VISITS ARE AVAILABLE. 6:00-8:00PM		 Activities and times may change. For any scheduling questions, call 916-974-2141		1 9:35 Morning Stretches Exercise 10:00 Chair Zumba w/ Christie 11:00 Hydration Time 11:15 February in History 4:00 Bingo 6:00 Evening Film	2 9:35 Music & Ball Toss 1:15 Bible Study w/ Ch. Grant 3:30 Wool Heart Wreaths 10:00-11:30 CERAMICS CLASS  4 SPOTS 
3 11:15 Church Service 1:45 Ice Cream SUNdae Social 6:00 After Dinner Music 3:30-6:30 SUPERBOWL LIII PATRIOTS VS RAMS 	4 10:00 Morning Strolls 11:00 Classical Piano w/ Justin 1:30 Afternoon Stretch 2:30 Valentines Themed JINGO 6:00 After Dinner Music 7:00 Evening TV	5 9:30 Breathe & Stretch w/ Adam 10:30 Coffee & News 1:30 Drive In Movie 3:30 Snack Time Social 6:00 Music Partners Visit 7:00 Evening TV	6 10:00 Morning Stretch 10:45 Massage by Sandra 2:00 Densmore and Blake Visit 3:00 Happy Hour w/ Lily 11:30-1:00 CAFE LUNCHEON 	7 10:00 Chair Yoga 10:30 This Day in History 2:00 Travel Mat– Orlando, FL 3:00 Group Game- Giant Bowling 6:00 After Dinner Music 7:00 Evening TV	8 9:35 Range of Motion Exercise 10:00 Chair Zumba w/ Christie 11:00 Hydration Time 11:15 Family Feud 2:00 Bible Study w/ Ch. Grant 3:30 DIY: Marshmallow Pops 6:00 Evening Documentary	9 (Natl Bagel Day) 9:35 Morning Strolls 11:00 Hydration Time 11:15 Trivia 2:00 History of Bagels 2:30 Bagel Social 6:00 Evening Film
10 11:15 Church Service 1:15 Sports Sunday 2:45 Ice Cream SUNdae Social 3:15 Spiritual Hymns w/ Voz Alta 6:00 After Dinner Music 7:00 Evening TV	11 10:00 Morning Strolls 11:00 Abe Lincoln Documentary 1:30 Afternoon Stretch 2:30 DIY– Valentine Wreaths 6:00 After Dinner Music 7:00 Evening TV	12 9:30 Breathe & Stretch w/ Adam 10:30 Coffee & News 1:30 Drive In Movie 3:30 Snack Time Social 6:00 Music Partners Visit 7:00 Evening TV	13 10:00 Morning Stretch 10:45 Massage by Sandra 2:00 Densmore and Blake Visit 3:00 Happy Hour w/ Rick 6:00 After Dinner Music 7:00 Evening TV	14  (Valentines Day) 3:00-3:30 TEA WITH TIGHE   4:00-4:45 VDAY SOCIAL  	15 10:00 Chair Zumba with Christie 2:00 Bible Study with Ch. Grant 4:00 Chocolate Party 7:00-8:30 BEAUTY & THE BEAST @ FOLSOM H.S. (3 SPOTS)   CRISTINA WORKS 1-9:30PM	16 9:35 Balloon Volleyball 2:00 DIY: Fruity Pudding Cups 4:00 Humor Social Circle 6:00 Evening Film 10:00-11:30 CERAMICS CLASS  4 SPOTS 
17 11:15 Church Service 1:15 Sports Sunday 2:45 Ice Cream SUNdae Social 3:15 Spiritual Hymns w/ Voz Alta 6:00 After Dinner Music 7:00 Evening TV	18 10:00 Morning Strolls 10:30 Alta Gray on Guitar 1:30 Afternoon Stretch 2:00 Natl Park Spotlight– Lassen 3:00 DIY: Strawberries & Cream 6:00 After Dinner Music	19 9:30 Breathe & Stretch w/ Adam 10:30 Coffee & News 1:30 Drive In Movie 3:30 Snack Time Social 6:00 Music Partners Visit 7:00 Evening TV	20 10:00 Morning Stretch 10:45 Massage by Sandra 2:00 Densmore and Blake Visit 3:15 Happy Hour w/ Elaine 7:00 Evening TV 3:00-4:00 HEARING AID CLINIC 	21 10:00 Chair Yoga 10:30 This Day in History 2:00 Group Game- Charades 6:00 After Dinner Music 3:00-4:00 DRUMMING W/ TANDY 	22 9:35 Morning Strolls 10:00 Chair Zumba with Christie 11:00 Hydration Time 2:00 Bible Study with Ch. Grant 3:45 DIY– Virgin Margaritas 6:00 Evening Documentary	23 9:35 Range of Motion Exercise 10:00 Music & Parachute 11:15 Adult Coloring 2:00 Sensory Pouches 4:00 JINGO 6:00 Evening Film
24 11:15 Church Service 1:15 Sports Sunday 2:45 Ice Cream SUNdae Social 3:15 Spiritual Hymns w/ Pristina 6:00 After Dinner Music 7:00 Evening TV	25 10:00 Morning Strolls 11:00 Classical Piano w/ Justin 2:00 The Color Pink in History 3:00 Taste Test– Pink Foods 6:00 After Dinner Music 7:00 Evening TV	26 9:30 Breathe & Stretch w/ Adam 10:30 Coffee & News 1:30 Drive In Movie 6:00 Music Partners Visit 2:00-3:00 ART PRESENTATION 	27 10:00 Morning Stretch 10:45 Massage by Sandra 1:30 Densmore and Blake Visit 3:00 Happy Hour w/ Don Terra 10:00-11:30 SCENIC DRIVE 	28 10:00 Chair Yoga 10:30 This Day in History 2:00 Candy Heart Science Experiment 6:00 After Dinner Music 7:00 Evening TV		