



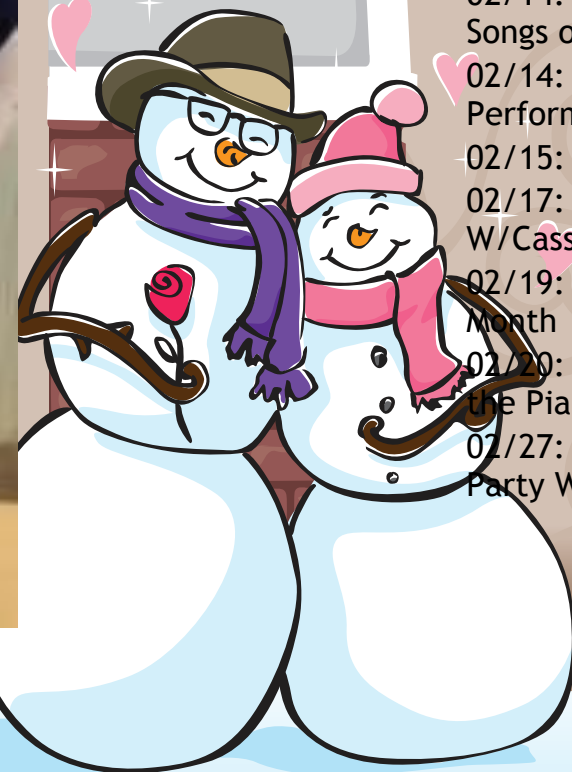
Chesterfield HAPPYNNINGS FEBRUARY

Greetings from Mary B's!

February Happynings:

- 02/02: Music Therapy W/Cassie Byers
- 02/05: Valentine Craft W/Tina
- 02/06: Valentine Card Making W/Betty
- 02/07: Bon Air Historical Society Talk
- 02/08: Zack Artis Performs
- 02/14: Lori Plays Love Songs on the Piano
- 02/14: Encore Dancers Perform
- 02/15: Out to Lunch
- 02/17: Music Therapy W/Cassie Byers
- 02/19: Veteran Of The Month
- 02/20: Jeff Parker Plays the Piano
- 02/27: February Birthday Party W/Walt Street

Welcome to two new Mary B's residents: Erlinda & Ed! We are so happy to have you join our Bickford family! My personal goal for 2019 is to bring 1-2 new exciting activities, resources/tools, etc to Mary B's each month. Beginning in February, our new weekend Life Enrichment Assistant, Cassie Williams, will be leading exercise classes and also a craft, word game, etc. on Saturdays & Sundays for our residents. Our music therapist, Cassie Byers, has had a great response from our residents in January. Based on her recommendations, we are purchasing sound makers (shakers, maraccas, etc) so we can make music any day of the week!



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Mary B's Calendar

African American History Month

*Items in **BOLD>** are held in the Assisted Living Family Room

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February

9:00 Chaplain Service
 9:30 Daily Stretch
 11:30 Football Trivia
 1:00 Huguenot Rd. Baptist Church on DVD

3

10:00 Daily Stretch
 10:30 EZ Does It Trivia
 11:00 Armchair Travel - China
 1:00 Chinese Paper Lanterns
 2:00 Indoor Walking

4

10:00 Daily Stretch
 10:15 Bella Visits
 11:00 Valentine Craft W/Tina
 1:15 Movie Hits Sing-Along
 2:15 Tai Chi
 6:00 Millie Visits

5

9:00 Health Clinic
 10:00 Daily Stretch
 10:30 Valentine Cards W/Betty
 11:00 Bible Study
 1:00 Cooking Club - Banana Bread
 3:30 St. Edward's Catholic Comm. Service

6

10:00 Daily Stretch
 10:30 Short Story: My Uncle the Tooth Fairy
 11:00 Balloon Volleyball
 1:00 Painting Valentine's Wooden Frames
 2:00 Bon Air Historical Society: History of Bon Air

9:45 Jammin' w/Jillson
 10:15 Catholic Communion
 10:30 Adult Coloring
 1:15 Scenic Drive
 2:00 Chat Circle
 2:30 Happy Hour

1

9:00 Hair & Nails
 10:30 Music Therapy W/Cassie Byers
 11:30 Daily Stretch
 12:30 Gospel Sing-Along
 2:00 Classic Movie Matinee

2

9:00 Chaplain Service
 9:30 Daily Stretch
 11:30 Valentine Trivia
 1:00 Huguenot Rd. Baptist Church on DVD

10

10:00 Daily Stretch
 10:30 This Month in History
 11:00 Armchair Travel - Phillipines
 1:00 Golf Putting
 2:00 Rag Wreaths

11

10:00 Daily Stretch
 10:30 Valentine's Suncatchers
 1:00 Making Music Together
 2:00 Reading Club: Love Poems

12

10:00 Daily Stretch
 10:30 Bible Study
 11:00 Bible Stories
 1:00 Cooking Club - Cupid Chocolate Pretzel Rods
 2:00 Tea Party

13

Valentine's Day
 10:00 Daily Stretch
 10:30 Lori Plays Love Songs
 11:00 V-Day Reminsce
 1:30 Valentine's Day Party W/Encore Dancers
 2:30 Celebrity ID

14

9:45 Jammin' w/Jillson
 10:15 Catholic Communion
 10:30 Adult Coloring
 12:00 Lunch out
 1:30 Soothing Scents & Sounds
 2:30 Happy Hour

15

9:00 Hair & Nails
 11:30 Daily Stretch
 12:30 Gospel Sing-Along
 2:00 Shirley Temple Matinee

16

9:00 Chaplain Service
 9:30 Daily Stretch
 10:30 Music Therapy W/Cassie Byers
 11:30 African American Inventors & their Inventions
 1:00 Huguenot Rd. Baptist Church on DVD

17

10:00 Daily Stretch
 10:30 Presidential Fun Facts
 11:00 50 Years Inside the Oval Office Documentary
 1:00 Flag Paper Craft
 2:00 Apple Toss Game

18

10:00 Daily Stretch
 10:15 Bella Visits
 10:30 Veteran of the Month
 1:15 Patriotic Sing-Along
 2:15 Tai Chi
 6:00 Millie Visits

19

10:00 Daily Stretch
 10:30 Bible Study
 11:00 Collage Paper Quilt
 1:00 Cooking Club - Presidential Parfait
 5:45 Jeff Parker Plays The Piano

20

10:00 Daily Stretch
 10:30 First Ladies - Who Am I?
 10:30 Men's Coffee
 11:00 Watercolor Painting
 1:00 Reading Club: African American Authors

21

10:00 Daily Stretch
 10:15 Catholic Communion
 10:30 Adult Coloring
 1:00 Jigsaw Puzzles
 2:00 Chat Circle
 2:30 Happy Hour

22

9:00 Hair & Nails
 11:30 Daily Stretch
 12:30 Notecard Stamping
 3:15 Gospel Sing-Along w/Diane

23

9:00 Chaplain Service
 9:30 Daily Stretch
 11:30 EZ Does It Trivia
 1:00 Huguenot Rd. Baptist Church on DVD

24

10:00 Daily Stretch
 10:30 Folktales Fill-in-the-Blank
 11:00 Armchair Travel - Atlanta, GA
 1:00 Golf Putting
 2:00 Rag Wreaths

25

10:00 Daily Stretch
 10:30 Good News Stories
 11:00 Indoor Walking
 1:00 Making Music Together
 2:00 Felt Flowers

26

10:00 Daily Stretch
 10:30 Bible Study
 11:00 Bible Stories
 1:30 February Bday Party w/Walt
 2:30 Hand Massages

27

2:00 Golf Putting
 10:00 Daily Stretch
 10:45 St. Mattias Episcopal Communion Service
 11:30 Can You Picture This?
 1:00 Cooking Club -Homemade Apple Sauce

28

