

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

C=Chapel  
G=Grand Haven  
T=Theater  
CY=Courtyard  
EH=Eagle Harbor

\*Groups subject to change as necessary\*

Daily Chronicle 5  
10:00 Strolling Fellowship room to room with a snack  
2:00 Bingo-G  
3:30 Football time- tune into the games on TV/trivia time- G



Daily Chronicle 6  
9:30 Essential Oils & Hand massage-room to room  
11:00 Exercise with Hari-G  
2:00 Happy Hour-Monthly Birthday Celebration-G  
3:30 For the Health of it-Education group- Joint support-G  
4:00 Plant care room to room

Daily Chronicle 7  
Tuesdays with Ted  
10:30 Our Lady of Victory Catholic prayer Service-C  
11:00 6 hole mini putt putt-G  
2:00 Flower Arranging-G  
3:30 Independent resident choice activity  
6:00 Bingo-G

10:30 Bible Study with LaNette room to room  
2:00 Weighted Chair Fitness-G  
3:30 Grab & Go word searches- if interested pick them up in dining room!  
6:30-8pm Family/Resident Valentine's Day Party with Sheila Burke & special guest Joe Kidd-G

Daily Chronicle 9  
10:30 Pastor Schroeder -C  
11:00 Relaxation & Mindfulness travel & hand mobility-G  
One on One Visits in rooms  
2:00 Happy Hour-mini pizzas-G  
3:30 Jeopardy-G  
**Happy Birthday Mary!**  
*Pizza Day*

Daily Chronicle 10  
10:30 Cardio drumming-G  
2:00 Movie Matinee & Popcorn-T  
2:00 Essential Oils & Hand massage-room to room



Daily Chronicle 11  
One on One Visits in rooms  
10:30 Weekend Fitness-G  
2:00 Manicure time with hand massages-room to room- sign up with activities if interested  
3:30 Coffee Call room to room



Daily Chronicle 12  
10:00 Strolling Fellowship room to room with Mimosa's  
2:00 Superbowl Party-"57"-G  
3:30 Independent Activity of choice



Daily Chronicle 13  
9:30 Essential Oils & Hand massage-room to room  
11:00 Exercise with Hari-G  
2:00 Valentine Card Making-G  
3:30 Hot Cocoa & marshmallows-G  
4:00 Plant care room to room

Tuesdays with Ted 14  
10:30 Our Lady of Victory Catholic prayer Service-C  
11:00 Flower Arranging-G  
2:00 Happy Hour-Valentine's Day Party with Cat Canyon Singer/guitarist-G  
3:30 Independent resident choice activity  
6:00 Bingo-G  
*Valentine's Day*

Daily Chronicle 15  
10:30 Bible Study with LaNette room to room  
10:30 Musical Movement-EH  
2:00 Resident Council-G (Time to be determined)  
Movie outing (80 for Brady)- sign up with activities if interested

Daily Chronicle 16  
10:30 Pastor Schroeder -C  
11:00 Morning stretches-G  
One on One Visits in rooms  
2:30 Happy Hour & Cooking Demo with Chef Paul-G  
3:30 Horseracing-G  
*National Almond Day*

Daily Chronicle 17  
10:30 Seated chair aerobics-G  
2:00 Movie Matinee & Popcorn-T  
2:00 Essential Oils & Hand massage-room to room



Daily Chronicle 18  
One on One Visits in rooms  
10:30 Weekend Fitness-G  
2:00 Yahtzee-G  
3:30 Manicure time with hand massages-room to room- sign up with activities if interested

Daily Chronicle 19  
10:00 Strolling Fellowship room to room with muffins  
2:00 Bingo-G  
3:30 Coffee Call room to room



Daily Chronicle 20  
9:30 Essential Oils & Hand massage-room to room  
11:00 Exercise with Hari-G  
2:00 Smoothie Social-G  
3:30 For the Health of it-Education group-Exercise-G  
4:00 Plant care room to room  
**Happy Birthday Jimmie!**  
*Presidents' Day*

Tuesdays with Ted 21  
10:30 Our Lady of Victory Catholic prayer Service-C  
11:00 Flower Arranging-G  
2:00 Happy Hour-Mardi Gras/Fat Tuesday Party with Paczki's-G  
3:30 Independent resident choice activity  
6:00 Bingo-G  
**Happy Birthday Daniel!**  
*Mardi Gras*

Daily Chronicle 22  
10:30 Bible Study with LaNette room to room  
10:30 Musical Movement-EH  
2:00 Social with Margarita's & chips & salsa-G  
3:30 Word in a Word game-G  
4:00 Dinner outing-sign up with activities if interested  
*National Margarita Day*  
*Ash Wednesday*

Daily Chronicle 23  
10:30 Pastor Schroeder -C  
11:00 Relaxation & Mindfulness travel & hand mobility-G  
One on One Visits in rooms  
2:00 Happy Hour-banana bread tasting-G  
3:30 Jeopardy-G  
*Banana Bread Day*

Daily Chronicle 24  
10:30 Cardio drumming-G  
2:00 Movie Matinee & Popcorn-T  
2:00 Essential Oils & Hand massage-room to room



Daily Chronicle 25  
One on One Visits in rooms  
10:30 Weekend Fitness-G  
2:00 Manicure time with hand massages-room to room- sign up with activities if interested  
3:30 Independent activity choice grab & go word game

Daily Chronicle 26  
10:00 Strolling Fellowship room to room  
2:00 Milkshake Social-G  
3:30 Independent resident choice activity



Daily Chronicle 27  
9:30 Essential Oils & Hand massage-room to room  
11:00 Exercise with Hari-G  
2:00 Happy Hour with Strawberry Shortcake-G  
3:30 Strawberry Trivia & games-G  
4:00 Plant care room to room  
**Strawberry Day**

Daily Chronicle 28  
Tuesdays with Ted  
10:30 Our Lady of Victory Catholic prayer Service-C  
11:00 Corn Hole-G  
2:00 Flower Arranging-G  
3:30 Independent resident choice activity  
6:00 Bingo-G

# February 2023

## Grand Haven-Assisted Living-Pomeroy Living