

**Milestones in Marion
Special Care Unit
February 2019**

Coordinator: Anne Lullie

Monday	Tuesday	Wednesday	Thursday	Friday
		February Birthdays Justin R. 2-1 Francine L. 2-8 Ryan R. 2-13 Penny D. 2-18 Marie V. 2-21 Linda L. 2-23		1 Music Therapy First of Everything Super Bowl Tailgate Board Games Wear  Red
4 Friends From the Arc Ground Hog Day Spa Nails Bird Therapy February Door Decor Who is Rosa Park?	5 Pet Therapy Travel Tuesday: Southern Asia HEARTLAND BAND Headbandz	6 Music Therapy Baking Cherry Crumble Chinese New Year with Anne Valentine Word Searches	7 Senior Moves Valentine's Craft Valentine's for Veterans Chat Pack	8 Chair Yoga Art Attack Bird Painting Sing Along with Anne Searching for February <i>National Iowa Day</i> 
11 Outing: Stone City Dog Show Day Hot Cocoa and Stories Heart Categories 	12 Shake, Rattle, and Roll Lincoln's Life WILD BILL Valentine's Day Trivia	13 Music Therapy Chair Ballet Grant Wood Anniversary Heart Cookies Love Your Heart Trivia 	14 Heart Health Movement Heart & Soul Reminisce Darlene's Duet Valentine Celebration Valentine Social Hour <i>Wear Red</i>	15 Move N Groove Movie of Choice Karaoke Cards with Friends
18 Friends From the Arc Spa Nails Bird Therapy HAROLD GRAY First Lady's Game 	19 Motown Moves First Ladies Time Slips Pet Therapy From Camp Courageous HARRY ON KEYBOARD Guided Meditation	20 Music Therapy Senior Strengthening Jello Hearts Sing Along with Anne Way Back Wednesday	21 Zumba Bird Feeders Social Workshop Unwind & Relax Bingo 	22 Noodle Ball Pokeno Uno in Library Happy Hour: Margarita Day Relax and Refresh
25 Chair Yoga Once Upon a Time Mixed up Fairy Tales With Anne Finish the Phrase <i>Tootsie Roll Day</i>	26 Balance Exercises Tea Cup Fairy Garden Medical Update Dollar Tree Brainstorming	27 Music Therapy Chair Ballet Tea Time Bird Therapy Balloon Volleyball Name That Tune	28 Bingo Hand & Eye Coordination Activity Spirituality with Vickie Color by Numbers	

7:30 a.m. – 9:30 a.m. Breakfast
9:30 a.m. – 10:00 am Exercise
10:00 a.m. -10:15 am Sharing /News
10:15 a.m. – 11:40 am Programming

11:40 a.m. – 12:00 p.m. Prepare For Lunch
12:00 p.m. – 1:00 p.m. Lunch
1:00 p.m. – 2:30 p.m. Programming
2:30 p.m. – 3:00 p.m. Snack

3:00 p.m. – 4:30 p.m. Small Group Programs
4:30 p.m. – 5:00 p.m. Daily Tasks
All Calendars Are Subject To Change
“This institution is an equal opportunity provider.”