

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



February 2019

Raybrook Manor Cook Unit

					<p>10:30 Intergenerational Social Time 1</p> <p>After Lunch: Manicures Refresh and Reminisce 50 States Challenge</p> <p>Evening: Movie Night</p>	<p>After Breakfast: 2 Exercise, Refreshments, Music and Devotions</p> <p>After Lunch: Individual Leisure Resident Choice Trivia</p> <p>Evening: Shuffleboard</p> <p style="text-align: right;"><small>Groundhog Day</small></p>
<p>9:30 Worship Service 3 Refreshments, Music and Devotions</p> <p>After Lunch: Resident Choice Travelogue</p> <p>Evening: 6:30 LaGrave CRC Service Coffee & Fellowship</p>	<p>9:15 Hymn Sing with Dee 4 10:30 Exercise, Refreshments and Devotions</p> <p>2:00 Scenic Bus Ride</p> <p>Evening: Staff Choice</p>	<p>9:30 Knitting Club 5</p> <p>After Lunch: Game Hour Refresh and Reminisce</p> <p>4:00 Reading Group</p> <p>Evening: Staff Choice</p> <p style="text-align: center;"><small>Chinese New Year</small></p>	<p>10:30 Exercise 6</p> <p>11:00 Evening Star</p> <p>After Lunch: Game Hour Refresh and Reminisce</p> <p>4:00 Tabletop activities</p> <p>Evening: Hangman or Name 10</p>	<p>10:30 Exercise, Refreshments, Music and Devotions 7</p> <p>After Lunch: Bingo Refresh and Reminisce Trivia</p> <p>Evening: 7:00 Metropolitan Choir of Praise - Chapel</p>	<p>10:30 Exercise, Refreshments, Music and Devotions 8</p> <p>After Lunch: Manicures Refresh and Reminisce</p> <p>3:00 Piano Music with Colette</p> <p>Evening: Movie Night</p>	<p>After Breakfast: 9 Exercise, Refreshments, Music and Devotions</p> <p>After Lunch: Individual Leisure Resident Choice Trivia</p> <p>Evening: Shuffleboard</p>
<p>9:30 Worship Service 10 Refreshments, Music and Devotions</p> <p>After Lunch: Resident Choice Travelogue</p> <p>Evening: 6:30 LaGrave CRC Service Coffee & Fellowship</p>	<p>9:15 Hymn Sing with Dee 11 10:30 Exercise, Refreshments and Devotions</p> <p>After Lunch: Game Hour Refresh and Reminisce Trivia</p> <p>Evening: Staff Choice</p>	<p>9:30 Knitting Club 12</p> <p>After Lunch: Game Hour Refresh and Reminisce</p> <p>4:00 Reading Group</p> <p>5:45 Dinner Music with Geneva</p> <p>Evening: Staff Choice</p>	<p>10:30 Exercise 13</p> <p>11:00 Evening Star</p> <p>After Lunch: Game Hour Refresh and Reminisce</p> <p>4:00 Tabletop activities</p> <p>Evening: Hangman or Name 10</p>	<p>10:30 Exercise, Refreshments, Music and Devotions 14</p> <p>2:30 Visit with Lincoln (Dog) 2:30 Valentine's Day Social</p> <p>Trivia</p> <p>Evening: Shuffleboard</p> <p style="text-align: center;"><small>Valentine's Day</small></p>	<p>10:30 Intergenerational Social Time 15</p> <p>After Lunch: Manicures Refresh and Reminisce 50 States Challenge</p> <p>Evening: Movie Night</p> <p style="text-align: center;">Happy Birthday to Jane!</p>	<p>After Breakfast: 16 Exercise, Refreshments, Music and Devotions</p> <p>After Lunch: Individual Leisure Resident Choice Trivia</p> <p>Evening: Shuffleboard</p>
<p>9:30 Worship Service 17 Refreshments, Music and Devotions</p> <p>After Lunch: Resident Choice Travelogue</p> <p>Evening: 6:30 LaGrave CRC Service Coffee & Fellowship</p>	<p>9:15 Hymn Sing with Dee 18 10:30 Exercise, Refreshments and Devotions</p> <p>After Lunch: Game Hour Refresh and Reminisce Trivia</p> <p>Evening: Staff Choice</p> <p style="text-align: center;"><small>Presidents' Day (US)</small></p>	<p style="text-align: center;">Summer in Winter Kickoff! 19</p> <p>9:30 Knitting Club</p> <p>2:30 Opening Social with Tropical Music and Banana Split Bar – Friendship Room</p> <p>Trivia</p> <p>7:00 Eldermusic Ministries – On Unit</p>	<p style="text-align: center;">Summer in Winter Continues... 20</p> <p>10:30 Exercise</p> <p>11:00 Evening Star</p> <p>2:00-4:00 Cruise Ship Games and Happy Hour – Friendship Room</p> <p>7:00 Steel Drum Band Concert - Chapel</p>	<p style="text-align: center;">Summer in Winter Concludes 21</p> <p>10:30 Exercise, Refreshments, Music and Devotions</p> <p>1:30 Piano Music with Tricia</p> <p>Bingo</p> <p>Refresh and Reminisce</p> <p>7:00 "Worship on the Pool Deck" - Chapel</p>	<p>10:30 Exercise, Refreshments, Music and Devotions 22</p> <p>After Lunch: Manicures Refresh and Reminisce 50 States Challenge</p> <p>Evening: Movie Night</p>	<p>After Breakfast: 23 Exercise, Refreshments, Music and Devotions</p> <p>After Lunch: Individual Leisure 3:00 Music with Chris Sloan – On Unit Trivia</p> <p>Evening: Shuffleboard</p>
<p>9:30 Worship Service 24 Refreshments, Music and Devotions</p> <p>After Lunch: Resident Choice Travelogue</p> <p>Evening: 6:30 LaGrave CRC Service Coffee & Fellowship</p>	<p>9:15 Hymn Sing with Dee 25 10:30 Exercise, Refreshments and Devotions</p> <p>2:00 Scenic Bus Ride</p> <p>Evening: Staff Choice</p>	<p>9:30 Knitting Club 26</p> <p>After Lunch: Game Hour Refresh and Reminisce</p> <p>4:00 Reading Group</p> <p>5:45 Dinner Music with Geneva</p> <p>Evening: Staff Choice</p>	<p>10:30 Exercise 27</p> <p>11:00 Evening Star</p> <p>After Lunch: 3:00 February Birthday Party</p> <p>Evening: Hangman or Name 10</p>	<p>10:30 Exercise, Refreshments, Music and Devotions 28</p> <p>After Lunch: 2:30 Visit with Lincoln (Dog)</p> <p>3:00 Scripture and Strings - Chapel</p> <p>Refresh and Reminisce</p> <p>Evening: Shuffleboard</p> <p style="text-align: center;">Happy Birthday to Eileen!</p>	<p style="text-align: center;">Components of Vibrant Living:</p> <ul style="list-style-type: none"> * Social Engagement * Physical Wellness * Spiritual Fulfillment * Intellectual Discovery * Emotional Wellbeing 	

We appreciate a little spontaneity on the Cook Unit. Therefore, calendar events are subject to change, without notice.