

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

New Horizons at Marlborough Memory Care

			<p>10:00 Daily Chronicle 10:15 Chair Stretches 11:00 "Welcome to February" Facts 11:15 Songs of the Season 1:00 It Begins with 'F' Trivia 1:30 Famous Faces: Clark Gable 2:00 Toss N' Talk 3:00 Decorating the Sweetheart Tree 3:00 Physical Challenge 3:45 Daily Reflections 5:30 Heart to Hearts</p>	<p>2 10:00 Forever Fit 10:00 Baking Helping Hands 11:00 Daily Chronicle 11:15 Songs About Winter 1:00 Groundhog Hunt 1:30 Entertainment with Ruth Rappaport 2:30 Culinary: Groundhog Cupcakes 3:00 Card Games & Puzzles 5:30 Movie: Groundhog Day Groundhog Day</p>	<p>3 10:00 Daily Chronicle 10:15 Friday Chair Dancing 11:00 National Wear Red Day 11:15 Songs by Buddy Holly 1:00 Myth or Fact: Chocolate 1:30 Short Story: Buddy Holly, Richie Valens, and the Big Bopper 2:00 Cornhole Challenge 3:00 Decorating Door Hangers 3:45 Daily Reflections 5:30 Friday Funnies</p>	<p>4 10:00 Forever Fit 10:00 Social Circle 11:00 Daily Chronicle 11:15 Songs with Hearts 1:00 Discussion Group: "Thanks for the Memory" 1:30 Kick Ball Circle 2:00 Tic-Tac-Toe, True or False 3:00 Reminisce: Ed Sullivan Show 3:45 Daily Reflections 5:30 Saturday Night Film</p>
<p>5 10:00 Daily Chronicle 10:15 Positive Affirmations 10:30 Sunday Church Service 10:30 Rosary Group 11:15 Hymn Sing-A-Long 1:00 Active Games 1:30 The Sunday Crossword 2:00 Meditation Circle 3:00 Short Stories 3:00 Table Top Games 5:30 Daily Reflections</p>	<p>6 10:00 Music Therapy with Dave 11:00 Daily Chronicle 11:15 Monday Stretch 1:00 It's Massachusetts Day! 1:30 Entertainment with Ruth Rappaport 3:00 Craft Corner: Suncatchers 3:00 Balloon Volleyball 3:30 Famous Faces: Babe Ruth 4:00 Daily Reflections 5:30 Musical Monday</p>	<p>7 10:00 Forever Fit 10:00 Manicures & Nail Care 11:00 Daily Chronicle 11:15 Songs by Perry Como 1:00 Myth or Fact: Love 1:30 Who Did It?: Valentine's Edition 2:00 Heart Healthy Funnies 3:00 Bingo with Friends 3:00 Sensory Group: Picture Books 3:45 Daily Reflections 5:30 Hand Massages</p>	<p>8 10:00 Art Therapy with Julie 10:00 Baking Helping Hands 10:15 Chair Stretches 11:00 Famous Faces: James Dean 11:15 Songs by Crooners 1:00 History 101: British Invasion 1:45 Decorating Heart Cookies 3:00 The Ladies' Group 3:00 The Gentlemen's Club 3:45 Daily Reflections 5:30 Heart to Hearts</p>	<p>9 10:00 Forever Fit 10:00 Coffee Chats 11:00 Daily Chronicle 11:15 Parisian Music Circle 1:00 Armchair Travel 1:45 All About France 2:30 Chocolate Mousse Social 3:00 Parisian Game Circle 3:00 Craft: Monet's Water Lilies 5:30 Movie: An American in Paris A Cruise to France</p>	<p>10 10:00 Daily Chronicle 10:15 Friday Chair Dancing 11:00 Discussion: Urban Legends 11:15 Folk Music Sing-A-Long 1:00 Wacky Wordies 1:30 Honky-Tonk Piano with Gary Landgren 3:00 Coloring Circle 3:00 Physical Challenge 3:45 Daily Reflections 5:30 Friday Funnies</p>	<p>11 10:00 Forever Fit 10:00 Social Circle 11:00 Daily Chronicle 11:00 Resident Council with Katelyn 11:15 Songs by George Harrison 1:00 Family Feud Challenge 1:30 Saturday Funnies 2:00 Finish the Phrase 3:00 Puzzles & Board Games 3:45 Daily Reflections 5:30 Saturday Night Film</p>
<p>12 10:00 Daily Chronicle 10:15 Positive Affirmations 10:30 Sunday Church Service 10:30 Rosary Group 11:15 Hymn Sing-A-Long 1:00 Football Toss Across 1:30 Super Bowl Fast Facts 2:00 Commercial Funnies 3:00 Table Top Games 5:30 Daily Reflections Super Bowl Sunday</p>	<p>13 10:00 Music Therapy with Dave 11:00 Daily Chronicle 11:15 Songs About Friendship 1:00 Monday Stretch 1:30 Random Acts of Kindness Day 2:00 Scrabble Poker 3:00 Craft Corner: Heart Candles 3:00 Basketball Challenge 3:30 Valentine's Day Fast Facts 4:00 Daily Reflections 5:30 Musical Monday</p>	<p>14 10:00 Forever Fit 10:00 Manicures & Nail Care 11:00 Daily Chronicle 11:15 Songs About Love 1:00 Advice From the Heart 1:30 Reminiscing the Senses 2:00 Valentine's Day Party with Carol O'Malley 3:00 Bingo with Friends 5:30 Movie: Breakfast at Tiffany's Valentine's Day</p>	<p>15 10:00 The Butterfly Place Trip 10:00 Daily Chronicle 10:15 Chair Stretches 11:00 Where in the World? 11:15 Songs by Duke Ellington 1:00 Wednesday Trivia Challenge 1:30 Entertainment with the Flashback Band 3:00 Truth or Lies Game 3:45 Daily Reflections 5:30 Heart to Hearts</p>	<p>16 10:00 Forever Fit 10:00 Coffee Chats 11:00 Daily Chronicle 11:15 The Opening Ceremonies 1:00 Olympics Trivia Challenge 1:30 The Olympic Games 2:00 Olympic Figure Skating 3:00 The Closing Ceremonies 3:45 Daily Reflections 5:30 Thursday Meditation Winter Olympics Day</p>	<p>17 10:00 Daily Chronicle 10:15 Friday Chair Dancing 10:30 Kalifornia Karl's Valentine's Day Show 1:00 Healthy Hearts Day 1:30 Discussion: Love Songs 2:00 Bird Watching Scavenger Hunt 3:00 Coloring Circle 3:00 Physical Challenge 3:45 Daily Reflections 5:30 Friday Funnies</p>	<p>18 10:00 Forever Fit 10:00 Social Circle 11:00 Daily Chronicle 11:15 Love Is In the Air Trivia 1:00 Oldies Sing-A-Long 1:30 Entertainment with Lynne Canavan 2:30 National Wine Day Social 3:00 Name 10 Game 3:45 Daily Reflections 5:30 Saturday Night Film</p>
<p>19 10:00 Daily Chronicle 10:15 Positive Affirmations 10:30 Sunday Church Service 10:30 Rosary Group 11:15 Hymn Sing-A-Long 1:00 Game Circle 1:30 Entertainment with Steve McGovern 3:00 Short Stories 3:00 Table Top Games 5:30 Daily Reflections</p>	<p>20 10:00 Music Therapy with Dave 11:00 Daily Chronicle 11:15 Patriotic Sing-A-Long 1:00 Finish the Presidential Quote 1:30 Monday Stretch 2:00 Name That President 3:00 Craft Corner: Heart Flags 3:00 Snowball Toss Across 3:45 Daily Reflections 5:30 Musical Monday Presidents' Day</p>	<p>21 10:00 Forever Fit 11:00 Daily Chronicle 11:15 Cajun Music Circle 1:00 Celebrating Mardi Gras! 1:30 Painting Mardi Gras Masks 1:30 Toss the Beads Challenge 2:00 The 420 Harmonica Ensemble 3:00 Bingo with Friends 3:00 Sensory Group: Short Stories 5:30 Hand Massages Mardi Gras</p>	<p>22 10:00 Art Therapy with Julie 10:15 Chair Stretches 11:00 White Board Word Games 1:00 Discussion Group: Lent 1:30 Polka Music with Paul Belanger 2:30 National Margarita Day! 3:00 Craft Corner: Word Quilt 3:45 Daily Reflections 5:30 Heart to Hearts Ash Wednesday</p>	<p>23 10:00 Forever Fit 10:00 Coffee Chats 11:00 Daily Chronicle 11:15 Songs About the Weather 1:00 Reminiscing: Friendship 1:30 Celebrating the Girl Scouts 2:00 Entertainment with Dave Andrews 3:00 Wine and Paint Night 3:00 Beer and Card Games 5:30 Thursday Meditation</p>	<p>24 10:00 Daily Chronicle 10:15 Friday Chair Dancing 11:00 Name That Fairytale 11:15 Classic Fairytale Songs 1:00 Stories by Brothers' Grimm 1:30 Movie of the Month: Mary Poppins 3:00 Coloring Circle 3:00 Manicures & Nail Care 3:45 Daily Reflections 5:30 Friday Funnies</p>	<p>25 10:00 Forever Fit 10:00 Social Circle 11:00 Daily Chronicle 11:15 Songs by Johnny Cash 1:00 Armchair Travel: Safari 1:45 Heads Up! Animal Edition 2:30 Resident of the Month Social 3:00 Card Games & Puzzles 3:00 Physical Challenge 3:45 Daily Reflections 5:30 Saturday Night Film</p>
<p>26 10:00 Daily Chronicle 10:15 Positive Affirmations 10:30 Sunday Church Service 10:30 Rosary Group 11:15 Hymn Sing-A-Long 1:00 Happy Birthday, Jazz! 1:30 Game Circle 2:00 The Sunday Crossword 3:00 Short Stories 3:00 Table Top Games 5:30 Daily Reflections</p>	<p>27 10:00 Music Therapy with Dave 11:00 Daily Chronicle 11:15 Monday Stretch 1:00 Famous Faces: Elizabeth Taylor 1:30 Silent Piano Film with Richard Hughes 3:00 Craft: Toothpick Painting 3:00 Bowling Challenge 3:45 Daily Reflections 5:30 Musical Monday</p>	<p>28 10:00 Forever Fit 10:00 Manicures & Nail Care 11:00 Daily Chronicle 11:15 All That Jazz Sing-A-Long 1:00 Reminiscing: Your Wedding 1:30 Riddle Me This 2:00 Flower Arranging 3:00 Bingo with Friends 3:00 Sensory Group: Music 3:45 Daily Reflections 5:30 Hand Massages</p>	<h1>February 2023</h1>			

In order to better serve our residents, activities are subject to change. Any changes will be reflected on the Daily Sheets.