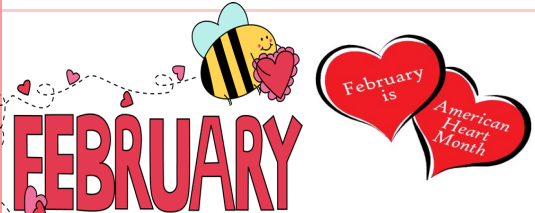


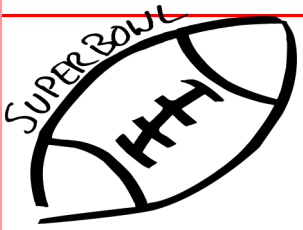




Floresta Cottage Monthly Activities 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9 am newspaper, news 10 am chair exercise 2pm brain word games 1pm old time movies 6 pm bingo		3 9 am newspaper, news 10 am chair exercises 2 pm old time radio 4 pm word games 6 pm bingo	4 9 am newspaper, news 10 am outing to park 2pm crafts or creative memories 6 pm board games & cards
			8 9 am newspaper, news 10 am chair exercise 2pm brain word games 1pm old time movies 6 pm bingo	9 9:30 stretching 10:30 Music listening 2PM garden activities 6 pm puzzles, reading 7 pm resident free time	10 9 am newspaper, news 10 am chair aerobics 2pm library or senior ctr 6 pm stretching 7 pm Word games	11 9 am newspaper, news 10 am balance exercise 2 pm crafts 4pm Local volunteer's 6 pm Evening movie
	13 9:30 newspaper news 10:30 Music listening 2pm: baking cookies 6 pm puzzles, reading 7pm Free Time		15 9:30 newspaper news 10:30 Music listening 2pm brain/word games 6 pm Old time video Puzzles, online	16 8m am stretching 11 – Out to the Mall 2pm free time 6PM word games	17 9 am newspaper, news 10 am walk @ park 2pm patio activities 4pm family memory box 6 pm bingo	18 9 am newspaper, news 10 am chair exercises 1pm Volunteer visit 4pm walk in park 6 pm board game & cards
19 9 am—stretching 1: 15—free time 3 pm walk to park 6 pm Family Dinner February Birthdays!		21 9AM news 10 am walk in park 2pm library or senior ctr For bingo 6 pm puzzles, reading	22 9 am news TV and read 10 am stretching 2PM free time 4pm old time radio 6 pm bingo	23 9:30 stretching 10:30 Music listening 2PM garden activities 6 pm puzzles, Movie 7 pm resident free	24 9 am newspaper, news 10 am singing 1pm crossword puzzles 2-4 family or free time 6 pm Old time videos	25 9 am newspaper, news 10 am walk and stretch 2pm patio activities 3pm old time radio 6 pm evening movie
26 9 am stretching 11 – Out to the Mall 2pm free time 6PM word games 7Pm Movie	27 9 am chair exercises 10 am walk in park 2pm gardening/patio 3pm walk and talk 6pm word games	28 9 am news TV and read 10 am mobility exercise 1-4 appointments 6pm sing a long 7pm TV and reading	