

DESSERT

FEBRUARY2024

SELF-CARE SUNDAY	MOTIVATION MONDAY	TRANSFORMATION TUESDAY	WELLNESS WEDNESDAY	THANKFUL THURSDAY	FEEL-GOOD FRIDAY	SOCIAL SATURDAY
				9:00 Beauty hour 9:30 Name that tune 10:30 Book club 1:30 Bowling 3:30 Giant Crossword 6:00 Dance hour	9:00 Beauty hour 10:30 Sit N Fit 1:00 Fun Fact Friday 3:30 Left/Right/Center 4:30 Hangman w/ Friends 6:00 Theater night	9:00 Beauty hour 1:00 Bird watching 1:00 Newsletter reading 3:30 Giant connect 4 6:00 Cup Magic
9:00 Beauty hour 10:30 Would you rather 1:00 Journaling 2:00 Outdoor Meditation 4:00 Picture Day 6:00 Movie night	9:00 Beauty hour 10:30 Manicure Madness 1:00 Baking Club 4:30 Cornhole 6:00 Roll a topic	9:00 Beauty hour 11:00 Zumba 1:00 Tape Art 3:30 Dominos 5:30 Multicultural Vocab. 6:00 Laundry club	9:00 Beauty hour 10:30 Walking club 1:00 Spiritual reading 1:30 Seated soccer 4:00 Gardening 6:00 Sound healing	9:00 Beauty hour 10:30 life advice from lives well lived. 1:00 Horse 4:00 Yarn wrap 6:00 Bingo	9:00 Beauty hour 10:30 Steel feather fitness 1:00 Karaoke 3:30 Friendship rocks 6:00 Jeopardy	9:00 Beauty hour 11:00 Scrapbooking 1:00 Balance ball 3:30 DIY Chinese Lantern 6:00 Comedy Night CHINESE NEW YEAR
9:00 Beauty hour 10:30 Superbowl Facts 1:00 Outdoor Stretch 4:00 Aromatherapy lotion 6:00 Worship Music SUPERBOWL SUNDAY !	9:00 Beauty hour 10:30 Valentine's toss 1:00 Science Project 4:00 Cardio Drumming 6:00 1 on 1 visit GENTLEMEN DAY	9:00 Beauty hour 11:00 Chair yoga 1:00 Watercolor art 3:30 Mexican Loteria 6:00 Story Telling GALENTINES DAY	9:00 Beauty hour 10:30 Walking Club 1:00 Group Prayer 2:00 DIY 4:00 Chocolate Covered Strawberries 6:00 Support Group SWEET HEARTS DAY	9:00 Beauty hour 9:30 Name that tune 10:30 Book club 1:00 Fishing 6:00 Aboard the love bus	9:00 Beauty hour 10:30 Fitness w/ Ari 1:00 Fun Fact Friday 3:30 Flag ball 6:00 Card puzzle NATIONAL CAREGIVER DAY!	9:00 Beauty hour 11:00 Bird watching. 1:00 Tic Tac Toe 3:30 Kindness act 6:00 Flash back
9:00 Beauty hour 10:30 Number vs letters 1:00 Outdoor meditation 3:30 Self Compassion 6:00 Sports Movie Night	9:00 Beauty hour 10:30 Manicure madness 1:00 Baking Club 4:00 Balloon Baseball 6:00 Balance ball	9:00 Beauty hour 11:00 Aromatherapy oils 1:00 Sip and paint 4:00 Multicultural Traditions 6:00 Line dance	9:00 Beauty hour 9:30 Spiritual reading 10:30 Walking club 1:30 Kickball 3:30 Trivia 6:00 Sani DH	9:00 Beauty hour 10:30 Poetry reading. 1:00 Woodcraft 4:00 Go fish 6:00 Breathing exercise	9:00 Beauty hour 10:30 Steel feather fitness 1:00 Birthday Bash 3:30 Tea time 6:00 Spin the Wheel	9:00 Beauty hour 11:00 Morning Chronicles 1:00 Weights 3:30 Cards 6:00 Comedy Night
9:00 Beauty hour 10:30 Worship music 1:00 Outdoor stretch. 3:30 Crazy 8 6:00 Seek and Find	9:00 Beauty hour 9:30 Name that Tune 1:00 Science Project 4:00 Balloon Volleyball 6:00 1 on 1 Visit	9:00 Beauty hour 11:00 Chair meditation 1:00 Jewelry making 4:00 Puzzle 6:00 Bowling	9:00 Beauty hour 10:30 Walking club 1:00 Group Prayer 3:30 Solitaire 4:00 Balance Ball 6:00 Charades	9:00 Beauty hour 10:30 Book Club 1:00 Resident council meeting 3:30 Flower Arangments 6:00 Match that vehicle	25818 Columbia Street Hemet, California 92544 Phone (951) 652 1837 Fax (951) 658 2567 LIC #331880722 ArianaBM@cascadeliving.com	

FEBRUARY

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9:00 Hair Care 11:30 Dominos 2:30 Past and Present world events 4:30 Music Therapy 6:00 Bridge	2 9:00 Beauty Hour 10:00 Fitness W/ Ari 2:30 Fun Fact Friday 4:30 Bird Watching 6:00 Jenga	3 9:00 Beauty Hour 11:30 Bird Watching 2:30 Seek and Find 4:30 Table Games 6:00 Movie
4 10:30 Beauty Hour 2:00 Worship music 2:30 Chair Zumba 4:00 Fact or Cap 6:00 Movie and Popcorn	5 9:00 Beauty Hour 9:30 Name that Tune 11:30 Meditation 2:30 Feb. Group Discussion 4:30 Scrapbooking 6:00 Trivia	6 9:00 Manicure Madness 11:30 Name that Tune 2:30 HORSE 4:30 Craft 6:00 Heart to Heart	7 9:00 Pedicure Madness 11:30 Group Social 2:30 Bingo 4:30 Walking Club 6:00 Bible Verse	8 9:00 Hair Care 11:30 Bowling 2:30 Calm Breathing Exercise 4:30 Book Club 6:00 Painting Class	9 9:00 Beauty Hour 10:30 Steel Feather Fitness 2:30 Story Telling 4:30 Watercolor 6:00 Movie Fact	10 9:00 Beauty Hour 11:30 Sunshine Social 2:30 Hole in One 4:30 Documentary 6:00 DIY Chinese Lantern CHINESE NEW YEAR
11 9:00 Morning Stretch 9:30 Beauty Hour 2:00 Superbowl Facts 4:00 Tape Art 6:00 Mixed games SUPERBOWL SUNDAY !	12 9:00 Beauty Hour 11:30 Sound Therapy 2:30 Woodcraft 4:30 Fishing 6:00 Triller Movie GENTLEMEN DAY	13 9:00 Manicure Madness 11:30 Color Guard 2:30 Find that Pair 4:30 Heart Knitting 6:00 Romance Movie GALENTINES DAY	14 9:00 Pedicure Madness 11:30 Multiculture Traditions 2:30 Painting Berries 4:30 Walking Club 6:00 Support Group SWEET HEARTS DAY	15 9:00 Hair Care 11:30 Card Decorating 2:30 Animal Sound Therapy 4:30 Guess Who? Game 6:00 Sani DH HAPPY VALENTINE'S DAY	16 9:00 Beauty Hour 10:00 Fitness W/ Ari 1:00 Fun Fact Friday 4:30 Crazy 8 6:00 Aboard the love bus NATIONAL CAREGIVER DAY!	17 9:00 Beauty Hour 11:30 Bird Feeding 2:30 Rising Spirit 4:30 Ball Trivia 6:00 Sketch Drawing
18 9:00 Beauty Hour 11:30 Morning Reading 3:00 Ice Cream Social 4:30 Uno 6:00 Chair Yoga	19 9:00 Beauty Hour 11:30 Calming Stretches 2:30 Karaoke 4:30 Science Project 6:00 Flash to the Past	20 9:00 Manicure Madness 11:30 Chair Aromatherapy 2:30 Mini Golf 4:30 When? Where? Why? 6:00 Heart to Heart	21 9:00 Pedicure Madness 11:30 Group Social 2:30 Rising Spirits 4:30 Walking Club 6:00 Board Games	22 9:00 Hair Care 11:30 Story Telling 2:30 Just Dance 4:30 Book Club 6:00 Giant Word Search	23 9:00 Beauty Hour 10:30 Steel feather fitness 1:00 Birthday Bash 6:00 Flower Arrangement	24 9:00 Beauty Hour 11:30 Sunshine Social 2:30 Bingo Championship 4:30 Spin the Wheel 6:00 Towel Aromatherapy
25 9:00 Beauty Hour 11:30 Chair Grooving 2:30 Cheese Jokes 4:30 Podcast 6:00 Puzzle Championship	26 9:00 Beauty Hour 11:30 Monday Meditation 2:30 Balloon Baseball 4:30 Documentary 6:00 Giant Connect 4	27 9:00 Manicure Madness 11:30 Color guard 2:30 Group Talk Food 4:30 Sip and Paint 6:00 Dominos	28 9:00 Pedicure Madness 11:30 Bible Study 2:30 Cornhole 4:30 Walking Club 6:00 Therapeutic Images	29 9:00 Hair Care 11:30 Flower Arranging 2:00 Resident Council Meeting 4:30 Happy Feet Dance 6:00 Magazine Reading		

HAPPY BIRTHDAY !!

Residents

Ken W. 02/23

Associates

Shannon R. 02/09

Stephanie F. 02/17

Kayla R. 02/26

SPirit DAY !

Feb. 14th Sweethearts Day

(Wear Pink or Red)

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 **Desert Hills**
Memory Care Center
SIERRA

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