

LIFE ENRICHMENT CALENDAR

February 2020

SPECIAL HIGHLIGHTS

- Art Therapy: Tues. @ 10am & 11am, Wed. @ 10am & 11am
- Bridge Group: Mon. & Wed. @ 1:30pm
- Golf Group: Mon. @ 1:30pm & Thurs. @ 10am
- Meet Me at MoMA: Fri. @ 1:30
- Music Therapy: Wed. @ 11:00am, Thurs. @ 2:00 pm.
- Pet Therapy: Wed. @ 2:30- 3:30 pm

SENIOR SCHOLARS

Specially curated topics from News Currents Senior and Ted Talks, plus guest speakers, including UNC-Charlotte professors and experts from Charlotte Mecklenburg Public Library, are part of the line-up for our expanded weekly Senior Scholars. T-W-Th

HEALTH TOPIC

Genesis Health Topic & Description: This month Genesis will discuss the importance of exercise in regards to improving and maintaining emotional health.

ICON & LOCATION KEY

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|----------------------------------|---------------------------|
| AR = ART & CRAFT ROOM | PT = PUTTING GREEN |
| CP = COVERED PORCH | PB = BAR & LOUNGE |
| DR = DINING & GAMING ROOM | LB = LIBRARY |
| TK = THERAPY KITCHEN | LR = LIVING ROOM |
| OD = OUTDOORS | TH = THEATRE |
| TR = TRANQUILITY ROOM | LR = LIVING ROOM |

- COGNITIVE
 ● PHYSICAL
 ● PSYCHO-SOCIAL

ACTIVITIES ARE SUBJECT TO CHANGE

Each day at The Ivey is intentionally designed with the preferences, interests and needs of each of our members in mind. The schedule is predictable to help with memory retention, but content varies to keep it interesting and stimulating. Everyday living activities are incorporated throughout the day to feel like home.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Member Birthdays 2/03 - John H. 2/03 - Harvey G. 2/06 - Joan B. 2/21 - Jerry C. 2/26 - Nancy S. 2/26 - Betty E.	February is a historical month! Join us as we commemorate LOVE, BLACK HISTORY AND PRESIDENT'S DAY throughout the month in Senior Scholars, art, music and other special activities.		
3	4	5	6	7
● TH 10:00a-11:00a Yoga ● TH 11:00a-11:45a Morning Musings ● DR 01:30p-02:30p Music w/ John ● DR 02:30p-03:30p Bingo ● LR 04:00p-05:00p Sing Along ● LR 05:00p-05:30p Finish the Line	● TH 10:00a-11:00a Exercise ● TH 11:00a-11:45a Morning Musings ● TH 01:30p-02:30p Who Am I? ● TH 02:30p-03:30p Chair Dancing ● LR 04:00p-05:00p Name That Tune ● LR 05:00p-05:30p Music Fun	● TH 10:00a-11:00a Exercise ● DR 11:00a-11:45a Music w/ Tom ● TH 01:30p-02:30p Art Appreciation ● TH 02:30p-03:30p Finish the Line ● TH 04:00p-05:00p Karaoke ● LR 05:00p-05:30p Would You Rather	● TH 10:00a-11:00a Exercise ● TH 11:00a-11:45a Morning Musings ● TH 01:30p-02:30p Yoga ● TH 02:30p-03:30p Famous Faces ● LR 04:00p-05:00p Alphabetics ● LR 05:00p-05:30p Music Fun	● TH 10:00a-11:00a Genesis Exercise ● TH 11:00a-11:45a Morning Musings ● TH 01:30p-02:30p Music w/ Christine ● TH 02:30p-03:30p Karaoke ● DR 04:00p-05:00p Colored Pencil Art ● LR 05:00p-05:30p Fact or Fiction
10	11	12	13	14
● TH 10:00a-11:00a Yoga ● DR 11:00a-11:45a Music w/ John ● DR 01:30p-02:30p Piano w/ Ethan ● TH 02:30p-03:30p Categories ● LR 04:00p-05:00p Sing Along ● LR 05:00p-05:30p You Be the Judge	● TH 10:00a-11:00a Exercise ● TH 11:00a-11:45a Morning Musings ● TH 01:30p-02:30p Hang Man ● TH 02:30p-03:30p Chair Dancing ● LR 04:00p-05:00p Name That Tune ● LR 05:00p-05:30p Trivia	● TH 10:00a-11:00a Exercise ● DR 11:00a-11:45a Music w/ Tom ● TH 01:30p-02:30p Sketch Class ● DR 02:30p-03:30p Art in Action ● TH 04:00p-05:00p Karaoke ● LR 05:00p-05:30p Would You Rather	● TH 10:00a-11:00a Exercise ● TH 11:00a-11:45a Morning Musings ● TH 01:30p-02:30p Yoga ● TH 02:30p-03:30p Humor Hour ● TH 04:00p-05:00p Word Cookies ● LR 05:00p-05:30p Music Fun	● TH 10:00a-11:00a Genesis Exercise ● TH 11:00a-11:45a Morning Musings ● DR 01:30p-02:30p Music w/ Roy ● TH 02:30p-03:30p Crosswords ● DR 04:00p-05:00p Colored Pencil Art ● LR 05:00p-05:30p Reminiscing
17	18	19	20	21
● TH 10:00a-11:00a Yoga ● TH 11:00a-11:45a Morning Musings ● TH 01:30p-02:30p 100 Words ● DR 02:30p-03:30p Bingo ● LR 04:00p-05:00p Sing Along ● LR 05:00p-05:30p Finish the Line	● TH 10:00a-11:00a Exercise ● TH 11:00a-11:45a Genesis Health ● DR 01:30p-02:30p Senior Scholars ● TH 02:30p-03:30p Chair Dancing ● LR 04:00p-05:00p Name That Tune ● LR 05:00p-05:30p Trivia	● TH 10:00a-11:00a Exercise ● TH 11:00a-11:45a Morning Musings ● TH 01:30p-02:30p Art Appreciation ● TH 02:30p-03:30p Jeopardy ● TH 04:00p-05:00p Karaoke ● LR 05:00p-05:30p Would You Rather	● TH 10:00a-11:00a Exercise ● TH 11:00a-11:45a Morning Musings ● TH 01:30p-02:30p Yoga ● TH 02:30p-03:30p You Be the Judge ● LR 04:00p-05:00p Alphabetics ● LR 05:00p-05:30p Music Fun	● TH 10:00a-11:00a Genesis Exercise ● DR 11:00a-11:45a Music w/ John ● TH 01:30p-02:30p Balloon Volleyball ● TH 02:30p-03:30p Music Appreciation ● DR 04:00p-05:00p Colored Pencil Art ● LR 05:00p-05:30p Fact or Fiction
24	25	26	27	28
● TH 10:00a-11:00a Yoga ● DR 11:00a-11:45a Jazz w/ Nicci ● TH 01:30p-02:30p Categories ● DR 02:30p-03:30p Bingo ● LR 04:00p-05:00p Sing Along ● LR 05:00p-05:30p You Be the Judge	● TH 10:00a-11:00a Exercise ● TH 11:00a-11:45a Morning Musings ● TH 01:30p-02:30p Alphabetics ● TH 02:30p-03:30p Chair Dancing ● LR 04:00p-05:00p Name That Tune ● LR 05:00p-05:30p Music fun	● TH 10:00a-11:00a Exercise ● TH 11:00a-11:45a Morning Musings ● TH 01:30p-02:30p Sketch Class ● DR 02:30p-03:30p Music w/ Emily & Christine ● TH 04:00p-05:00p Karaoke ● LR 05:00p-05:30p Would You Rather	● TH 10:00a-11:00a Exercise ● TH 11:00a-11:45a Morning Musings ● TH 01:30p-02:30p Yoga ● TH 02:30p-03:30p Trivia ● TH 04:00p-05:00p Word Cookies ● LR 05:00p-05:30p Music Fun	● TH 10:00a-11:00a Genesis Exercise ● TH 11:00a-11:45a Morning Musings ● DR 01:30p-02:30p Music w/ John ● TH 02:30p-03:30p Spiritual Time ● DR 04:00p-05:00p Colored Pencil Art ● LR 05:00p-05:30p Reminiscing