















# February 2011 Chapel Hill Retirement Community Events

Lakeside ~ Train your brain; remember the fact of the Day ~ Willow



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>ALL ACTIVITIES ARE SUBJECT TO CHANGE</p> <p>CHANGES WILL BE ADDRESSED AT PRE-MEAL ANNOUNCEMENTS</p>	 <p>Happy Valentines Day!</p>	<p><b>1 A peanut is not a nut; it is a legume</b></p> <p>9:15 Activities of daily living 9:15 Namaste 9:30 Small Group - W 10:15 Story time - QR 11:30 Luncheon chats - Sensory 1:00 In room visits - W 1:30 Ball Toss - L 3:00 Word Games - L 4:30 Easy Listening - W 5:30 Montessori Group - L/W</p>	<p><b>2 Groundhog Day's star is named "Punxsutawney Phil"</b></p> <p>8:15 Activities of daily living 9:15 Small Group - L 9:15 Namaste 10:00 Pass the Groundhog - L 12:00 Luncheon chats - MDR 1:15 In room visits - W/L 2:00 Rosary - Chapel 2:30 Beautiful hands - Sensory 3:00 Snacks &amp; chats - L 4:30 Easy Listening - W 5:30 Montessori Group - L/W</p>	<p><b>3 The smallest bird is the Bee Hummingbird at 2 1/4 inches</b></p> <p>Cocoa Puff visits 8:15 Activities of daily living 9:15 Men's Group - Sensory 10:30 Movin with Music - L 11:30 Luncheon chats - Sensory 1:15 Namaste 1:30 Sing-a-long - MR 2:30 Snacks &amp; chats - L 3:00 Gene Weygandt - GL 4:30 Easy Listening - W</p>	<p><b>4 A Ducks quack does not have an echo</b></p> <p>8:15 Activities of daily living 9:30 Old Radio Shows - L 10:30 In-room visits - W 10:30 Reminiscing - W/L 11:30 Luncheon chats - Sensory 1:30 Movin with Music - L 3:00 Baking &amp; conversation - L 4:30 Easy Listening - W 5:30 Montessori Group - L/W</p>	<p><b>5 Walt Disney, the creator of Mickey Mouse, was afraid of mice</b></p> <p>9:15 Trivia Time - QR 10:30 Sing-a-long - L 11:30 Luncheon chats - Sensory 1:30 Story Time - QR 3:00 Physical games - L 4:30 Easy Listening - W</p>
<p><b>6 A group of 12 or more cows is called a "flink"</b></p> <p>Super Bowl XLV 8:15 Activities of daily living - 2nd floor 9:30 Service in the Chapel - (TV channel 21) 10:30 Social Time - AR 12:00 Luncheon chats - MDR 1:30 Bible Trivia - MR 2:45 Bean bag toss - Milan 4:00 Easy Listening - MDR</p>	<p><b>7 There are more than 50 kinds of kangaroo</b></p> <p>8:00 Barber visits 9:00 Devotions - Chapel 9:15 Namaste 9:30 Movin with Music - AR 11:00 Bible Study - AR 12:00 Luncheon chats - MDR 2:30 Victorian Valentines - GL 2:30 Fitness Focus - Therapy 4:00 Mr Zellars on guitar - FDR 4:30 Easy Listening - MDR</p>	<p><b>8 The lifespan of a squirrel is about 9 years</b></p> <p>9:15 Ceramics - CR 9:30 Small Group - Milan 11:00 Bell Choir practice - Chapel 12:00 Luncheon chats - MDR 1:15 Namaste 1:30 BINGO - AR 3:00 Root Beer Floats - JJ 4:30 Easy Listening - MDR 5:15 Movie Night - AR</p> 	<p><b>9 The toothbrush was invented in 1498</b></p> <p>9:00 Devotions - Chapel 9:15 Manicures - AR 9:15 Namaste 10:00 Montessori Group - Milan 12:00 Luncheon chats - MDR 1:00 1:1 visits - AL, 2nd floor 2:00 Rosary - Chapel 2:30 Vacation Getaway - AR 4:30 Easy Listening - MDR 6:45 Church Service - Chapel</p> 	<p><b>10 Greenland is 3 times larger than the state of Texas</b></p> <p>Cocoa Puff visits 9:15 Namaste 9:15 Movin with Music - AR 10:00 Sing-a-long with Evie - Chapel 11:00 Chapel Bells practice - GL 12:30 Lunch &amp; Conversation - MDR 1:30 Joggin your Noggin - MR 2:30 Fitness Focus - Therapy 3:00 Fran Zupp - GL 4:30 Easy Listening - MDR</p> 	<p><b>11 Butterflies taste with their feet</b></p> <p>9:00 Devotions - Chapel 9:30 Baking &amp; Chats - FAR 10:30 Movin with Music 12:00 Lunch &amp; Conversation - MDR 1:15 Namaste 1:30 "March of the Penguins" - AR 3:00 Montessori Group - FAR 4:30 Easy Listening - MDR</p> 	<p><b>12 George Washington is the only president to have been unanimously voted in as president</b></p> <p>Abraham Lincoln's Birthday 9:30 Crossword Fun - MR 11:00 Puzzles &amp; Games - FAR 12:00 Luncheon chats - MDR 1:30 BINGO - AR 3:00 Nailcart &amp; visits - 2nd floor 4:30 Easy Listening - MDR</p>
<p><b>13 A goldfish has a memory span of 3 seconds</b></p> <p>8:15 Activities of daily living - 2nd floor 9:30 Service in the Chapel - (TV channel 21) Chapel Bells perform 10:30 Social Time - AR 12:00 Luncheon chats - MDR 1:30 Cards &amp; Games - AR 3:00 In-room visits - 2nd floor 4:00 Easy Listening - MDR</p> 	<p><b>14 On Valentines Day teachers receive more cards than anyone else</b></p> <p>9:00 Devotions - Chapel 9:15 Namaste 9:30 Movin with Music - AR 11:00 Bible Study - AR 12:00 Luncheon chats - MDR 2:30 Friends Valentine Party with Frank Gato - GL 2:30 Fitness Focus - Therapy 4:30 Easy Listening - MDR 6:00 Dennie Went - GL</p> 	<p><b>15 The tongue of an anteater is over 2 feet long</b></p> <p>9:15 Ceramics - CR 9:30 Small Group - Milan 10:00 Montessori Group - FAR 10:30 Mass - Chapel 12:00 Luncheon chats - MDR 1:15 Namaste 1:30 BINGO - AR 3:00 Bell Choir practice - Chapel 3:30 Snacks &amp; Chats - JJ 4:30 Easy Listening - MDR</p>	<p><b>16 Greyhound dogs can see better than any other breed of dog</b></p> <p>9:00 Devotions - Chapel 9:15 Manicures - AR 9:15 Namaste 10:00 Montessori Group - Milan 12:00 Luncheon chats - MDR 1:00 In-room visits - 2nd floor 3:00 NW Middle School Band - GL 4:30 Easy Listening - MDR 6:45 Church Service - Chapel</p>	<p><b>17 An ostrich's eye is bigger than its brain</b></p> <p>Cocoa Puff visits 9:15 Namaste 9:15 Movin with Music - AR 10:00 Sing-a-long with Evie - Chapel 11:00 Chapel Bells practice - GL 12:30 Lunch &amp; Conversation - MDR 1:30 Joggin your Noggin - MR 2:30 Fitness Focus - Therapy 3:00 Crazy Olympics - GL 4:30 Easy Listening - MDR</p> 	<p><b>18 The Praying Mantis can turn its head 360 degrees</b></p> <p>9:00 Devotions - Chapel 9:30 Baking &amp; Chats - MR 11:00 Current Events - AR 12:00 Lunch &amp; Conversation - MDR 1:15 Namaste 1:30 Movie Matinee - AR 3:30 In-room visits - Milan 4:30 Easy Listening - MDR</p>	<p><b>19 Kentucky law requires every citizen to take at least one bath per year</b></p> <p>9:30 Crossword Fun - MR 11:00 Visits with you - 2nd floor 12:00 Luncheon chats - MDR 1:30 BINGO - AR 3:00 Steve Sayre - GL 4:30 Easy Listening - MDR</p>
<p><b>20 Fleas can jump 200 times their body length</b></p> <p>8:15 Activities of daily living - 2nd floor 9:30 Service in the Chapel - (TV channel 21) 10:30 Social Time - AR 12:00 Luncheon chats - MDR 1:30 Poker-keeno - AR 3:00 In room visits - 2nd floor 4:00 Easy Listening - MDR</p>	<p><b>21 A Blue Whale weighs 50 tons at birth</b></p> <p>President's Day 9:00 Devotions - Chapel 9:15 Namaste 10:00 Tim Darnell - GL 11:00 Bible Study - AR 12:00 Swensons bus trip 1:00 Conversation Ball toss - AR 2:30 Fitness Focus - Therapy 3:00 Small Group - Sensory, Milan 4:30 Easy Listening - MDR</p>	<p><b>22 Bibles are the most shoplifted books in America</b></p> <p>9:15 Ceramics - CR 9:30 Small Group - Milan 11:00 Bell Choir practice - Chapel 12:00 Luncheon chats - MDR 1:15 Namaste 1:30 BINGO - AR 3:00 Boston Coolers - JJ 4:30 Easy Listening - MDR 5:15 Movie Night - AR</p>	<p><b>23 The sun is more than 330,000 times larger than earth</b></p> <p>9:00 Devotions - Chapel 9:15 Manicures - AR 9:15 Namaste 10:00 Montessori Group - Milan 12:00 Luncheon chats - MDR 1:00 In-room visits - 2nd floor 1:00 Resident Council 2nd floor 2:00 Rosary - Chapel 3:00 NW Middle School Band - GL 4:30 Easy Listening - MDR 6:30 "Russian Icons" - AR</p> 	<p><b>24 Vatican City is the smallest country in the world</b></p> <p>Cocoa Puff visits 9:15 Namaste 9:15 Movin with Music - AR 10:00 Sing-a-long with Evie - Chapel 11:00 Chapel Bells practice - GL 12:30 Lunch &amp; Conversation - MDR 1:30 Joggin your Noggin - AR 2:30 Fitness Focus - Therapy 2:30 Montessori Group - FAR 4:30 Easy Listening - MDR 5:00 Cuisine Night - MDR/AR 6:00 Ron Price - GL</p> 	<p><b>25 It takes 42 muscles in your face to frown</b></p> <p>9:00 Devotions - Chapel 9:30 Baking &amp; Chats - FAR 11:00 In room visits - Lawrence 12:00 Lunch &amp; Conversation - MDR 1:15 Namaste 1:30 Trivia &amp; Puzzles - MR 3:00 Ball toss - 2nd floor 4:30 Easy Listening - MDR</p>	<p><b>26 Camels can survive in the desert for almost 3 months without water</b></p> <p>9:15 "Survivor" trivia - MR 11:00 Sing-a-long - FAR 12:00 Luncheon chats - MDR 1:30 BINGO - AR 3:00 Nailcart &amp; visits - LDR 4:30 Easy Listening - MDR</p>
<p><b>27 Your brain generates 25 watts of power while your awake</b></p> <p>8:15 Activities of daily living - 2nd floor 9:30 Service in the Chapel - (TV channel 21) Chapel Bells perform 10:30 Social Time - AR 12:00 Luncheon chats - MDR 1:30 Cards &amp; Games - AR 3:00 In room visits - 2nd floor 4:00 Easy Listening - MDR</p>	<p><b>28 Stressed is Desserts spelled backwards</b></p> <p>9:00 Devotions - Chapel 9:15 Namaste 9:30 Resident Council for AL - AR 9:30 Baking &amp; Conversation - FAR 11:00 Bible Study - AR 12:00 Luncheon chats - MDR 2:30 Fitness Focus - Therapy 3:00 Dave Pasco - GL 4:30 Easy Listening - MDR</p> 	<p>Quality of Life Staff</p> <p>Brenda Zahn Kathi Wirt Pat Tallman Daneale Sweet Sue Stefan Kathy Staaf Jennifer Pyl Katie Miller Michelle Knick Judy Dehoff</p> 	<p><b>Activity Location Key:</b></p> <p>AR - Activity Room 1st floor CR - Craft Room 1st floor GL - Grand Lobby 1st floor JJ - Java Junction 1st floor PDR - Private Dining Room 1st floor MR - Movie Room 1st floor LDR - Lawrence Dining Room 2nd floor Fulton - 2nd floor south Lawrence - 2nd floor central Milan - 2nd floor north SL - Assisted Living Lounge Lakeside</p> 	<p><b>Activity Location Key:</b></p> <p>ML - Milan Family Lounge SR - Sensory Room - second floor Fulton FAR - Fulton Activity Room - 2nd floor lakeside RR - Recreation Room ground floor Courtyard - ground floor outside</p> 		

\*Namaste - "Honoring the Spirit Within"