

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



ST. JAMES
REHABILITATION & HEALTHCARE CENTER

February 2024

HAPPY HEART HEALTH MONTH!



<p>10:00 Morning Social ~MD 11:15 Gentle Chair Exercise on Channel 39 2:30 POKENO with Bruce ~MD 3:30 Strolling music on 2N & 2S</p>	<p>10:00 Morning Social ~MD 1:30 Arts & Crafts Class ~2N/DR 2:30 Tai Chi ~ 2S/DR 2:30 BINGO With Jeremy ~MD</p>	<p>10:00 Morning Social ~MD 10:30 Painting Class ~2S 2:30 Nail Spa for 1N & 1S ~MD 2:30 Andy Griffith Show ~2N 7:00 MOVIE ~MD</p>	<p>10:00 Morning Social ~MD 10:30 Lutheran Services ~2N 10:30 Wellness Group 2:30 Music Entertainment by Tony M ~MD 6:00 ART THERAPY ~2N/DR</p>	<p>CALENDAR DAY! 10:00 Morning Social ~MD 10:30 URBAN ZEN ~MD 1:30 BIBLE STUDY ~MD 2:30 Church Service ~MD & Communion On Units 2:30 Relaxation Group ~2S DR 6:30 Evening music with Dani~2N/DR</p>	<p>10:00 Morning Social ~MD 10:30 HEART HEALTH EDUCATION WITH DIETICIAN~MD 2:30 BOXING ~MD 3:00 Strolling music ~1N&1S WEAR RED DAY FOR HEART HEALTH MONTH!</p>	<p>10:00 Morning Social ~MD 2:30 Afternoon social and Harlem Renaissance Educational Video for Black History Month ~ MD & Channel 39 3:30 Strolling music ~1N&1S</p>
<p>10:00 Morning Social ~MD 11:15 Gentle Chair Exercise on Channel 39 2:30 POKENO with Bruce ~MD 3:30 Strolling music on 2N & 2S</p>	<p>10:00 Morning Social ~MD 10:30-4:00 MARIA'S JEWELRY VENDOR ~MD 1:30 Arts & Crafts Class ~2N/DR 2:30 Tai Chi ~ 2S/DR 6:30 BINGO With Jeremy ~MD</p>	<p>10:00 Morning Social ~MD 1:00 DONUTS ON THE UNITS 2:30 MARDI GRAS PARTY MD Mardi Gras</p>	<p>10:00 Morning Social 10:30 Wellness Group 10:30 Lutheran Services ~2N 2:30 Music Entertainment by Tony M HAPPY VALENTINES DAY! 6:00 ART THERAPY ~2N/DR ASH WEDNESDAY</p>	<p>10:00 Morning Social ~MD 10:30 URBAN ZEN ~MD 1:30 BIBLE STUDY ~MD 2:30 Church Service ~MD & Communion On Units 2:30 Relaxation Group ~2S DR 6:30 Evening music with Dani~2N/DR</p>	<p>10:00 Morning Social ~MD 10:30 FRIENDSHIP SOCIAL 1:00 GIRL SCOUT COOKIES ON THE UNITS! 2:30 ZUMBA ~MD 3:00 Strolling music ~1N&1S WEAR GREEN FOR GIRL SCOUT COOKIE WEEKEND!</p>	<p>10:00 Morning Social ~MD 2:30 JACKPOT BINGO with Annie 3:30 Strolling music ~1N & 1S HAPPY CHINESE NEW YEAR! <small>Chinese New Year (Year of the Dragon)</small></p>
<p>10:00 Morning Social ~MD 11:15 Gentle Chair Exercise on Channel 39 2:30 Afternoon Social ~MD 3:30 Strolling music on 2N & 2S SUPER BOWL SUNDAY! 6:00 Super Bowl ~MD</p>	<p>10:00 Morning Social ~MD 10:15 Presidents' Day word puzzles ~MD 2:30 Tai Chi ~ 2S/DR 2:30 BINGO With Jeremy ~MD <small>Presidents' Day</small></p>	<p>10:00 Morning Social ~MD 10:30 Painting Class ~2S 2:30 Nail Spa for 2N & 2S ~2N 2:30 Andy Griffith Show ~MD 7:00 MOVIE ~MD</p>	<p>10:00 Morning Social ~MD 11:30 CHINESE NEW YEAR LUNCHEON ~MD (Must Sign up in Advance) 3:00 MUSIC STROLLING ON UNITS</p>	<p>10:00 Morning Social ~MD 10:30 URBAN ZEN ~MD 1:30 BIBLE STUDY ~MD 2:30 Church Service ~MD & Communion On Units 2:30 Relaxation Group ~2S DR 6:30 Evening music with Dani~2N/DR</p>	<p>10:00 Morning Social ~MD 10:30 FRIENDSHIP SOCIAL 1:45 MOVIE ~MD 3:00 Strolling music ~1N&1S WEAR WHITE FOR WORLD UNDERSTANDING AND PEACE DAY !</p>	<p>10:00 Morning Social ~MD 2:30 BOXING ~MD 3:30 Strolling music ~1N & 1S NATIONAL RANDOM ACTS OF KINDNESS DAY!</p>
<p>10:00 Morning Social ~MD 11:15 Gentle Chair Exercise on Channel 39 2:30 POKENO with Bruce ~MD 3:30 Strolling music on 2N & 2S</p>	<p>10:00 Morning Social ~MD 1:30 Arts & Crafts Class ~2N/DR 2:30 Tai Chi ~ 2S/DR 2:30 BINGO With Jeremy ~MD</p>	<p>10:00 Morning Social ~MD 10:30 Painting Class ~2S 2:30 Nail Spa for 1N & 1S ~MD 2:30 Andy Griffith Show ~2N 7:00 MOVIE ~MD</p>	<p>10:00 Morning Social ~MD 10:30 Lutheran Services ~2N 10:30 Wellness Group 2:30 BIRTHDAY PARTY & Music by VANCE ~MD</p>	<p>10:00 Morning Social ~MD 10:30 URBAN ZEN ~MD 10:30 RESIDENT COUNCIL ~MD 1:30 BIBLE STUDY ~MD 2:30 Church Service ~MD & Communion On Units 2:30 Relaxation Group ~2S DR</p>	<p>BLACK HISTORY MONTH</p>	<p>February is American Heart Month</p>
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PLEASE NOTE: CALENDAR IS SUBJECT TO CHANGE.

KEY: MD = Main Dining Room

2N/DR = 2 North Dining Room

2S/DR = 2 South Dining Room