



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			2:15 Upper PROM 4 1 3:15 1:1 PROM 2 & 3 4:00 Walk balance exercise 3 6:15 ADL assistance 2	2:15 Upper AROM 2 group 3:15 1:1 ROM with cone 4:00 Walk balance exercise 2&3 6:15 ADL assistance 3  Groundhog Day	2:00 Shuffle Board 3 3 (CR) 3:15 Ribbon ROM 2&4 4:00 Walk balance exercise 3&4 6:15 ADL assistance 4	2:15 Ball Toss 2&3 4 3:15 Noodle ROM 4 4:00 Table Top Cones 6:15 ADL assistance 2
2:15 Group Exercise 4 5 3:15 1:1 PROM 2 & 3 4:00 Walk balance exercise 4 6:15 ADL assistance 3	2:15 Upper Noodle ROM 4 6 3:15 Ball Toss 3 4:00 1:1 AROM PROM 2&4 6:15 ADL assistance 4	2:15 ROM upper 4 7 3:15 Use your noodle 2&3 4:00 Walk balance exercise 4 6:15 ADL assistance 2	2:00 Bowling (CR) 8 3:15 Ribbon ROM 3 4:00 PROM 1:1 2&4 6:15 ADL assistance 3	2:15 Arm exercise 4 9 3:15 Stretch it out 3 4:00 Table top cones 2 6:15 ADL assistance 4	2:15 Ball exercise 4 10 3:15 Theraband ROM 2&3 4:00 Exercise 2 6:15 ADL assistance 2	2:30 Ribbon exercise 4 11 3:15 Ball Toss 3 4:00 Walk balance exercise 2 6:15 ADL assistance 3
2:15 Use your noodle 4 12 3:15 Table cones ROM 3 4:00 Walk Balance 3&4 6:15 ADL assistance 4	2:15 1:1 AROM PROM 2&4 13 3:15 Walk Balance activities 4:00 Cones 3 6:15 ADL assistance 2	2:15 Upper ROM 4 14 3:15 Lower PROM 2 4:00 Ribbon exercise 3 6:15 ADL assistance 3  Valentine's Day	2:15 Hand and finger 4 15 3:15 Table cones ROM 2&3 4:00 Walk balance exercise 3&4 6:15 ADL assistance 4	2:15 Upper Noodle AROM 2 16 3:15 Lower ROM 3 4:00 Walk balance activities 2&4 6:15 ADL assistance 2	2:15 AROM upper group 3 17 3:15 ROM Ribbon 3 4:00 Walk balance exercise 3 6:15 ADL assistance 3	2:15 AROM group 4 18 3:15 1:1 cones 3 4:00 Walk balance activities 3 6:15 ADL assistance 4
2:15 Table Cones AROM 2&3 19 3:15 Upper AROM 4 4:00 Walk balance exercise 3&4 6:15 ADL assistance 2	2:15 Parachute exercise 3 20 3:15 Theraband ROM 4 4:00 Walk balance exercise 3 6:15 ADL assistance 3  Presidents' Day (US)	2:15 Ball Toss 2&3 21 3:15 Theraband ROM 4 4:00 Walk balance exercise 2&3 6:15 ADL assistance 4  Mardi Gras	2:15 Use your Noodle 22 3:15 Theraband stretch 2 4:00 Walk balance exercise 3&4 6:15 ADL assistance 2	2:15 1:1 PROM 4 23 3:15 AROM activities 2 4:00 Use your Noodle 3 6:15 ADL assistance 3	2:15 Arm exercise 4 24 3:15 Ball Toss 3 4:00 Walk balance exercise 2&3 6:15 ADL assistance 4	2:15 Ribbon exercise 4 25 3:15 Finger exercise 2&3 4:00 Walk balance exercise 4 6:15 ADL assistance 2
2:15 Group ROM 4 26 3:15 1:1 PROM 2&3 4:00 Walk balance exercise 2&4 6:15 ADL assistance 3	2:15 Theraband ROM 27 3:15 Theraband ROM 4 4:00 Ball Toss & Table top cones 3 6:15 ADL assistance 4	2:15 1:1 AROM 4 28 3:15 Table top cones 2&3 4:00 Walking 3&4 6:15 ADL assistance 2	2:15 AROM & PROM 29 3:15 Table top cones 3 4:00 Ribbon exercise 2 6:15 ADL assistance 3			

(2) - 2<sup>nd</sup> floor (3) - 3<sup>rd</sup> floor (4) - 4<sup>th</sup> floor (CR) - Craft Room main floor (DR) - Dining Room (CH) - Chapel (BA) - Basement (O) - Outing (S) - Salon/Spa (All) All floors

