

# BLUE GROUP | FEBRUARY 2019



## HAPPY BIRTHDAY!

**Gordon (2/10)**  
**Guli (2/18)**  
**Bill E. (2/27)**  
**Faiza (2/3)**  
**David (2/7)**  
**Virginia (2/1)**  
**Connie (2/3)**

## Share the LOVE



**Join us February 13<sup>th</sup> at 4:30 for an Italian Buffet. Share the love and bring a significant someone to celebrate Valentine's Day with. We look forward to seeing you there!**



*Terry K. and his wife on their wedding day.*

8:00 Scrambled Eggs (C)  
 9:15 Mandala Coloring (E)  
**10:00 Zumba w/ Katelyn (P)**  
 10:45 Famous Fifties Sing Along (C)  
 11:30 You be the Judge w/ Andy and Ellie (C)(S)  
 1:30 Brain Fitness: Word Finding (C)  
 1:45 Woodworking Painting Art (E)(SE)  
**2:30 Tai Chi w/ Cynthia (P) (SP)**  
 3:15 Composer's Club and History: Stevie Wonder (S)(C)  
 3:45 Short Story Hour w/ Grace (S)  
 4:00 Music Enhancement: Greatest Love Songs (S)

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8:30 Cognitive Cabinet Activities w/ Jean (C)  
 9:15 Coffee & Conversations (S)  
 10:00 Ellie's Exercise Class (P)  
 10:30 Discussion: The World's Most Unusual Homes (S)  
 11:30 Whose Eyes Are Those? (C) (S)  
 11:30 Walking Club w/ Veronica (P)  
 12:00 Word in a Word: *US States Edition*  
 12:15 Chair Aerobics (P)  
**1:30 PAL's Pet Therapy (S) (SE)**  
 1:30 Active Craft Stations (P) (E)  
 2:30 Chair Stretches (P)  
 2:45 Discuss & Recall: America's Most Famous Cities (C) (S)  
 3:00 Jeopardy! (C)  
 3:45 Composer's Club: *The Four Tops* Life and Music (S)  
 4:30 Combined Discussion: *Winter Around the Globe* (S) (C)  
 4:45 Trivia! Famous Fifties Facts (C)  
 5:00 Dining Room Discussion: Women in WWII (S)

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8:30 Adult Coloring w/ Sayed (E)  
 9:15 Puzzle Group (C)  
 10:00 Morning Greetings and Daily Chronicle (C)  
 10:15 Cognitive Class w/ Katelyn: *Erickson's Psychosocial Stages* (C)  
 11:30 Discuss and Recall: Favorite Vacation Destinations w/ Rick (C)  
 1:30 Valentine's Day Banner Making w/ Rick  
 1:30 Brain Fitness: Word Finding (C)  
**2:00 Pet Visit w/ Brawny (SE)**  
 2:30 Famous Faces w/ Candy\* (C) (S)  
**3:30 Jazz Musical Social w/ Rick (S)**  
 4:00 Bean Bag Toss (P)  
 4:30 Elvis Presley: Famous Hits and History (S) (C)

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8:30 Writing Exercises w/ Bob (C)  
 9:15 Coffee & Conversations w/ Ruth B (S)  
 10:00 BeBalanced Chair Exercise (P)  
 10:45 Jeopardy Trivia! (C)  
 11:00 Walking Club (P)  
**11:30 Art Therapy w/Crista & Candy (S)(E)**  
 11:30 Creative Story Telling w/ Katie (S)(C)  
 12:00 Global Citizen Spotlight: *Jimmy Carter* w/ Gordon(C)  
 1:30 Arts and Craft Stations (E)  
**1:30 Friendship Support Group w/ Ellie & Shasta (SP)**  
 2:00 Designer Discussion: *Famous First Lady Outfits* w/ Shelby (S)  
 2:00 Annette's Book Club: Walt Disney (C) (S)  
 2:45 Music Enhancement w/ Fred: *Songs from the Nutcracker* (SE)  
 3:30 West Coast Swing Dance Appreciation (P)  
 4:00 Discussion: Presidential Trivia (C)

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8:30 Writing Exercises Activities w/ Bob (C)  
 9:15 Expressive Cabinet Activities (E)  
**10:00 Music Therapy w / Peg (S)**  
 10:45 Fitness Group w/ Rick (P)  
 11:30 Discussions w/ Rick: *Today in History* (C)  
 12:15 Name 5! *That Famous Tune Edition* (C) (S)  
 1:30 Brain Fitness: Word in a Word (C)  
**2:00 Spiritual Group w/ Bob (SP)**  
 2:30 Composer's Club: James Taylor (S)  
 3:30 You be the Judge w/ Andy: *Sticky Situations* (C) (S)  
 4:00 Presidential Trivia w/ Rick and James: *Secret Service Stories* (C)  
 4:30 Dance Appreciation: *The Rumba* (P)  
 5:00 Famous 40's Music Appreciation (S)

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8:30 Coffee & Conversations (S)  
 9:15 Morning Trivia w/ Cora (C)  
**10:00 Dancing w/ Garrey (P)**  
 10:00 Fred's Puzzle Group (C)  
 11:30 *Ugliest Dogs* w/ Ellie (C)  
 12:15 Fitness Group w/ Cora (P)  
 1:30 Participant's Choice (C)(S)(E)(P)  
 2:00 Word in a Word: *Countries* (C)  
**2:30 Tai Chi w/ Cynthia (SP)(P)**  
 3:15 Rick's Wedding Shower! (SP)  
 3:20 The Wedding Dress Game (S) (C)  
 3:45 Wedding Shower Refreshments (S) (C)  
 4:00 Musical Stylings w/ Wendy (S)  
 4:30 Word Searches (C)

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8:00 Sketching w/ Sayed (SE)  
 8:30 Trivia Group (C)  
 10:00 BeBalanced w/ Ellie (P)  
 10:30 Composer's Club: *Doris Day* (S)  
 11:30 Ellie's Book Club: Jackie Robinson (C)  
 11:30 Walking Club w/ Veronica (P)  
 12:15 Chair Aerobics (P)  
**1:30 PAL's Pet Therapy (S) (SE)**  
 1:30 Active Craft Stations (P) (E)  
 2:00 John Clare Poetry: Reading and Writing w/ Eric (S) (C)  
 2:30 Chair Stretches (P)  
 2:45 Discuss & Recall: Family Pets (C)(S)  
 3:00 Jeopardy! (C)  
 3:45 Composer's Club: *Jersey Boy's* (S)  
 4:15 Trivia! Famous Fifties Facts (C)  
 4:30 Combined Balloon Volley (P)  
 4:45 Short Story Group (S)

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8:00 Sketching w/ Sayed (SE)  
 8:30 Scrambled Eggs (C)  
**10:00 Guitar w/ Steve (P)**  
 11:30 *This Week in Science* w/ Rick (C)  
 12:00 Chime Choir w/ Rick (S)  
 1:30 Brain Fitness (C)  
 2:00 Finish that Famous Line (C)  
 2:30 *Obscure Animals of the Wild: Steve Irwin* (C)  
 3:15 Animal Antics: Name that Dog Breed w/ Lois (C) (S)  
 3:45 Composer's Club: Ella Fitzgerald w/ Carol (S)  
 4:15 *You be the Judge!* Famous Court Cases (C)  
 4:30 Active Game: Trivia Beach Ball Toss (C) (P)

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8:30 Adult Coloring Group (E)  
 9:15 Coffee & Conversations w/ Ruth B (S)  
 10:00 Morning Jazzercise w/ Annette (P)  
 10:45 Fitness Group (P)  
 11:00 Walking Club w/ Sarah (P)  
 11:30 Discussions w/ Katie: *Famous Questions* (S) (C)  
 12:00 *Transitions* Active Game (P)  
 1:30 Arts and Craft Stations (E)  
 2:00 Name 5: Female Names (C)  
 2:30 Musical Program: Jitterbug Dance (C) (S)  
 3:30 Spring Sing w/ Katie (S)  
 4:00 Bean Bag Toss (P)  
 4:30 Trivia! (C)

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8:30 Writing Exercises w/ Bob (C)  
 9:15 Expressive Cabinet Activities (E)  
**10:00 Music Therapy w / Peg (S)**  
 10:45 Resistance Band Exercises (P)  
 11:30 Designing a Vacation: A Trip to Jamaica (C)  
**11:30 Art Therapy w/ Sally (S) (SE)**  
 12:15 Name 5: Famous Presidents (C)  
 2:00 Word in a Word: *US States Edition* (C)  
**2:00 Spiritual Group w/ Bob (SP)**  
 2:30 Group Bowling (P)  
 3:00 Composer's Club: *The Four Seasons* (S)  
 3:30 Bean Toss and and Favorite Trivia (P)  
 4:15 Piano Stylings w/ Annette (S)  
 4:30 Discussion: Current Events (S)

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8:30 Current Events Discussion w/ Marilu (C)  
 9:00 Puzzle Group w/ Fred (C)  
 10:00 **Music w/ Jessica (C)(S)**  
 10:45 US State Trivia w/ Gordon (C)  
 11:30 *Life and Story*: Abraham Lincoln (C)  
 1:30 Participant's Choice (S)  
 2:00 Famous Phonetics: World's Strangest Words (C) (E)  
**2:30 Tai Chi w/ Cynthia (SP)(P)**  
 3:15 *The Beatles* w/ David (S)  
**4:00 Music Stylings w/ Wendy (S)**  
 4:45 History of the World: Famous Places w/ Ellie (C)  
 5:00 Music Enhancement: 18<sup>th</sup> C. Waltzes w/ Fred (S)

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## IMCC CLOSED FOR PRESIDENT'S DAY!

8:00 Sketching w/ Sayed (SE)  
 8:30 Scrambled Eggs (C)  
 10:00 Discussion w/ Rodney: *Oddities* (C)  
**11:30 Men's Small Group w/ Rick (S)**  
**11:30 Tea and Treats w/ Annette (S)**  
 1:30 Brain Fitness: Word Finding (C)  
**2:00 Pet Visit w/ Brawny (SE)**  
 2:30 Discuss and Recall: Family Recipes\* (C) (S)  
 3:30 Musical Social: Dean Martin Classics (S)  
 4:00 Bean Bag Toss (P)  
 4:30 Perry Como: Famous Hits and History (S) (C)

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8:30 Cognitive Cabinet Activities w/ Jean (C)  
 9:15 Coffee & Conversations (S)  
 10:00 BeBalanced Stretches (P)  
 10:30 Global Citizen Spotlight: *Rosa Parks Life and Actions* (C)  
 11:30 Eat, Wear or Drive w/ Katie (C)  
 11:30 *Transitions* Crafting Corner w/ Annette (E)  
 1:30 Brain Fitness: Word Scrambles (C)  
 2:00 Composer's Club: Barry Manilow (S)  
 2:45 Bean Bag Toss and Trivia (P) (C)  
 3:30 Fifties Music Social (S)  
 3:45 Famous Faces *Hollywood Heroes* (C)  
 4:15 Reading Circle w/ Gordon: George Washington (S)  
 4:45 All About Orlando w/ Katie (C)

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8:30 Writing Exercises Activities w/ Bob (C)  
 9:15 Expressive Cabinet Activities (E)  
**10:00 Music Therapy w / Peg (S)**  
 10:45 Fitness Group w/ Rick (P)  
**11:30 Art w/ Sally (E)**  
 11:30 *Name that President: Famous Faces w/ James* (C)  
 1:30 Name 5! *Baby Names* (C)  
**2:00 Spiritual Group w/ Bob (SP)**  
 2:30 Disc Toss (P)  
 3:00 Be Balanced: Chair Stretching (P)  
 3:45 Composer's Club: *Tchaikovsky Compositions w/ Fred* (S)  
 4:00 Active Cognitive Stations (P) (C)  
 4:30 Active Game: Trivia Beach Ball Toss (C) (P)

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8:30 Coffee & Conversations (S)  
 9:15 Morning Trivia w/ Cora (C)  
**10:00 Zumba w/ Katelyn (P)**  
 10:00 Fred's Puzzle Group (C)  
 10:45 Presidential Trivia w/ Ellie (C)  
 11:30 Life and Biography Discussion: *Our First President George Washington* (C) (S)  
 1:30 Participant's Choice  
 2:00 Designing a Vacation w/ Susan: *A Trip to Ireland* (C)  
**2:30 Tai Chi w/ Cynthia (SP)(P)**  
 3:15 Active Basketball and Tunes (C)  
 3:45 Composer History: Elton John (S)  
 4:00 Musical Stylings w/ Wendy (S)  
 4:45 British Music Social (S)

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8:30 Cognitive Cabinet Activities w/ Jean (C)  
 9:15 Coffee & Conversations (S)  
 10:00 Ellie's Flexibility Class (P)  
 10:30 Dog-onnit! *Breeds Discussion* (S)  
 11:30 Walking Club w/ Veronica (P)  
 11:30 Name that Musical w/ Carol W. (S)  
 12:15 Trivia Beach Ball Toss (P)  
**1:30 PAL's Pet Therapy (S) (SE)**  
 1:30 Active Craft Stations (P) (E)  
 2:00 Word in a Word (C)  
 2:30 Chair Stretches (P)  
 2:45 Discuss & Recall: Life's Milestones (C) (S)  
 3:15 Composer's Club: *The Supremes' Life and Music* (S)  
 4:30 Combined Balloon Volley (P)

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8:30 Adult Coloring w/ Sayed (E)  
 9:15 Puzzle Group (C)  
**10:00 Music w/ Frank (S)**  
 11:30 Discuss and Recall: History of Leap Year (C)  
 1:30 Participant's Choice (S)  
 1:30 Brain Fitness: Fill in the Blank (C)  
**2:00 Pet Visit w/ Brawny (SE)**  
 2:30 World's Tallest Building (C) (S)  
 3:30 Jazz Music Social (S)  
 4:00 Bean Bag Toss (P)  
 4:30 Elvis Presley: Famous Hits and History (S) (C)

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8:30 Adult Coloring Group (E)  
 9:15 Coffee & Conversations w/ Ruth B (S)  
 10:00 Discuss & Recall: Animal Antic Discussions w/ Fay (C) (S)  
 10:45 Racing through the Decades (P)  
 11:00 Walking Club (P)  
 11:30 Architecture Appreciation: *Famous European Structures* w/ Bob & Michael (S) (C)  
 12:00 Global Citizen Spotlight: *Justin Trudeau* (C)  
**1:30 Friendship Support Group w/ Ellie & Shasta (SP)**  
 1:30 Music Enhancement (S)  
 2:30 Designer Discussion: Poodle Skirts (S)  
**3:30 Katelyn's Birthday Party!! (S)**  
 3:45 Composer's Club: Katelyn's Favorite Tunes (S) (C)  
 4:30 Active Game (P)

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8:30 Writing Exercises Activities w/ Bob (C)  
 9:15 Expressive Cabinet Activities (E)  
**10:00 Music Therapy w / Peg (S)**  
 10:45 Fitness Group (P)  
 11:30 **Art w/ Sally (E)**  
 11:30 Discuss and Recall: American Military Bases (C)(S)  
 1:30 Brain Fitness: Word Finding (C)  
**2:00 Spiritual Group w/ Bob (SP)**  
 2:30 Composer's Club: Tony Bennett Music Stylings and History w/ Bill E. (S)  
 3:30 You be the Judge w/ Andy: *Sticky Situations* (C) (S)  
 4:00 Famous Love Poems w/ Lois (C)  
 4:30 Dance Appreciation: *The Rumba* (S)  
 5:00 Famous 40s Music Appreciation (S)

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**Blue: Snack 11:00 & 3:30**  
**Orange: Snack 11:30 & 3:30**  
**Blue: Lunch 12:30**  
**Orange Lunch 12:45**  
**Activity Domain Key**  
 Physical (P)  
 Social (S)  
 Cognitive (C)  
 Expressive (E)  
 Sensory (SE)  
 Spiritual (SP)