

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2020

INSPIRE HEALTH & REHAB CENTER

2131 OST NW, WDC

INSPIRE HEALTH & REHAB CENTER 2131 OST NW, WDC							
11am Communion 2 w/Minister Coles(MD) 1pm Room Visits(AF) 3pm Family & Friends Visits(AF) Groundhog Day	10:30 Coffee 3 Social(MD) 11am Trivial Pursuit 2:30 Call out the Answer(MD) Room Visits(3) Sensory Stimulation(2)	10:30 Coffee 4 Social(MD) 11am Back Down Memory Lane Holistic Group(3) 2:30 Movie & Popcorn(MD) Room Visits(2)	10:30 Coffee 5 Social(MD) 11am Sing Along(MD) 2:30 Women's & Men's Group(MD) Room Visits(5) Nail Care(4)	10:30 Coffee 6 Social(MD) 11am Music Appreciation w/James Yarsky(MD) 2:30 BINGO(MD) Room Visits(4) Discussion Group(5) Pet Therapy(AF)	10:30 Coffee 7 Social(MD) 11am Karaoke Time(MD) 2:30 Super Bowl Highlight Bash Happy Hour(MD)	11am Movie 8 Matinee(MD) 1pm Room Visits(MD) 3pm Family & Friends Visits(AF)	
11am Worship 9 Services w/ Temple of Praise(MD) 1pm Room Visits(AF) 3pm Catholic Mass(RL) Room Visits(AF)	10:30 Coffee 10 Social(MD) 11am Black History Discussion Group(MD) 2:30 Name That Tune(MD) Balloon Toss(4)	10:30 Coffee 11 Social(MD) 11am Bus Trip Outing(Movies) 2:30 Movie & Popcorn(MD) Room Visits(2)	10:30 Coffee 12 Social(MD) 11am Sing Along(MD) Room Visits(5) 2:30 Monthly Birthday Celebration(MD)	10:30 Coffee 13 Social(MD) 11am Move Your Body(MD) 2:30 BINGO(MD) Room Visits(4) Holistic Group(5) Pet Therapy(AF)	10:30 Coffee 14 Social(MD) 11am Valentine's Day Fundraiser(MD) 2:30 Sweet Heart Ball w/Bill Davis(MD) Valentine's Day	11am Movie 15 Matinee (MD) 1pm Room Visits(AF) 3pm Family & Friends Visits(AF)	
11am Worship 16 Services w/Save A Life Ministries(MD) 1pm Room Visits(AF) 3pm Family & Friends(AF)	10:30 Coffee 17 Social(MD) 11am Discussion Group(MD) 2:30 President's Day Trivia Presidents' Day (US)	10:30 Coffee 18 Social(MD) 11am Reminiscing Group(MD) Holistic Group(3) 2:30 Movie & Popcorn(MD) Room Visits(2)	10:30 Coffee 19 Social(MD) 11am Sing Along(MD) 2:30 Celebrating Life Service(MD)	10:30 Coffee 20 Social(MD) 11am Move your Body(MD) 2:30 BINGO(MD) Room Visits(4) Pet Therapy(AF)	10:30 Coffee 21 Social(MD) 11am Karaoke Time(MD) 2:30 I Love the 90's Happy Hour(MD).	10:30 New Born 22 Church Resident Appreciation Party(MD) 1pm Room Visits(AF) 3pm Family & Friends Visits(AF)	
11am Worship 23 Services w/Temple of Praise(MD) 1pm Room Visits(AF)	10:30 Coffee 24 Social(MD) 11am Trivial Pursuit(MD) Room Visits(3) 2:30 Arts N Craft(MD)	10:30 Coffee 25 Social(MD) 11am Call out the Answer(MD) Holistic Group(3) 2:30 Movie & Popcorn(MD)	10:30 Coffee 26 Social(MD) 11am Sing Along(MD) 2:30 Mardi Gras Celebration w/Brian Rudolph(MD)	10:30 Coffee 27 Social(MD) 11am Sing Along(MD) 2:30 Resident Council Meeting(MD) Pet Therapy(AF)	10:30 Coffee 28 Social(MD) 11am Karaoke Time(MD) 2:30 Happy Hour(MD)	11am Movie 29 Matinee(MD) 1pm Room Visits(AF) 3pm Family & Friends Visits(AF)	Leap Day

ALL ACTIVITIES ARE SUBJECT TO CHANGE! LOCATION CODES: MD-(Main Dining Room) AF- (All Floors) RL-(Resident's Lounge)