

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

PC
Personal Care
Discovery Villages at
Sugarloaf

No Activities Team today. 7
We will see you tomorrow!!!!

No Activities Team today. 14
We will see you tomorrow!!!!

No Activities Team today. 21
We will see you tomorrow!!!!

No Activities Team today. 28
We will see you tomorrow!!!!
Theater Room open All Day.
See front desk for help.

10:00 (2FD) Cozy Corner & Coffee. Brain teasers for the week.
10:30 (2FD) Devotional Meal Times (DR) Make a new Friend, Mentor Information
1:30 (2FD) Bingo
3:00 (2FD) Silver sneakers Exercise

8 10:00 (2FD) Cozy Corner & Coffee. Brain teasers for the week.
10:30 (2FD) Devotional Meal Times (DR) Request Monday Music
1:30 (2FD) Bingo
3:00 (2FD) Silver sneakers Exercise

15 10:00 (2FD) Cozy Corner & Coffee. Brain teasers for the week.
10:30 (2FD) Devotional Meal Times (DR) Request Monday Music
1:30 (2FD) Bingo
3:00 (2FD) Silver sneakers Exercise

22 10:00 (2FD) Cozy Corner & Coffee. Brain teasers for the week.
10:30 (2FD) Devotional Meal Times (DR) Request Monday Music
1:30 (2FD) Bingo
3:00 (2FD) Silver sneakers Exercise

2 10:00 (2FD) Hot Tea Tuesday, Pick your favorite flavor & Chronicles
10:30 (2FD) Devotional Meal Times (DR) Trivia Tuesday
12:30 (2FD) Exercise
1:30 (2FD) Bingo
1:30 (B) Pick Up a quick Groundhog Goodie to go!

9 9:30-10:30 (2FD) History of Valentines Day & Coffee
10:30 (2FD) Devotional Meal Times (DR) Trivia Tuesday
12:30 (2FD) Exercise
1:30 (2FD) Bingo
3:00 (2FD) Make Conversation Hearts

16 9:30-10:30 (2FD) All about Mardi Gras & Coffee
10:30 (2FD) Devotional Meal Times (DR) Heart Healthy Food Demonstration, Dark Chocolate and Alcohol Free Red Wine. Take a treat with you!
12:30 (2FD) Exercise
1:30 (2FD) Bingo

23 10:00 (2FD) Coffee & Chronicles
10:30 (2FD) Devotional Meal Times (DR) Trivia Tuesday
12:30 (2FD) Exercise
1:30 (2FD) Bingo
2:30 (2FD) Love a Charity: Help make Dog Treats to Donate!!

3 9:30 (2FD) Make a Bird Feeder
10:30 (2FD) Devotional Meal Times (DR) Games
1:30 (2FD) Bingo
3:15 (2FD) Exercise Your Heart Muscles

10 9:30 (2FD) Crafts & Coffee
10:30 (2FD) Devotional Meal Times (DR) Games
1:30 (2FD) Bingo
3:15 (2FD) Exercise Your Heart Muscles
3:00 (CR) Nails and Aroma Therapy BY APPOINTMENT ONLY. Sign up at Front Desk

17 9:30 (2FD) Crafts & Coffee
10:30 (2FD) Devotional; Ash Wednesday Meal Times (DR) Games
1:30 (2FD) Bingo
3:15 (2FD) Exercise Your Heart Muscles

24 9:30 (2FD) Crafts & Coffee
10:30 (2FD) Devotional Meal Times (DR) Games
1:30 (2FD) Bingo
3:15 (2FD) Exercise Your Heart Muscles
3:00 (CR) Nails and Aroma Therapy BY APPOINTMENT ONLY. Sign up at Front Desk

4 9:30 (2FD) Heart Health Meditation
10:30 (2FD) Devotional Meal Times (DR) Trivia
1:30 (2FD) Bingo
3:00 (2FD) Heart felt Crafts
3:00 (CR) Nails and Aroma Therapy BY APPOINTMENT ONLY. Sign up at Front Desk

11 9:30 (2FD) Heart Health Meditation
10:30 (2FD) Devotional Meal Times (DR) Food Forum
1:30 (2FD) Bingo
3:00 (2FD) Friendship Bracelets

18 9:30 (2FD) Heart Health Meditation
10:30 (2FD) Devotional Meal Times (DR) Trivia
1:30 (2FD) Bingo
3:00 (2FD) Heart felt Crafts
3:00 (CR) Nails and Aroma Therapy BY APPOINTMENT ONLY. Sign up at Front Desk

25 9:30 (2FD) Heart Health Meditation
10:30 (2FD) Devotional Meal Times (DR) Trivia
1:30 (2FD) Bingo
3:00 (2FD) Heart felt Crafts

5 9:30 (2FD) Cozy Corner & Coffee. Get Your Weekend Packets!
10:30 (2FD) Devotional Meal Times (DR) Bring Your COMPLETED Brain Teasers for a Prize!!
1:30 (2FD) Bingo
3:00 (2FD) Step by Step Rose Drawing Contest
National Bubble Gum Day

12 9:30 (2FD) Cozy Corner & Coffee. Get Your Weekend Packets!
10:30 (2FD) Devotional Meal Times (2FD) Bring Your COMPLETED Brain Teasers for a Prize.
1:30 (2FD) Bingo
3:00 (2FD) Make a Friendship Bracelet
National Wear your Red Day. American Heart Association

19 9:30 (2FD) Cozy Corner & Coffee. Get Your Weekend Packets!
10:30 (2FD) Devotional Meal Times (DR) Bring Your COMPLETED Brain Teasers for a Prize.
1:30 (2FD) Bingo
3:00 (2FD) Games with Tricia & Happy Hour

26 9:30 (2FD) Cozy Corner & Coffee. Get Your Weekend Packets!
10:30 (2FD) Devotional Meal Times (DR) Bring Your COMPLETED Brain Teasers for a Prize.
1:30 (2FD) Bingo
3:00 (2FD) Games with Tricia

6 No Activities Team today.
We will see you Monday!!!!

13 No Activities Team today.
We will see you Monday!!!!

20 No Activities Team today.
We will see you Monday!!!!

27 No Activities Team today.
We will see you Monday!!!!

PC

February

(CR) Craft Room (FL) Front Lobby (DR) Dining Room (B) Bistro (2FD) Second floor Den

Discovery Villages Activities at Sugarloaf are subject to change due to availability, weather and/or COVID restrictions

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

IL
Independent Living
Discovery Villages at
Sugarloaf

1
 9:30 (TR) Cozy Corner & Coffee. Brain teasers for the week.
 10:30 (TR) Devotional
 11:00 (ER) Exercise
 2:00 (FL) Silver sneakers
 2:00 (TR) MOVIE & POPCORN "The Notebook"
 4:00 (TR) Happy Hour

2
 9:30 (TR) Hot Tea Tuesday, Pick your favorite flavor & make Conversation Hearts
 10:30 (TR) Devotional
 11:00 (ER) Exercise
 2:00 (FL) Silver Sneakers
 3:00 (B) Make a quick Groundhog Goodie to go!
 4:00 (FL) Trivia Tuesday
Sign up for Kroger tomorrow
 Groundhog Day

3
 10:00 (TR) Make a new friend, Mentoring Crafting & Coffee
 11:00 (TR) Devotional
 11:00 (ER) Exercise
 2:00 (FL) Silver Sneakers
 2:00 (FL) Kroger
 4:00 (FL) Games and Social
 National Feed the Birds Day

4
 9:30 (TR) Coffee & Chronicles
 10:30 (TR) Devotional
 11:00 (ER) Exercise
 2:00 (FL) Silver Sneakers
 3:00 (B) Heart felt Crafts
 4:00 (FL) Games and Social
Sign Up for Walmart tomorrow
 Thank a Mailman Day

5
 9:30 (TR) Cozy Corner & Coffee
 10:30 (TR) Devotional
 11:00 (ER) Exercise
 2:00 (FL) Silver sneakers
 2:00 (FL) Walmart
 4:00 (TR) Happy Hour
 National Bubble Gum Day
 Prizes for COMPLETED Brain Teasers

6
 No Activities Team today.
 We will see you Monday!!!!
 Theater Room open All Day.
 See front desk for help.

7
 No Activities Team today.
 We will see you tomorrow!!!!
 Theater Room open All Day.
 See front desk for help.
 Send a Card to a Friend day

8
 9:30 (TR) Cozy Corner & Coffee. Brain teasers for the week.
 10:30 (TR) Devotional
 11:00 (ER) Exercise
 2:00 (FL) Silver sneakers
 2:15 (TR) MOVIE & POPCORN "Sylvie's Love"
 4:00 (TR) Happy Hour

9
 9:30-10:30 (TR) History of Valentines Day & Coffee
 11:30 (ER) Exercise
 2:00 (FL) Silver Sneakers
 2:30 (TR) Food Forum
 4:00 (FL) Trivia Tuesday
Sign up for Kroger tomorrow
 National Pizza Day

10
 10:00 (TR) Make a new friend, Mentoring Crafting & Coffee
 11:00 (TR) Devotional
 11:00 (ER) Exercise
 2:00 (FL) Silver Sneakers
 2:00 (FL) Kroger
 4:00 (FL) Games and Social

11
 9:30 (TR) Coffee & Chronicles
 10:30 (TR) Devotional
 11:00 (ER) Exercise
 2:00 (FL) Silver Sneakers
 3:00 (B) Heart felt Crafts
 4:00 (FL) Games and Social
Sign Up for Walmart tomorrow
 Make a Friend Day

12
 9:30 (TR) Cozy Corner & Coffee
 10:30 (TR) Devotional
 11:00 (ER) Exercise
 2:00 (FL) Silver sneakers
 2:00 (FL) Walmart
 4:00 (TR) Happy Hour with Reggie, Live Music
WEAR YOUR RED TODAY
 Abraham Lincoln's Birthday
 Prizes for COMPLETED Brain Teasers

13
 No Activities Team today.
 We will see you Monday!!!!
 Theater Room open All Day.
 See front desk for help.

14
 No Activities Team today.
 We will see you tomorrow!!!!
 Theater Room open All Day.
 See front desk for help.
 Valentine's Day

15
 9:30 (TR) Cozy Corner & Coffee. Brain teasers for the week.
 10:30 (TR) Devotional
 11:00 (ER) Exercise
 2:00 (FL) Silver sneakers
 2:30 (TR) MOVIE & Popcorn "I Can Only Imagine"
 4:00 (TR) Happy Hour
 Presidents' Day

16
 9:30 (TR) Coffee & Chronicles
 10:30 (TR) Devotional
 11:00 (ER) Exercise
 2:00 (FL) Silver Sneakers
 3:45 (FL) Mardi Gras Pretzels to go
 4:00 (FL) Mardi Gras Social
Sign up for Kroger tomorrow
 Mardi Gras

17
 10:00 (TR) Make a new friend, Mentoring Crafting & Coffee
 11:00 (TR) Devotional
 11:00 (ER) Exercise
 2:00 (FL) Silver Sneakers
 2:00 (FL) Kroger
 4:00 (FL) Games and Social
 Random Acts of Kindness Day
 Ash Wednesday

18
 9:30 (TR) Coffee & Chronicles
 10:30 (TR) Devotional
 11:00 (ER) Exercise
 2:00 (FL) Silver Sneakers
 3:00 (B) Heart Felt Crafts
 4:30-5:30 (TR) Marketing Meet and Greet
Sign Up for Walmart tomorrow
 National Drink Wine Day

19
 9:30 (TR) Cozy Corner & Coffee
 10:30 (TR) Devotional
 11:00 (ER) Exercise
 2:00 (FL) Silver sneakers
 2:00 (FL) Walmart
 4:00 (TR) Happy Hour. Heart Healthy Food Tasting. Benefits of Red Wine and Dark Chocolate
 National Chocolate Mint Day
 Prizes for COMPLETED Brain Teasers

20
 No Activities Team today.
 We will see you Monday!!!!
 Theater Room open All Day.
 See front desk for help.

21
 No Activities Team today.
 We will see you tomorrow!!!!
 Theater Room open All Day.
 See front desk for help.

22
 9:30 (TR) Cozy Corner & Coffee. Brain teasers for the week.
 10:30 (TR) Devotional
 11:00 (ER) Exercise
 2:00 (FL) Silver sneakers
 2:15 (TR) MOVIE & POPCORN "Sleepless in Seattle"
 4:00 (TR) Happy Hour
 George Washington's Birthday
 National Margarita Day

23
 9:30 (TR) Coffee & Chronicles
 10:30 (TR) Devotional
 11:00 (ER) Exercise
 2:00 (FL) Silver Sneakers
 2:30 (B) Love a Charity Help make Dog Treats to Donate
 4:00 (FL) Trivia Tuesday
Sign up for Kroger tomorrow
 Tennis Day

24
 10:00 (TR) Make a new friend, Mentoring Crafting & Coffee
 11:00 (TR) Devotional
 11:00 (ER) Exercise
 2:00 (FL) Silver Sneakers
 2:00 (FL) Kroger
 4:00 (FL) Games and Social
 National Tortilla Chip Day

25
 9:30 (TR) Coffee & Chronicles
 10:30 (TR) Devotional
 11:00 (ER) Exercise
 2:00 (FL) Silver Sneakers
 3:00 (B) Heart Felt Crafts
 4:00 (FL) Games and Social
Sign Up for Walmart tomorrow
 Purim Begins

26
 9:30 (TR) Cozy Corner & Coffee
 10:30 (TR) Devotional
 11:00 (ER) Exercise
 2:00 (FL) Silver sneakers
 2:00 (FL) Walmart
 4:00 (TR) Happy Hour
 Prizes for COMPLETED Brain Teasers

27
 No Activities Team today.
 We will see you Monday!!!!
 Theater Room open All Day.
 See front desk for help.

28
 No Activities Team today.
 We will see you tomorrow!!!!
 Theater Room open All Day.
 See front desk for help.
 National Chili Day

February
 (CR) Craft Room (FL) Front Lobby (TR) Theater Room (DR) Dining Room

Discovery Villages Activities at Sugarloaf are subject to change due to availability, weather and/or COVID restrictions

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>MC Memory Care Discovery Villages at Sugarloaf</p>	<p>Coffee & Chronicles 1 Make a New Friend Crafters Corner, All about The Heart Minds in Motion Picture Trivial Name that Animal Sound Sing-A-Long Karaoke Make your snack & Drink</p>	<p>Coffee & Chronicles 2 Make a New Friend Crafters Corner, Ground Hog Art Name that Tune Tuesday Balloon Volleyball Soothing Sounds Social Groundhog Goodies! "Ground Hogs Day" Movie Groundhog Day</p>	<p>Coffee & Chronicles 3 Make a New Friend Crafters Corner, Make a Bird Feeder Mix and Match Mind Games What's that Texture Night time Devotional Story Unwind Wednesday Movie National Feed the Birds Day</p>	<p>Coffee & Chronicles 4 Make a New Friend Crafters Corner, All about The Heart Cards for the Mailman Turn Back Time Thursday Name that Sound Silver Sneakers Walk Aroma Therapy Thank A Mailman Day</p>	<p>Coffee & Chronicles 5 Make a New Friend Crafters Corner, All about The Heart Historical Love Stories Seek and Find it Friday The Heart is Non Denominational Friday Night at the Movies National Bubble Gum Day</p>	<p>Coffee & Chronicles 6 Make a New Friend Crafters Corner, All about The Heart Aim for the Heart Toss Heart Health Meditation Sing-A-Long Karaoke Funny Animal Videos</p>
<p>Coffee & Chronicles 7 Make a New Friend Crafters Corner, All about The Heart Devotional Who am I Trivia Oldies But Goodies Music Sunset Sunday Yoga</p>	<p>Coffee & Chronicles 8 Make a New Friend Crafters Corner, All about The Heart Minds in Motion Picture Trivial Name that Animal Sound Sing-A-Long Karaoke Make your snack & Drink</p>	<p>Coffee & Chronicles 9 Make a New Friend Crafters Corner, Conversation Heart Cards Soothing Sounds Social Name that Tune Tuesday Balloon Volleyball Hot Tea Tuesday, Find your Favorite</p>	<p>Coffee & Chronicles 10 Make a New Friend Crafters Corner, All About the Heart Mix and Match Mind Games What's that Texture Night time Devotional Story Unwind Wednesday Movie</p>	<p>Coffee & Chronicles 11 Make a New Friend Crafters Corner, All about The Heart Turn Back Time Thursday Name that Sound Silver Sneakers Walk Aroma Therapy Make a Friend Day</p>	<p>Coffee & Chronicles 12 Make a New Friend Crafters Corner, All about The Heart History Of Valentines Day Seek and Find it Friday Old Gospel Music Friday Night at the Movies National Wear Red Day, American Heart Association</p>	<p>Coffee & Chronicles 13 Make a New Friend Crafters Corner, All about The Heart Aim for the Heart Toss Heart Health Meditation Sing-A-Long Karaoke Funny Animal Videos</p>
<p>WEAR YOUR RED 14 Make a New Friend Valentines Day Advice from our Community Devotional Who am I Trivia Oldies But Goodies Music Sunset Sunday Yoga Valentine's Day</p>	<p>Coffee & Chronicles 15 Make a New Friend Crafters Corner, All about The Heart Minds in Motion Presidential Trivial Name that Animal Sound Sing-A-Long Karaoke Make your snack & Drink Presidents' Day</p>	<p>Coffee & Chronicles 16 Make a New Friend Crafters Corner, Mardi Gras Soothing Sounds Social Name that Tune Tuesday Bead Toss Heart Healthy Food Demonstration. Make Dark Chocolate Pretzels and Alcohol Free Red Wine. Mardi Gras</p>	<p>Coffee & Chronicles 17 Make a New Friend Crafters Corner, All About the Heart Mix and Match Mind Games What's that Texture Meaning of Ash Wednesday Unwind Wednesday Movie Ash Wednesday</p>	<p>Coffee & Chronicles 18 Make a New Friend Crafters Corner, All about The Heart Turn Back Time Thursday Name that Sound Silver Sneakers Walk Aroma Therapy</p>	<p>Coffee & Chronicles 19 Make a New Friend Crafters Corner, All about The Heart Reminiscing Social Seek and Find it Friday Old Gospel Music Friday Night at the Movies National Chocolate Mint Day</p>	<p>Coffee & Chronicles 20 Make a New Friend Crafters Corner, All about The Heart Aim for the Heart Toss Heart Health Meditation Sing-A-Long Karaoke Funny Animal Videos</p>
<p>Coffee & Chronicles 21 Make a New Friend Crafters Corner, All about The Heart Devotional Who am I Trivia Oldies But Goodies Music Sunset Sunday Yoga</p>	<p>Coffee & Chronicles 22 Make a New Friend Crafters Corner, All about The Heart Minds in Motion Picture Trivial Name that Animal Sound Sing-A-Long Karaoke Make your snack & Drink George Washington Birthday National Margarita Day</p>	<p>Coffee & Chronicles 23 Make a New Friend Crafters Corner, Color me Crazy Art Soothing Sounds Social Name that Tune Tuesday Balloon Volleyball Love A Charity: Help make Home aid Dog Treats!!! National Tennis Day</p>	<p>Coffee & Chronicles 24 Make a New Friend Crafters Corner, All About the Heart Mix and Match Mind Games What's that Texture Night time Devotional Story Unwind Wednesday Movie National Tortilla Chip Day</p>	<p>Coffee & Chronicles 25 Make a New Friend Crafters Corner, All about The Heart Turn Back Time Thursday Name that Sound Silver Sneakers Walk Aroma Therapy Purim Begins</p>	<p>Coffee & Chronicles 26 Make a New Friend Crafters Corner, All about The Heart Exercise Your Heart Muscle Seek and Find it Friday The Heart is Non Denominational...Video Friday Night at the Movies</p>	<p>Coffee & Chronicles 27 Make a New Friend Crafters Corner, All about The Heart Aim for the Heart Toss Heart Health Meditation Sing-A-Long Karaoke Funny Animal Videos</p>
<p>Coffee & Chronicles 28 Make a New Friend Crafters Corner, All about The Heart Devotional Who am I Trivia Oldies But Goodies Music Sunset Sunday Yoga National Chili Day</p>	 <p style="text-align: center;">February 2021 MC Discovery Villages at Sugarloaf</p> 					

Type the name, address, and other information about your community/company here.