


McKinley Health Center Monthly Activity Calendar - February 2021

Sunday	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Calendar subject to change	1		2	Ground Hog Day	3	Kim 11-7	4		5	Wear Red Day	6	
		9:30AM Good News - CCLR	9:30AM Good News - CCLR	9:30AM Good News - CCLR	9:30AM Wellness Wake Up - CCLR	9:30AM Wellness Wake Up - CCLR	9:30AM Good News - CCLR	9:30AM Good News - CCLR	9:30AM Good News - CCLR	9:30AM Good News - CCLR	9:30-10:30AM Spread the News - CO	
		9:45AM Morning Stretches - CCLR	9:45AM Mass live Stream - CCDR2	9:45AM Mass live Stream - CCDR2	11AM Wellness 1 on 1's	11AM Wellness 1 on 1's	9:45AM Morning Stretches - CCLR	9:45AM Morning Stretches - CCLR	9:45AM Morning Stretches - CCLR	9:45AM Morning Stretches - CCLR	10:30AM Spread the News - RH	
		10AM Pretty Nails - CCAR	10AM Hymn Stories w/Ray - CCLR	10AM Hymn Stories w/Ray - CCLR	1:30PM Hymn Stories w/Ray Rehab	1:30PM Hymn Stories w/Ray Rehab	10AM Card Club - CCAR	10AM Card Club - CCAR	10AM Coffee Chats	10AM Coffee Chats	2- 3PM Bingo - PCDR	
		2 - 3:30PM Celebration Time - CCDR	10:30AM Worship Sing - CCLR	10:30AM Worship Sing - CCLR	2-3PM Bingo - CCDR	2-3PM Bingo - CCDR	2-3PM Church w/Pastor Baker - CCDR	2-3PM Church w/Pastor Baker - CCDR	2-3PM Resident's Choice	2-3PM Resident's Choice		
		6PM Brain Duster	2-3:30PM Groundhog Hunt - CCDR	2-3:30PM Groundhog Hunt - CCDR	4:15PM Exercise Class - CCLR	4:15PM Exercise Class - CCLR	4PM Word Search Whiz	4PM Word Search Whiz	5PM Trivia Time	5PM Trivia Time		
		5PM This Day In History	5PM This Day In History	6:00PM Valentine Craft w/Kim - CCAR	6:00PM Valentine Craft w/Kim - CCAR			6PM Game Night w/Gerry - CCAR	6PM Game Night w/Gerry - CCAR			
		6-7PM Gardening w/Gerry - CCAR	6-7PM Gardening w/Gerry - CCAR									
7	Super bowl	8		9		10		11		12	Lincoln's Birthday	13
9-10AM	Hymn Sing - CCLR	9:30AM Good News - CCLR	9:30AM Good News - CCLR	9:30AM Good News - CCLR	9:30-11AM Wellness 1 on 1's	9:30-11AM Wellness 1 on 1's	9:30AM Good News - CCLR	9:30AM Good News - CCLR	9:30AM Good News - CCLR	9:30AM Good News - CCLR	9:30-10:30AM Spread the News - CO	
1:30PM	Communion w/Pastor Ray Rehab	9:45AM Morning Stretches - CCLR	9:45AM Mass live Stream - CCDR2	9:45AM Mass live Stream - CCDR2	1:30PM Hymn Stories w/Ray Rehab	1:30PM Hymn Stories w/Ray Rehab	9:45AM Morning Stretches - CCLR	9:45AM Morning Stretches - CCLR	9:45AM Morning Stretches - CCLR	9:45AM Morning Stretches - CCLR	10:30AM Spread the News - RH	
2PM	Communion w/Pastor Ray	10AM Pretty Nails - CCAR	10AM Hymn Stories w/Ray - CCLR	10AM Hymn Stories w/Ray - CCLR	2-3PM Bingo - CCDR	2-3PM Bingo - CCDR	10AM Cookie Decorating - CCAR	10AM Cookie Decorating - CCAR	10AM Coffee Chats	10AM Coffee Chats	2- 3PM Bingo - PCDR	
		2 - 3:30PM Bowling - CCDR	10:30AM Worship Sing - CCLR	10:30AM Worship Sing - CCLR	4:15PM Exercise Class - CCLR	4:15PM Exercise Class - CCLR	2-3PM Church w/Pastor Baker - CCDR	2-3PM Church w/Pastor Baker - CCDR	2-3PM Resident's Choice	2-3PM Resident's Choice		
		6PM Brain Duster	2-3:30PM Music w/Linda - CCLR	2-3:30PM Music w/Linda - CCLR			4PM Word Search Whiz	4PM Word Search Whiz	5PM Trivia Time	5PM Trivia Time		
			5PM This Day In History	5PM This Day In History					6PM Game Night w/Gerry - CCAR	6PM Game Night w/Gerry - CCAR		
			6-7PM Gardening w/Gerry - CCAR	6-7PM Gardening w/Gerry - CCAR								
14	Valentine's Day	15	President's Day	16	Mardi Gras	17	Ash Wednesday	18		19	Kim Off	20
9- 10AM	Hymn Sing - CCLR	9:30AM Good News - CCLR	9:30AM Good News - CCLR	9:30AM Good News - CCLR	9:30AM Good News - CCLR	9:30AM Wellness Wake Up - CCLR	9:30AM Wellness Wake Up - CCLR	9:30AM Wellness Wake Up - CCLR	9:30AM Wellness Wake Up - CCLR	9:30AM Good News - CCLR	9:30AM Good News - CCLR	9:30-10:30AM Spread the News - CO
2-3PM	Livestream Curch - CCLR	9:45AM Morning Stretches - CCLR	9:45AM Mass live Stream - CCDR2	9:45AM Mass live Stream - CCDR2	11AM Wellness 1 on 1's	11AM Wellness 1 on 1's	9:45AM Morning Stretches - CCLR	9:45AM Morning Stretches - CCLR	9:45AM Morning Stretches - CCLR	9:45AM Morning Stretches - CCLR	9:45AM Morning Stretches - CCLR	10:30AM Spread the News - RH
3PM	Rehab Hymn Sing - HW	10AM Pretty Nails - CCAR	10AM Hymn Stories w/Ray - CCLR	10AM Hymn Stories w/Ray - CCLR	1:30PM Hymn Stories w/Ray Rehab	1:30PM Hymn Stories w/Ray Rehab	10AM Craft Club - CCAR	10AM Craft Club - CCAR	10AM Coffee Chats	10AM Coffee Chats	2- 3PM Bingo - PCDR	
		2 - 3:30PM Memory Hunt - CCDR	10:30AM Worship Sing - CCLR	10:30AM Worship Sing - CCLR	2-3PM Bingo - CCDR	2-3PM Bingo - CCDR	2-3PM Church w/Pastor Baker - CCDR	2-3PM Church w/Pastor Baker - CCDR	2-3PM Resident's Choice	2-3PM Resident's Choice		
		6PM Brain Duster	2-3:30PM Mardi Gras Party! - CCDR	2-3:30PM Mardi Gras Party! - CCDR	4:15PM Exercise Class - CCLR	4:15PM Exercise Class - CCLR	4PM Word Search Whiz	4PM Word Search Whiz	5PM Trivia Time	5PM Trivia Time		
			5PM This Day In History	5PM This Day In History	6:00PM Resident's Choice w/Kim	6:00PM Resident's Choice w/Kim			6PM Game Night w/Gerry - CCAR	6PM Game Night w/Gerry - CCAR		
			6-7PM Gardening w/Gerry - CCAR	6-7PM Gardening w/Gerry - CCAR								
21		22	Washington's Birthday	23		24		25		26		27
9- 10AM	Church Chats - IR	9:30AM Good News - CCLR	9:30AM Good News - CCLR	9:30AM Good News - CCLR	9:30-11AM Wellness 1 on 1's	9:30-11AM Wellness 1 on 1's	9:30AM Wellness Wake Up - CCLR	9:30AM Wellness Wake Up - CCLR	9:30AM Good News - CCLR	9:30AM Good News - CCLR	9:30-10:30AM Spread the News - CO	
2-3PM	Hymn Sing - HW	9:45AM Morning Stretches - CCLR	9:45AM Mass live Stream - CCDR2	9:45AM Mass live Stream - CCDR2	1:30PM Hymn Stories w/Ray Rehab	1:30PM Hymn Stories w/Ray Rehab	9:45AM Morning Stretches - CCLR	9:45AM Morning Stretches - CCLR	9:45AM Morning Stretches - CCLR	9:45AM Morning Stretches - CCLR	10:30AM Spread the News - RH	
3PM	Rehab Hymn Sing - HW	10AM Pretty Nails - CCAR	10AM Hymn Stories w/Ray - CCLR	10AM Hymn Stories w/Ray - CCLR	2-3PM Bingo - CCDR	2-3PM Bingo - CCDR	10AM Poetry Readings - CCAR	10AM Poetry Readings - CCAR	10AM Coffee Chats	10AM Coffee Chats	2- 3PM Bingo - PCDR	
		2 - 3:30PM Mocktail Party - CCDR	10:30AM Worship Sing - CCLR	10:30AM Worship Sing - CCLR	4:15PM Exercise Class - CCLR	4:15PM Exercise Class - CCLR	2-3PM Church w/Pastor Baker - CCDR	2-3PM Church w/Pastor Baker - CCDR	2-3PM Resident's Choice	2-3PM Resident's Choice		
		6PM Brain Duster	2-3PM Music w/Linda - CCLR	2-3PM Music w/Linda - CCLR			4PM Word Search Whiz	4PM Word Search Whiz	5PM Trivia Time	5PM Trivia Time		
			5PM This Day In History	5PM This Day In History					6PM Game Night w/Gerry - CCAR	6PM Game Night w/Gerry - CCAR		
			6-7PM Gardening w/Gerry - CCAR	6-7PM Gardening w/Gerry - CCAR								
28												
9-10AM	Church Chats - IR											
1:30PM	Church w/Pastor Ray Rehab											
2PM	Church w/Pastor Ray											

KEY

CCAR - Comprehensive Care Activity Room
 CCDR - Comprehensive Care Dining Room
 GC - Goodie Cart
 IR - In Room
 HW - Hallway
 RH - Rehab
 CCLR - Comprehensive Care Living Room
 CCDR2 - Secondary Comprehensive Care Dining Room

McKinley Health Center Family Visits
 Any resident who is not currently on covid restrictions or in isolation can have a "screen visit" with family/friends once a week.
 To schedule a "screen visit" call Bailey Reinard, Director of Life Enhancement and Wellness, at 849-0420
 Visits will be available Monday through Saturday with a time limit of 30 minutes.
Rules Include:

- Visits have to be scheduled at least one day in advance
- No more than 4 people permitted to visit at one time
- Masks are required
- If you have covid or any symptoms of covid you are not permitted on campus for a screen visit
- Any items that you want to bring your loved one must be dropped off at the drop off table in the main lobby. Items will not be accepted at the time of the visit.

What we've been up to:

In January the residents in Comprehensive Care were finally able to GO GREEN and participate in small group activities again! Activity staff celebrated with a Rock N' Roll themed party and cupcakes!!

Thank you to all family and community members who participated in our Stars of Gold fundraising event for Christmas gifts for our residents at Mckinley Health Center!

We are excited to be participating in activities outside of the residents rooms again. Dietary provided a great spread to be enjoyed while Linda played a musical concert for us via Zoom!

No matter what, We continue to Rejoice and Celebrate the lives of our residents!



McKinley Health Center



American



Heart Month

The Nation Goes Red in February

National Wear Red Day® - Friday, February 5, 2021

On the first Friday of every February, which is designated as **American Heart Month**, the nation comes together, igniting a wave of red from coast to coast. From landmarks to news anchors and neighborhoods to online communities; this annual groundswell unites millions of people for a common goal: the eradication of heart disease and stroke.

American Heart Month, a federally designated event, is an ideal time to remind Americans to focus on their hearts and encourage them to get their families, friends and communities involved.

-The first American Heart Month, which took place in February 1964, was proclaimed by President Lyndon B. Johnson via [Proclamation 3566](#) on December 30, 1963.

-The Congress, by joint resolution on that date, has requested the President to issue annually a proclamation designating February as American Heart Month.

-While American Heart Month is a federally designated month in the United States, it's important to realize that cardiovascular disease knows no borders.

