


McKinley Health Center Memory Support Monthly Activity Calendar - February 2021

Sunday	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday			
Calendar subject to change	1		2 Ground Hog Day		3		4		5 Wear Red Day		6			
	11AM	Sing A Long	9:00AM	Church Service	9:30AM	Paint With Me	9:00AM	Name That Tune	9:00AM	Beverly Hillbillies Reminisce	9:30AM	Reminisce		
	4PM	Ball Toss	10AM	Gospel Music	10AM	Piano Music	10AM	Short Stories	10AM	Target Toss				
	4:30PM	Name That Tune	3:30PM	Snoozelen	3:30PM	Elvis Reminisce	3:30PM	Relaxation Music	3:30PM	Reminisce With Me				
			3:45PM	Peaceful Music	4PM	Balloon Ball	3:45PM	Snoozelen	3:45PM	Sing A Long				
			4:15PM	Dramatic Reading					4:15PM	Chat Time				
7 Super bowl		8		9		10		11		12 Lincoln's Birthday		13		
10:30AM	Hymn Sing	9:30AM	Western Music	9:00AM	Church Service	9:30AM	Piano Music	9:00AM	Name That Tune	9:00AM	Funny Videos	9:30AM	Reminisce	
		10AM	Pretty Nails	10AM	Gospel Music	10AM	Water Painting	10AM	Valentine Craft	10AM	Game Day			
		3:30PM	Short Stories	3:30PM	Peaceful Music	3:30PM	Sing A Long	3:30PM	Ball Toss	3:30PM	Sing A Long			
		3:45PM	Chat Time	3:45PM	Snoozelen	4PM	Chat Time	3:45PM	Western Music	4:15PM	Chat Time			
				4:15PM	Dramatic Reading									
14 Valentine's Day		15 President's Day		16 Mardi Gras		17 Ash Wednesday		18		19		20		
10:30AM	Hymn Sing	11AM	Dining Room Music	9:00AM	Church Service	9:30AM	Reminisce	9:00AM	Peaceful Music	9:00AM	Sing A Long	9:30AM	Reminisce	
		4PM	Ball Toss	10AM	Gospel Music	10AM	Game Day	10AM	Snoozelen	10AM	Milkshake day			
			4:30PM	Johnny Cash Reminisce	3:30PM	Relaxation Music	3:30PM	Chat Time	3:30PM	Classical Music	3:30PM	Short Stories		
					3:45PM	Snoozelen	4PM	Sing A Long	3:45PM	Ball Toss	4:15PM	Chat Time		
					4:15PM	Dramatic Reading								
21		22 Washington's Birthday		23		24		25		26		27		
10:30AM	Hymn Sing	9:30AM	Funny Videos	9:00AM	Church Service	9:30AM	Piano Music	9:00AM	Name That Tune	9:00AM	Beverly Hillbillies Reminisce	9:30AM	Reminisce	
		10AM	Pretty Nails	10AM	Gospel Music	10AM	Game Day	10AM	Game Day	10AM	Pretty Nails			
		3:30PM	Relaxation Music	3:30PM	Ball Toss	3:30PM	Relaxation Music	3:30PM	Peaceful Music	3:30PM	Sing A Long			
		3:45PM	Snoozelen	4:15PM	Dramatic Reading	3:45PM	Snoozelen	3:45PM	Short Stories	4:15PM	Chat Time			
28		<div style="border: 1px solid black; padding: 5px;"> <p><u>McKinley Health Center Family Visits</u> 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:</p> <ul style="list-style-type: none"> 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. </div>												
10:30AM	Hymn Sing													

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 Memory Support

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.

