

# February 2023

Sun Mon Tue Wed Thu Fri Sat



**CHRISTIAN CARE**  
COMMUNITIES & SERVICES

ALLEN • FORT WORTH • MESQUITE



**Mardi Gras**

| Sun                                                                        | Mon                                                                                                                              | Tue                                                                                                                                                      | Wed                                                                                                                                                                                                                   | Thu                                                                                                                                  | Fri                                                                                                                                 | Sat                                                                                               |
|----------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
| <p>9:45 Church Service<br/>Anytime Puzzle<br/>Weekend Packet</p> <p>5</p>  | <p>10:00 Morning Hymns<br/>10:30 Bible Hunters<br/>11:00 Mexican Train<br/>1:00 Afternoon Social<br/>1:30 Nail IT!</p> <p>6</p>  | <p>10:00 AM Exercise<br/>10:30 Shake It Off<br/>11:00 Today's News<br/>1:00 Sip &amp; Chat<br/>2:00 Tuesday Bingo</p> <p>7</p>                           | <p>10:00 Work It Out<br/>10:30 Balloon Swat<br/>11:00 Bread of Life<br/>1:30 Tammy TV (16)<br/>2:00 Snack Time<br/>3:00 Wednesday Bingo</p> <p>8</p>                                                                  | <p>10:00 Resident Meeting<br/>1:00 Silver Sneakers<br/>1:30 Afternoon Prayer<br/>1:00 table Games<br/>2:00 Refreshments</p> <p>9</p> | <p>10:00 Morning Groove<br/>10:30 Brain Work<br/>11:00 Word Up<br/>1:00 Let's Get Together<br/>2:00 Friday Bingo</p> <p>10</p>      | <p>Magazines<br/>Current Events (TV)<br/>Western Shows (TV)<br/>All Day Table Games</p> <p>11</p> |
| <p>9:45 Church Service<br/>Anytime Puzzle<br/>Weekend Packet</p> <p>12</p> | <p>10:00 Morning Hymns<br/>10:30 Bible Hunters<br/>11:00 Mexican Train<br/>1:00 Afternoon Social<br/>1:30 Nail IT!</p> <p>13</p> | <p>Valentine's Day<br/>10:30 Shake It Off<br/>10:30 Hit the Balloon<br/>11:45 Jazz &amp; Lunch<br/>1:00 Capital Step<br/>2:00 Tuesday Bingo</p> <p>4</p> | <p>10:00 Work It Out<br/>10:30 Balloon Swat<br/>11:00 Bread of Life<br/>1:30 Tammy TV (16)<br/>2:00 Snack Time</p> <p>15</p>                                                                                          | <p>10:00 Silver Sneakers<br/>1:00 Balloon Toss<br/>1:30 Afternoon Prayer<br/>1:00 Table Games<br/>2:00 Refreshments</p> <p>16</p>    | <p>9:30 Morning Groove<br/>9:45 Brain Work<br/>10:00 Mom/ Daughters<br/>1:00 Let's Get Together<br/>2:00 Friday Bingo</p> <p>17</p> | <p>Magazines<br/>Current Events (TV)<br/>Western Shows (TV)<br/>All Day Table Games</p> <p>18</p> |
| <p>9:45 Church Service<br/>Anytime Puzzle<br/>Weekend Packet</p> <p>19</p> | <p>10:00 Morning Hymns<br/>10:30 Bible Hunters<br/>11:00 Mexican Train<br/>1:00 Afternoon Social<br/>1:30 Nail IT!</p> <p>20</p> | <p>Fat Tuesday<br/>9:30 AM Exercise<br/>10:00 Hit the Balloon<br/>10:30 Mardi Gras<br/>1:00 King Cake<br/>2:00 Tuesday Bingo</p> <p>21</p>               | <p>Ash Wednesday<br/>10:00 Work It Out<br/>10:30 Balloon Swat<br/>11:00 Bread Of Life<br/>1:30 Tammy TV (16)<br/>2:00 Snack Time</p> <p>22</p>                                                                        | <p>10:00 Silver Sneakers<br/>1:00 Balloon Toss<br/>1:30 Afternoon Prayer<br/>1:00 Table Games<br/>2:00 Refreshments</p> <p>23</p>    | <p>10:00 Morning Groove<br/>10:30 Brain Work<br/>11:00 Word Up<br/>1:00 Let's Get Together<br/>2:00 Friday Bingo</p> <p>24</p>      | <p>Magazines<br/>Current Events (TV)<br/>Western Shows (TV)<br/>All Day Table Games</p> <p>25</p> |
| <p>9:45 Church Service<br/>Anytime Puzzle<br/>Weekend Packet</p> <p>26</p> | <p>10:00 Morning Hymns<br/>10:30 Bible Hunters<br/>11:00 Mexican Train<br/>1:00 Afternoon Social<br/>1:30 Nail IT!</p> <p>27</p> | <p>10:00 AM Exercise<br/>10:30 Shake It Off<br/>11:00 Today's News<br/>1:00 Sip &amp; Chat<br/>2:00 Tuesday Bingo</p> <p>28</p>                          | <p>ACTIVITIES ARE SUBJECT TO CHANGE!<br/>Nursing &amp; Rehab <a href="http://www.ChristianCareTexas.org">www.ChristianCareTexas.org</a><br/>Black History Month<br/>Super Bowl Sunday<br/>Fat Tuesday- Mardi Gras</p> |                                                                                                                                      |                                                                                                                                     |                                                                                                   |



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**Mardi Gras**

|                     | Sun | Mon                     | Tue | Wed                  | Thu | Fri                    | Sat |                        |    |                         |    |                       |    |
|---------------------|-----|-------------------------|-----|----------------------|-----|------------------------|-----|------------------------|----|-------------------------|----|-----------------------|----|
| 9:45 Church on TV   | 5   | 9:30 Morning Message    | 6   | 9:30 Word of the Day | 7   | 9:30 Circle of Friends | 8   | 9:30 Rise & Shine      | 9  | 10:00 Sit & Stretch     | 10 | 10:00 Coffee/Convo    | 11 |
| 10:00 Worship Songs |     | 10:00 Group Exercise    |     | 10:00 Prayer         |     | 10:00 Cowboy Bob       |     | 10:00 Res. Council     |    | 10:30 Hydration Station |    | 10:15 Magazines       |    |
| 1:00 It's Puzzling  |     | 10:30 Break Time!       |     | 10:30 Balloon Ball   |     | 10:30 Throw & Tell     |     | 10:30 Mind Games       |    | 11:00 Uplifting Words   |    | 11:00 Anytime Puzzles |    |
| 2:00 Color Art      |     | 11:00 Watcha Know?      |     | 11:00 Add & Subtract |     | 11:00 Linked Senior    |     | 1:30 Gospel Music      |    | 11:30 Opposites         |    | 1:00 Activity Packet  |    |
| 3:00 Social Hour    |     | 1:00 Movie              |     | 1:00 Crazy Eights    |     | 1:30 Ch. 16 W/Tammy    |     | 2:00 A Word W/ Ray     |    | 1:00 Social Circle      |    | 2:00 Coloring Pages   |    |
| 4:00 Sports on TV   |     | 2:00 Snack Social       |     | 2:00 Bingo           |     | 3:00 Table Games       |     | 2:30 Funny Bones       |    | 2:00 Bingo              |    | 6:30 TV Shows         |    |
| 9:45 Channel 16     | 12  | 9:30 Bible Passage      | 13  | 9:30 Bible Q&A       | 14  | 9:30 Chairbobs         | 15  | 9:30 Positive Thoughts | 16 | 10:00 Mom/Daughters     | 17 | 10:00 Coffee/Convo    | 18 |
| 10:00 Hymns         |     | 10:00 Dancercise        |     | 10:00 Prayer         |     | 10:00 Music            |     | 10:00 Morning Prayer   |    | 11:00 Bible Quote       |    | 10:15 Magazines       |    |
| 1:00 Dominoes       |     | 10:30 Hydration Station |     | 10:30 Kickball       |     | 10:30 Water Break      |     | 10:30 This or That     |    | 11:30 Brain Power       |    | 11:00 Anytime Puzzles |    |
| 2:00 Word Finds     |     | 11:00 Trivia            |     | 11:45 Jazz & Lunch   |     | 11:00 Ring Toss        |     | 1:30 Gospel Music      |    | 1:00 Social Circle      |    | 1:00 Activity Packet  |    |
| 3:00 Sit & Chat     |     | 1:00 Movie              |     | 1:00 Love Bug        |     | 1:00 Craft Hour        |     | 2:00 Pastor Ray        |    | 2:00 Social Circle      |    | 2:00 Coloring Pages   |    |
| 4:00 Super Bowl     |     | 2:00 Popcorn Social     |     | 2:00 Bingo           |     | 2:00 Table Games       |     | 2:30 Humor Me          |    | 2:00 Bingo              |    | 6:30 TV Shows         |    |
| 9:45 Church on TV   | 19  | 9:30 Morning Message    | 20  | Fat Tuesday          | 21  | 9:30 Circle of Friends | 22  | 9:30 Rise & Shine      | 23 | 10:00 Sit & Stretch     | 24 | 10:00 Coffee/Convo    | 25 |
| 10:00 Worship Songs |     | 10:00 Group Exercise    |     | 9:30 Word of the Day |     | 10:00 Poem Reading     |     | 10:00 Res. Council     |    | 10:30 Hydration Station |    | 10:15 Magazines       |    |
| 1:00 It's Puzzling  |     | 10:30 Break Time!       |     | 10:00 Prayer         |     | 10:30 Throw & Tell     |     | 10:30 Mind Games       |    | 11:00 Uplifting Words   |    | 11:00 Anytime Puzzles |    |
| 2:00 Color Art      |     | 11:00 Watcha Know?      |     | 10:30 Music W/ David |     | 11:00 Linked Senior    |     | 1:30 Gospel Music      |    | 11:30 Opposites         |    | 1:00 Activity Packet  |    |
| 3:00 Social Hour    |     | 1:00 Movie              |     | 1:00 King Cake       |     | 1:30 Ch. 16 W/Tammy    |     | 2:00 A Word W/ Ray     |    | 1:00 Social Circle      |    | 2:00 Coloring Pages   |    |
| 4:00 Sports on TV   |     | 2:00 Snack Social       |     | 2:00 Tuesday Bingo   |     | 3:00 Table Games       |     | 2:30 Funny Bones       |    | 2:00 Bingo              |    | 6:30 TV Shows         |    |
| 9:45 Channel 16     | 26  | 9:30 Bible Passage      | 27  | 9:30 Word of the Day | 28  | 9:30 Circle of Friends | 29  | 9:30 Rise & Shine      | 30 | 10:00 Sit & Stretch     | 31 | 10:00 Coffee/Convo    | 1  |
| 10:00 Hymns         |     | 10:00 Dancercise        |     | 10:00 Prayer         |     | 10:00 Poem Reading     |     | 10:00 Res. Council     |    | 10:30 Hydration Station |    | 10:15 Magazines       |    |
| 1:00 Dominoes       |     | 10:30 Hydration Station |     | 10:30 Balloon Ball   |     | 10:30 Throw & Tell     |     | 10:30 Mind Games       |    | 11:00 Uplifting Words   |    | 11:00 Anytime Puzzles |    |
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| 3:00 Sit & Chat     |     | 1:00 Movie              |     | 1:00 Crazy Eights    |     | 1:30 Ch. 16 W/Tammy    |     | 2:00 A Word W/ Ray     |    | 1:00 Social Circle      |    | 2:00 Coloring Pages   |    |
| 4:00 Sports on TV   |     | 2:00 Popcorn Social     |     | 2:00 Bingo           |     | 3:00 Table Games       |     | 2:30 Funny Bones       |    | 2:00 Bingo              |    | 6:30 TV Shows         |    |

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