



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 AM Activities: Walk and Talk Exercise with Andrea iN2L programming Morning Snack PM Activities: Virtual Reality Manicures History of Chocolate Afternoon Snack: National Dark Chocolate Day Coloring	2 Groundhog Day AM Activities: Baking Cookies Daily Devotional iN2L programming Morning Snack PM Activities: Walk and Talk 2:00 Living Spirit Music Therapy- Zoom Afternoon Snack Movie: Groundhog Day Games with Amanda	3 National Golden Retriever Day AM Activities: Walk and Talk Exercise with Andrea iN2L programming Morning Snack PM Activities: Virtual Reality Celebrate Bear Movie Matinee iN2L programming Hand Massages with Amanda	4 AM Activities: Worship Service/Sing Along/Spiritual Eldercare PM Activities: iN2L programming Virtual Reality Sing Along with Mary Sue Afternoon Snack Walk and Talk Trivia with Andrea	5 National Wear Red Day AM Activities: 9:30 Music for Life with Joey Morning Snack iN2L programming PM Activities: Player Piano Music Afternoon Snack: World Nutella Day Travel Videos iN2L programming	6 AM Activities: Exercise with Amanda iN2L programming Morning Snack Getting Crafty with Amanda PM Activities: Movie Matinee with Popcorn iN2L programming
7 Super Bowl Sunday: AM Activities: Eaglebrook Church Service Walk and Talk with Amanda Morning Devotional with Amanda Morning Snack iN2L programming PM Activities: Movie Matinee with Popcorn Hand Massages	8 AM Activities: Walk and Talk Exercise with Andrea iN2L programming Morning Snack PM Activities: Virtual Reality Manicures Old Time Shows Afternoon Snack Coloring	9 National Pizza Day AM Activities: Daily Devotional iN2L programming Make your own pizza for Lunch PM Activities: Walk and Talk 2:00 Living Spirit Music Therapy- Zoom Afternoon Snack Reminiscing with Amanda	10 2nd Round of COVID 19 Shots National Umbrella Day AM Activities: iN2L programming PM Activities: Virtual Reality Trivia and Reminiscing Movie Matinee: Signing in the Rain iN2L programming Hand Massages with Amanda	11 AM Activities: Worship Service/Sing Along/Spiritual Eldercare PM Activities: iN2L programming Virtual Reality Sing Along with Suzie Q Afternoon Snack Walk and Talk Trivia with Andrea	12 Chinese New Year AM Activities: Walk and Talk Exercise with Andrea Virtual Reality iN2L programming Morning Snack PM Activities: Player Piano Music Afternoon Snack Travel Videos: Travel to China iN2L programming	13 AM Activities: Sweet Saturday's with Andrea Reminiscing Morning Snack PM Activities: Movie Matinee with Popcorn iN2L programming
14 Valentine's Day AM Activities: Eaglebrook Church Service Walk and Talk with Andrea Morning Devotional with Andrea Morning Snack iN2L programming PM Activities: Movie Matinee with Popcorn Aromatherapy	15 Presidents Day AM Activities: Walk and Talk Exercise with Andrea iN2L programming Morning Snack PM Activities: Virtual Reality Manicures Reminiscing about Presidents Afternoon Snack Coloring	16 Mardi Gras AM Activities: Baking Cookies Daily Devotional iN2L programming: Travel to Louisiana Morning Snack PM Activities: Walk and Talk 2:00 Living Spirit Music Therapy- Zoom Afternoon Snack: Kings Cake Reminiscing with Amanda	17 Ash Wednesday AM Activities: Walk and Talk Exercise with Andrea iN2L programming Morning Snack PM Activities: Ash Wednesday Service Trivia and Reminiscing Movie Matinee iN2L programming Hand Massages with Amanda	18 AM Activities: Worship Service/Sing Along/Spiritual Eldercare PM Activities: iN2L programming Virtual Reality Sing Along with Mary Sue Afternoon Snack Walk and Talk Trivia with Andrea	19 AM Activities: 9:30 Music for Life with Joey Morning Snack iN2L programming PM Activities: Baking: Making Muffins Afternoon Snack Travel Videos iN2L programming	20 National Muffin Day AM Activities: Exercise with Amanda iN2L programming Morning Snack- Muffins Getting Crafty with Amanda PM Activities: Movie Matinee with Popcorn iN2L programming
21 AM Activities: Eaglebrook Church Service Walk and Talk with Amanda Morning Devotional with Amanda Morning Snack iN2L programming PM Activities: Movie Matinee with Popcorn Hand Massages	22 AM Activities: Walk and Talk Exercise with Andrea iN2L programming Morning Snack PM Activities: Making Dog Biscuits for Bear Manicures Old Time Shows Afternoon Snack Coloring	23 National Dog Biscuit Day AM Activities: Baking Cookies Daily Devotional iN2L programming Morning Snack PM Activities: Walk and Talk 2:00 Living Spirit Music Therapy- Zoom Afternoon Snack Reminiscing with Amanda	24 AM Activities: Walk and Talk Exercise with Andrea iN2L programming Morning Snack PM Activities: Virtual Reality Trivia and Reminiscing Movie Matinee iN2L programming Hand Massages with Amanda	25 Purim AM Activities: Worship Service/Sing Along/Spiritual Eldercare PM Activities: iN2L programming Virtual Reality Sing Along with Suzie Q Afternoon Snack Walk and Talk Trivia with Andrea	26 AM Activities: Walk and Talk Exercise with Andrea Virtual Reality iN2L programming Morning Snack PM Activities: Player Piano Music Afternoon Snack Travel Videos iN2L programming	27 National Polar Bear Day AM Activities: Sweet Saturday's with Andrea Reminiscing Morning Snack PM Activities: Movie Matinee with Popcorn iN2L programming: All about Polar Bears
28 AM Activities: Eaglebrook Church Service Walk and Talk with Andrea Morning Devotional with Andrea Morning Snack iN2L programming PM Activities: Movie Matinee with Popcorn Aromatherapy	 <h1>February 2021</h1> <h2>Dimensions</h2>					

The Pillars of White Bear Lake * 4650 Centerville Rd. White Bear Lake, MN 55127 * 651-653-3288