

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

February is Black History Month & Heart Health Awareness Month.

Resident Mail Delivery Daily at 3pm

Questions? Call Extension 236 from in house phone

<p>10:00 Coffee Cart – 5 10:00 Live Stream Jefferson Street Missionary Baptist – Channel 63 11:30 Lunch Club 2:00– MDR</p>	<p>10:00 Coffee Cart – All Fls. 11:30 Lunch Club – MDR 2:00 BINGO Bash! –MDR 2:00 Manicures – 4th</p>	<p>10:00 Devotionals -3 10:00 Book Mobile – All Fls 11:00 Name that Tune-MDR 11:30 Lunch Club – MDR 2:00 Craft Club - MDR</p>	<p>10:30 Black History Month - Snack & Learn: Ethiopia & Nashville's Ethiopian Population 11:30 Lunch Club –MDR 2:00 Jefferson Street Missionary Baptist Church - MDR</p>	<p>10:00 Garden Club – Start more seedlings– MDR 11:30 Lunch Club – MDR 2:00 Black History Month Discussion/Learning –Black Women Who've Made History <i>Resident Shopping Tonight Groundhog Day</i></p>	<p>WEAR RED DAY! <i>Raising Heart Health Awareness</i> 10:00 Cooking Club – Snacks/Foods that are red and heart healthy 11:30 Lunch Club – MDR 2:00 BINGO Bash! –MDR</p>	<p>10:00 Movie on Ch. 63 10:00 Craft Club: Valentine Making – Easy/Moderate 11:30 – Lunch Club 2pm: Happy Hour Mocktails – MDR</p>
<p>Superbowl Sunday 10:00 Coffee Cart – 5 10:00 Live Stream Jefferson Street Missionary Baptist – Channel 63 11:30 Lunch Club 2:00 Sports Trivia – MDR 5:30pm Superbowl Party!</p>	<p>10:00 Coffee Cart – All Fls. 11:30 Lunch Club – MDR 2:00 BINGO Bash! –MDR 2:00 Manicures – 4th</p>	<p>10:00 Devotionals -3 10:00 Prep/Decorate for Afternoon Valentine Event – MDR 11:30 Lunch Club – MDR 2:00 Steve & Josephine's Commitment Ceremony & Valentine Party</p>	<p>10:30 Black History Month - Snack & Learn: Jamaica & Nashville's Jamaican Population – 3rd Floor 11:30 Lunch Club – MDR 2:00 Card Games/Board Games (sign up ahead) – 3</p>	<p>10:00 Garden Club – Learn about growing plants from cuttings - MDR 11:30 Lunch Club – MDR 2:00 YANKEE GIRL – Musical Entertainment – MDR <i>Resident Shopping Tonight</i></p>	<p>10:00 Funny Friday – <i>Room to room jokes</i> 10:00 Shopping Delivery 11:30 Lunch Club – MDR 2:00 BINGO Store (Spend your Trevecca Bucks) –MDR 6:00 Movie- Resident Choice-Library 1st Floor & Ch. 63</p>	<p>10:00 Movie on Ch. 63 10:00 Craft Club: Roses Wall Art – Easy Level-5th Fl 11:30 – Lunch Club 2pm: Church Service: 7th Day Adventist-MDR</p>
<p>10:00 Coffee Cart – 5 10:00 Live Stream Jefferson Street Missionary Baptist – Channel 63 11:30 Lunch Club 2:00 Men's Club – MDR</p>	<p>Nashville Conference on African American History and Culture -Virtual Presentations & Entertainment from 9am -3pm on Channel 63 – all TVs. Stop into Library and watch & enjoy refreshments</p>	<p>10:00 Devotionals -3 10:00 Mardi Gras Mask Decorating – MDR 11:30 Lunch Club – MDR 2-4pm Dining Room Closed for Staff Event 2:00 Mardis Gras Parade through Trevecca – All Floors</p>	<p>10:30 Black History Month - Snack & Learn: Somalia & Nashville's Somali Population 3rd Floor 11:30 Lunch Club – MDR 2:00 Birthday Party For February B-Days</p>	<p>10:00 Garden Club- prep hanging planters– MDR 11:30 Lunch Club – MDR 2:00 Black History Month Discussion – Black Visual Artists <i>Resident Shopping Tonight</i></p>	<p>10:00 Funny Friday – <i>Room to room jokes</i> 10:00 Shopping Delivery 11:30 Lunch Club – MDR 2-4 Dining Room Closed for Staff Event 6:00 Movie- Resident Choice-Library 1st Floor & Ch. 63</p>	<p>10:00 Movie on Ch. 63 10:00 Craft Club - MDR 11:30 – Lunch Club 2pm: Church Service: 7th Day Adventist-MDR</p>

<p>10:00 Coffee Cart – 5 10:00 Live Stream Jefferson Street Missionary Baptist – Channel 63 11:30 Lunch Club 2:00 Women's Club – MDR</p>	<p>10:00 Coffee Cart – All Fls. 11:30 Lunch Club – MDR 2:00 BINGO Bash! –MDR 2:00 Manicures – 4th</p>	<p>10:00 Devotionals -3 10:00 Cooking Club – Walking Strawberry Pretzel Salad 11:30 Lunch Club – MDR 2:00 RESIDENT COUNCIL MEETING – MDR</p>
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February 2023

Trevecca Center for Rehabilitation and Healing

All activities and activity locations are subject to change.