

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2025

Adult Day Care Center



Groundhog Day



SUPER BOWL

Daily AM Activities

7:00-8:00 Meet & Greet
 8:00-9:00 Coffee & News
 8:30-10:00 Breakfast
 10:00-10:30 Morning Stretch
 10:30-11:00 Daily Chronicles
 11:00-11:30 Daily Themed Activity
 11:30-12:00 Active Games

Daily PM Activities

12:00-1:00 Lunch
 1:00-1:30 Cognitive Game
 1:30-2:30 Afternoon Activity
 2:30-3:00 Snack
 3:00-3:30 Afternoon Stretch
 3:30-4:30 Late Afternoon Activity
 4:30- 5:30 Independent Activities

Morning Stretch
Groundhog Day
 Discussion
 Basketball
 Make Believe Monday
 Scrabble
 The Music of Elton John
 Arts & Crafts

Chair Dancing
 Crochet Group
Entertainment by Carmine DeSanto
 Literary Couples
 Balloon Volleyball
 Baking Club- Oatmeal Cookies

Morning Stretch
 Presidential Trivia
 Basketball
 Scrabble
 Name that First Lady
 Exploring the Washington Monument & Lincoln Memorial

Chair Dancing
 Black History Month
 Picture Bingo
 Board Games
 Balloon Volleyball
 Bee Gees Music Hour
 Brain Teasers

Trip to Longhorn
 Chair Exercise
 February Facts & Fun
 Snowman Bowling
Black History Month: Rosa Parks & the Bus Boycott
 Dominoes

Seated Workout
 Bingo
 Dominoes
 Heart Crafts
 Bowling
 February Jeopardy

Chair Exercise
 Wheel of Fortune
 Dominoes
 Snowman Bowling
 John Travolta Movie Matinee
 Crochet Group

Take Out Lunch- Chinese Food
 Seated Workout
 Bingo
 Dominoes
 Bowling
 The Life and Legacy of Frank Sinatra

Stretch & Relaxation
 Crochet Group
 Card Games
 Bean Bag Toss
 Famous February Birthdays
 Nutella Snacks

Meditation
Black History Month: Who Am I?
 Ring Toss
 Card Games
 Full Moon Fever
 Category Game

Stretch & Relaxation
Wine Glass Painting
 Card Games
 Bean Bag Toss
 Finishing Lines
 The Music of Smokey Robinson

Trip to Olive Garden
 Meditation
 Card Games
 Ring Toss
 Participant Council
 The Music of Johnny Cash



Movement to Music
 Massachusetts Travel Club
 Pokeno
 Jigsaw Puzzles
Canvas Painting
 Bob Marley Music Hour

Trip to Dollar Tree
 Chair Aerobics
 Name Five
 Word Puzzles
 Kickball
 Horse Racing
 Family Feud

Movement to Music
 Pokeno
 Jigsaw Puzzles
 Name that Tune
 Crafts
 Cherry Pie Day

Chair Aerobics
 Word Puzzles
 Kickball
Jim Combs Magic Show
Black History Month: Marian Anderson
 Concert at the Lincoln Memorial
 Name that Tune

Super Bowl Warm Up Party
 Chair Yoga
 Gridiron Bingo
 Football Toss
 Super Bowl Facts & Fun
 Tailgate Snacks

Valentine's Day Brunch
 Heart Healthy Exercise
 Heart Bingo
 Love Song Sing a Long
 Romances to Remember
 Name that Romantic Movie

Trip to Michael's Diner
 Chair Yoga
 Bingo
 Penguin Plinko
 Humor: Erma Bombeck
Black History Month: Music of the Civil Rights Movement

Sit & Be Fit
 Bingo
 Big Dice Games
 Crafter's Corner
 Adult Coloring Pages
 Unscramble the Words
 Crochet Group



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Calendar Subject to Change

Ramadan Begins