

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 8:00 Morning Mingle 9:45 Daily Chronicle 10:00 Chair Tai Chi 10:45 Craft: Groundhog Key Chains 11:30 Cranium Crunches 2:00 History of Groundhog's Day 3:15 Find the Groundhog 4:00 Winter vs. Spring 4:45 Free Time Activities	3 8:00 Morning Mingle 9:45 Daily Chronicle 10:00 Movie Matinee 10:00 Outing: Joy Ride 11:30 Mind Munchies 2:00 Rockin' Chair Fitness 3:00 Welcome to February 4:00 Famous Candy Slogans 4:45 Free Time Activities	4 8:00 Morning Mingle 9:45 Daily Chronicle 10:00 Sit and Be Fit 10:45 BINGO! 11:30 Brain Boosters 2:00 Mary Stella Sings 3:15 Colorful Creations 4:00 Guess the Sound Trivia 4:45 Free Time Activities	5 8:00 Morning Mingle 9:45 Daily Chronicle 10:00 Chair Dancing Exercise 10:45 Show Tunes Sing-a-long 11:30 Trivia Time 2:00 "Wine" and Cheese Tasting 3:00 Goal Post Ring Toss 4:00 Penny Ante 4:45 Free Time Activities	6 8:00 Morning Mingle 9:45 Daily Chronicle 10:00 Cardio Drumming 10:45 Mindful Art 11:30 Brain Buzz 2:00 Super Bowl Party 3:15 Football Throw Game 4:00 NFL Team Trivia 4:45 Free Time Activities	7 DAILY SCHEDULE MORNING SNACK BETWEEN 10 AM & 10:30 AM LUNCH 12:00 PM TO 1:00 PM REST PERIOD 1:00 PM TO 1:45 PM AFTERNOON SNACK BETWEEN 3:00 PM & 3:30 PM
8 *ALL ACTIVITIES ARE SUBJECT TO CHANGE*	9 8:00 Morning Mingle 9:45 Daily Chronicle 10:00 Chair Yoga 10:45 Craft: Flower Bouquets 11:30 Cranium Crunches 2:00 History of Valentine's Day 3:15 Ladder Ball Game 4:00 Valentines A-Z Game 4:45 Free Time Activities	10 8:00 Morning Mingle 9:45 Daily Chronicle 10:00 Cardio Kick Boxing 11:00 Movie Matinee 11:00 Outing: Lunch at Panera 2:00 Valentine Cookie Decorating 3:00 Praise and Devotions 4:00 Finish the Phrase 4:45 Free Time Activities	11 8:00 Morning Mingle 9:45 Daily Chronicle 10:00 Sit and Be Fit 10:45 BINGO! 11:30 Brain Boosters 2:00 Joe Loschiavo Plays Piano 3:15 Colorful Creations 4:00 Famous Faces & Stories 4:45 Free Time Activities	12 8:00 Morning Mingle 9:45 Daily Chronicles 10:00 Balloon Volleyball 10:45 Love Song Sing-a-long 11:30 Trivia Time 2:00 Valentine's Candy Taste Test 3:00 Valentine's Ring Toss 4:00 Valentine's True or False 4:45 Free Time Activities	13 8:00 Morning Mingle 9:45 Daily Chronicles 10:00 Cardio Drumming 10:45 Mindful Art 11:30 Brain Buzz 2:00 Valentine's Social 3:15 Heart Toss Game 4:00 Famous Couples 4:45 Free Time Activities	14 
15 	16 8:00 Morning Mingle 9:45 Daily Chronicles 10:00 Chair Tai Chi 10:45 Craft: Patriotic Wind Chimes 11:30 Cranium Crunches 2:00 History of President's Day 3:15 Cornhole Game 4:00 Guess the President 4:45 Free Time Activities	17 8:00 Morning Mingle 9:45 Daily Chronicles 10:00 Movie and Popcorn 10:00 Outing: Krispy Kreme 11:30 Chinese New Year Trivia 2:00 Rockin' Chair Fitness 3:00 All About Mardi Gras 4:00 This or That Game 4:45 Free Time Activities	18 8:00 Morning Mingle 9:45 Daily Chronicles 10:00 Sit and Be Fit 10:45 BINGO! 11:30 Brain Boosters 2:00 Carla Kay Sings 3:15 Colorful Creations 4:00 Jeopardy Game 4:45 Free Time Activities	19 8:00 Morning Mingle 9:45 Daily Chronicles 10:00 Chair Dancing Exercise 10:45 Patriotic Sing-a-long 11:30 Trivia Time 2:00 Taste Test Thursday 3:00 Mardi Gras Scavenger Hunt 4:00 Mexican Train Dominos 4:45 Free Time Activities	20 8:00 Morning Mingle 9:45 Daily Chronicles 10:00 Cardio Drumming 10:45 Mardi Gras Masks 11:30 Brain Buzz 2:00 Mardi Gras Social 3:15 Mardi Gras Bead Toss 4:00 February Crossword Puzzle 4:45 Free Time Activities	21 ADULT DAY CENTER DIRECTOR BAILEY PETER, CTRS, CDP ADULT DAY CENTER SUPERVISOR LINDSAY JONES PROGRAM COORDINATORS KAITLYN HORNER CHRISTINE AMBS COLLEEN NISEWONGER JAYLEAN CASSADA
22 FREE TIME ACTIVITIES AVAILABLE OPTIONS INCLUDE: -WORD GAMES -TABLE GAMES -PUZZLES	23 8:00 Morning Mingle 9:45 Daily Chronicles 10:00 Chair Yoga 10:45 Craft: Heart Trees 11:30 Cranium Crunches 2:00 Celebrating Black History 3:15 Golf Putting 4:00 Pictionary 4:45 Free Time Activities	24 8:00 Morning Mingle 9:45 Daily Chronicles 10:00 Cardio Kick Boxing 11:00 Movie Matinee 11:00 Outing: Lunch at Arby's 2:00 Cooking Demonstration 3:00 Praise and Devotions 4:00 Human Slot Machine 4:45 Free Time Activities	25 8:00 Morning Mingle 9:45 Daily Chronicles 10:00 Sit and Be Fit 10:45 BINGO! 11:30 Brain Boosters 2:00 Tom May Plays the Flute 3:15 Colorful Creations 4:00 Name That Tune 4:45 Free Time Activities	26 8:00 Morning Mingle 9:45 Daily Chronicles 10:00 Balloon Volleyball 10:45 Motown Sing-a-long 11:30 Trivia Time 2:00 Universal Yums Box 3:00 Horse Racing Game 4:00 Funny Animal Videos 4:45 Free Time Activities	27 8:00 Morning Mingle 9:45 Daily Chronicles 10:00 Cardio Drumming 10:45 Mindful Art 11:30 Brain Buzz 2:00 Strawberry Day Social 3:15 Skee-Ball Game 4:00 Winter Word Games 4:45 Free Time Activities	28 
	<h1>February Adult Day Center Activities Calendar</h1>					CONTACT US ADULT DAY CENTER 804-706-5695 LUCY CORR MAIN LINE 804-748-1511 ADDRESS 6800 LUCY CORR BLVD. CHESTERFIELD, VA 23832