

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>1</div> 	<div>2</div> <p>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</p>	<div>3</div> <p>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</p>	<div>4</div> <p>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</p>	<div>5</div> <p>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</p>	<div>6</div> <p>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</p>	<div>7</div> <p>DAILY SCHEDULE</p> <p>MORNING SNACK BETWEEN 10 AM & 10:30 AM</p> <p>LUNCH 12:00 PM TO 1:00 PM</p> <p>REST PERIOD 1:00 PM TO 1:45 PM</p> <p>AFTERNOON SNACK BETWEEN 3:00 PM & 3:30 PM</p>
<div>8</div> <p>*ALL ACTIVITIES ARE SUBJECT TO CHANGE*</p>	<div>9</div> <p>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</p>	<div>10</div> <p>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</p>	<div>11</div> <p>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</p>	<div>12</div> <p>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</p>	<div>13</div> <p>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</p>	<div>14</div> 
<div>15</div> 	<div>16</div> <p>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</p>	<div>17</div> <p>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</p>	<div>18</div> <p>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</p>	<div>19</div> <p>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</p>	<div>20</div> <p>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</p>	<div>21</div> <p>ADULT DAY CENTER DIRECTOR BAILEY PETER, CTRS, CDP</p> <p>ADULT DAY CENTER SUPERVISOR LINDSAY JONES</p> <p>PROGRAM COORDINATORS KAITLYN HORNER CHRISTINE AMBS COLLEEN NISEWONGER JAYLEAN CASSADA</p>
<div>22</div> <p>FREE TIME ACTIVITIES AVAILABLE OPTIONS INCLUDE: -WORD GAMES -TABLE GAMES -PUZZLES</p>	<div>23</div> <p>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</p>	<div>24</div> <p>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</p>	<div>25</div> <p>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</p>	<div>26</div> <p>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</p>	<div>27</div> <p>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</p>	<div>28</div> 
	<div>February Adult Day Center Activities Calendar</div>					<div>CONTACT US</div> <p>ADULT DAY CENTER 804-706-5695</p> <p>LUCY CORR MAIN LINE 804-748-1511</p> <p>ADDRESS 6800 LUCY CORR BLVD. CHESTERFIELD, VA 23832</p>