

Monday

Tuesday

Wednesday

Thursday

Friday



February 2019

Seasons Adult Day Health Services



<p>C: Storymatic P: Bean Bag Exercise or Healthy Bodies E: Spirituality-Pastor Schneider or Kwizniac <i>LUNCH</i> C: Card Sharks or Down Memory Lane P: Jumbo Ring Toss or Broom Ball C: Silly Sentences or Select a Song C: Family Talk</p>	<p>C: Chinese New Year Trivia C: Jumbo Crossword or Musical Wheel of Fortune P: Tai Chi with Rob or Healthy Bodies <i>LUNCH</i> A: Paint Class with Patti or Trivia Treasury P: Target Darts or Shuffleboard Table C: Chinese New Year Superstitions or Finish the Phrase C: Cards and Games</p>	<p>C: iPad Chatoms O: Peppermint Patty Cookies or Healthy Bodies C: Bible Study or Shake Awake Your Taste <i>LUNCH</i> A: Birthday Party with Dave & Sally or Name Ten P: Shuffleboard or Table Talk C: Art Appreciation or Finishing Lines P: Battle Ball</p>	<p>C: US History Trivia P: Can Weights or Me Moves Stretch C: Invention or Imagination? or Seasons Choral <i>LUNCH</i> C: Scattergories or Sharpen Your Senses P: Floor Darts or Family Talk C: ABC Word Challenge or Cards & Games P: Table Ball</p>	<p>C: Groundhogs Day Trivia P: Healthy Bodies or Bean Bag Exercise C: Hangman or Musical Challenge <i>LUNCH</i> E: Classic Commercials or Name That Memory P: Super Bowl Football Toss or Arm Aerobics C: Card Bingo or Six Words P: Table Ball</p>
<p>C: Famous Folks Trivia A: Jolly Hammers & Strings P: Can Weights or Healthy Bodies <i>LUNCH</i> C: Hangman or Sing, Dance and Reminisce P: Bean Bag Bocce or Table Ball A: Seasons Choral or Finish the Phrase C: Toss 'n Talk Ball</p>	<p>C: Memories & Musings P: Dance Aerobics or Bean Bag Exercise C: Advice Columns or Shake Awake Your Taste <i>LUNCH</i> C: Words in Words or Music Through the Decades P: Ladder Golf or Bean Bag Toss C: You Be The Judge or Mind Joggers C: Reading Roundtable</p>	<p>C: Elder Trivia P: Arm Aerobics or Healthy Bodies E: Spirituality-Pastor Schneider or Metaphors <i>LUNCH</i> E: Sanford Lake Dancers or Tribond P: Corn Toss or iPad: Fun Facts A: Musical Dice or Cards & Games P: Battle Ball</p>	<p>C: Love is in the Air Trivia A: Sing with Liz & Sue or Sweet Raspberry Bites P: Octaband or Heart Healthy Bodies <i>LUNCH</i> C: Opposites Attract and Name That Heart Tune P: Aim for the HEART or Battle Ball C: V-Day Bingo or Music Player C: Cards and Games</p>	<p>C: Recipe Recall P: Balance Exercise or Movement & Music C: Discover America or Twister Trivia <i>LUNCH</i> A: Biopoem or Seasons Choral P: Texas Horseshoes or Noodle Ball C: Country Trivia or Cards and Games C: Mind Joggers</p>
<p>C: President's Day Trivia P: Arm Aerobics or Movement and Music E: Spirituality with Pastor Paul or Last Letter Challenge <i>LUNCH</i> C: Presidential Bingo or Heartwarmer's Sing Along P: Football Toss or Table Ball C: Fact or Fiction or Musical Bingo C: Choices</p>	<p>C: Shake Loose a Memory C: Famous Faces or Sentimental Strings P: Bean Bag Exercise or Ball Exercises <i>LUNCH</i> A: Paint Class with Patti or Rainy Day Sing Along P: Bowling or Table Ball C: Name It! or Hits of the 50's A: Art Expression</p>	<p>C: Random Trivia P: Healthy Bodies or Dance Aerobics C: Bible Study or As the Story Goes with Karen <i>LUNCH</i> P: Volleyball or Family Feud C: Guinness Book or Seasons Choral C: Melting Pot Trivia or Advice Columns C: Pastimes</p>	<p>C: Word Connections P: Ball Exercises or Arm Aerobics C: Bingo or Yesterdays Photos <i>LUNCH</i> E: Tim Horton's Outing or Storylines P: Shuffleputt or Six Words E: I Hear Memories or Explore America P: Table Ball</p>	<p>C: Me Moves/Memory Chain P: Can It Weights or Healthy Bodies C: Reminisce Through the Decades or Alphabetic <i>LUNCH</i> C: Jumbo Crossword or Family Memory Lane P: Ladder Golf or Choices C: Can You List It? Or Say It With Music A: Musical Connections</p>
<p>C: iPad Promenade O: Cream Cheese Oreo Cookies or Native American Flutes E: Spirituality with Pastor Paul or Healthy Bodies <i>LUNCH</i> C: Pastimes or Musical Twister P: Basketball or Clue Trivia C: Tribond or iPad Fun Facts P: Balloon Tap</p>	<p>C: Easy Does It Trivia P: Upper Body Stretch or Octaband C: Interactive Trivia or Seasons Choral <i>LUNCH</i> C: Brain Drain or Sanford Lake Dancers P: Shuffleboard or Life Stories C: Six Words or I Hear Music A: Art Expression</p>	<p>C: Create-a-Word P: Resistance Bands or Arm Aerobics C: Bible Study or Alphabetic <i>LUNCH</i> C: Jeopardy or I Hear Memories P: Baseball or Shuffleboard Table C: iPad Chatoms or Cards & Games C: Choices</p>	<p>C: Fables & Folktales P: Dance Aerobics or Healthy Bodies E: Observation Challenge or Name That State <i>LUNCH</i> C: Name Ten or Hits of the 40s P: Texas Horseshoes or Table Ball C: Melting Pot Trivia or Advice Columns C: Pastimes</p>	<p>Calendar Highlights: 2/5 & 2/19: Paint with Patti 2/20: As the Story Goes with Karen 2/21: Outing to Tim Horton's</p>

Program Key: P- Physical, A- Creative Arts/Music, C- Cognitive, E- Environmental/Sensory, O- Occupational/Life Skills

Birthdays: Connie-3rd, George C.-6th, Lois W.-9th, Nancy-10th, Ann-14th, Gene-19th, Tammy- 22nd, Frank-27th, Ruth B. and Mary-28th

Program Schedule: 9:00AM, 10:00 AM, 11:00AM, 1:00PM, 2:00PM, 3:00PM, 4:00PM