

Monday

Tuesday

Wednesday

Thursday

Friday



February 2024

Seasons Adult Day Health Services



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|--|--|---|--|---|
| <p>C: Me Moves/Memory Chain 5 P: Arm Aerobics A/C: Hymns and Harmony Sing Along or Quizmania <i>LUNCH</i> A: Paint Class w/ Merry & Leo or Music Through the Decades P: Ladder Golf C: What's that Occupation C: Name that Memory</p> | <p>C: Elder Trivia 6 P: Ball Exercise E: Spirituality with Pastor Paul or What's in the Bag? <i>LUNCH</i> C: ABC Word Challenge or Shake Loose Memory P: Bean Bag Bocce A: The Beatles Sing Along C: Have You Ever?</p> | <p>C: Brain Boosters 7 P: Core Exercise C: Bible Study or Metaphors <i>LUNCH</i> C/A: The History of... or Seasons Choral P: Battle Buckets C: Yesterdays Photos C: Country Life Trivia</p> | <p>C: February Trivia 1 P: Healthy Bodies C: Invention or Imagination or Trivia Treasury <i>LUNCH</i> A: Music with Merry and Leo P: Corn Hole E: Life in the 50's C: Pondering Prompts</p> | <p>C: Groundhog Day Facts 2 P: Resistance Band Exercise C/A: Groundhogs Day history and trivia or Happy Days Sing Along <i>LUNCH</i> C: Three Letters or Clue Trivia P: Ring Toss E: Life in the 50's C: Mind Joggers</p> |
| <p>C: Little Known Facts 12 P: Dance Aerobics E/C: Spirituality with Pastor Paul or Word Teasers <i>LUNCH</i> C: Words in Words or Name Ten P: Texas Horseshoes A: Sing, Dance, Reminisce E: Kids Say the Darndest Things</p> | <p>O: King Cake Pancakes 13 P: Healthy Bodies E: Travelogue: New Orleans or Music Trivia <i>LUNCH</i> C: Mardi Gras Mystery Word or Finishing Lyrics P: Shuffle Board A: Musical Twister C: Pastimes</p> | <p>C: Can You Picture This? 14 P/O: Cardio Drumming or Valentine's Day Baking C: Bible Study or Valentine's Day Bingo <i>LUNCH</i> A: Music: Two Outlaws and a Good Guy P: Cupids Heart Toss A: Love Songs Sing Along C: Love is in the Air Trivia</p> | <p>C: Random Trivia 15 P: Bean Bag Exercise C/A: Famous Faces or Name That Tune <i>LUNCH</i> C/A: Jeopardy or Grandmas Parlour Sing Along P: Pizza Toss A: Inventive Songs C: Battle Ball</p> | <p>C: The Name Game 16 P: Healthy Bodies A/C: Art Appreciation or Shake Awake Your Taste <i>LUNCH</i> C: Alaskan Highway Documentary Or Say it with Music P: Bean Bag Toss A: Musical Connections C: Conversation Cards</p> |
| <p>C: Presidents Day Trivia 19 P: Chair Yoga with Keri E/C: Spirituality with Pastor Paul or Presidential Pets <i>LUNCH</i> C: Presidential Bingo or A to Z Trivia P: Disc Golf A: Picture the Song C: Memories and Musings</p> | <p>C: EZ Trivia 20 P: Bean Bag Exercise C: Jumbo Crossword or Boots and Hearts Sing Along <i>LUNCH</i> C/A: What Would You Do? or Select a Song P: Shuffle Putt E: What's in the Bag? C: Yes, I Have</p> | <p>C: Fact or Fiction 21 P: Arm Aerobics C: Bible Study or Elder Trivia <i>LUNCH</i> C/A: Pet Therapy with Duke Or Hits of the 50's P: Football Toss E: Retro Videos C: Finish the Phrase</p> | <p>C: Interactive Trivia 22 P: Upper Body Stretch C: Word Ladder or Trivia Time <i>LUNCH</i> A/E: Native American Flutes or Sock it to Me P: Broomball C: Eat, Wear, Drive C: Book of Firsts</p> | <p>C: Classic TV Commercials 23 P: Can Weights C: Memory Fitness or Can You List It? <i>LUNCH</i> C: Observation Challenge or School Days Trivia P: Horseshoes A: Magic in Music Sing Along C: Everyday Life Trivia</p> |
| <p>A: Sentimental Journey Sing Along 26 P: Core Exercise E/C: Spirituality with Pastor Paul or Recipe Recall <i>LUNCH</i> C: Word Wonders or Thingamajigs and Whatchamcallits P: Top Toss C: Remembering Our Favorite Shows C: Zig Zag Zoom</p> | <p>C: Storylines 27 P: Dance Aerobics C/A: Blank Slate or Car-a-oke Road Trip Sing Along <i>LUNCH</i> C/A: Alphabet Challenge or Name that TV Theme Song P: Disc Golf C: Old Wives Tales C: Swatter Ball</p> | <p>C: Toss n Talk Ball 28 P: Arm Aerobics C: Bible Study or Six Words <i>LUNCH</i> C/A: Tribond or Traveling Tunes P: Bottle Ring Toss C: Mind Stretchers C: Choices</p> | <p>C: Leap Year Trivia 29 P: Ball Exercise E/C: What Do You See? or Sentimental Journey Sing Along <i>LUNCH</i> E/C: Nat Geo Documentary or Guess in 10 P: Leapfrog Toss C: Journey Through the 20th Century C: Yesterdays Photos</p> | <p align="center">~Special Days~ 2/13- Wear purple for Mardi Gras 2/14- Wear red and pink for Valentine's Day 2/19- Wear red, white and blue for presidents day</p> |

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

Program Schedule: 9:00AM, 10:00 AM, 11:00AM, 12:45PM, 1:45PM, 2:45PM, 3:45PM

Birthdays: Connie B- 2/3, Eleanor M-2/4, Joe N-2/6, Finn S- 2/15, Tom W-2/17, Dave B- 2/20, Tammy M- 2/22, Mike S 2/29