



February 2019

Mindful Care Adult Day Services, 615-542- 4371
Day Program For Persons Ages 55 +
www.Mindful-Care.org
mindfulcareorg@gmail.com

<p><i>All activities subject to change</i></p>	<p>Monday February 4th, 2019</p> <p>Wear your favorite football team (hat/jersey/shirt)</p>	<p><u>Birthdays</u></p> <p>David Dean -2/2 Rob�rt DesJardins - 2/27</p>		<p>1 Friday</p> <p>8:00—9 Coffee & Snacks 9—9:45 Morning Trivia 10-11:45 Table Games 12—1:45 Friday Lunch 2-2:45 Birthday Dessert 3-3:45 Birthday JINGO 4-5 Participant Choice</p>
<p>4 Monday</p> <p>8:00-9 Coffee & Snacks 9-10 Football Bingo 11:00-12:00 Super Bowl Jeopardy 12:00-2:00 Lunch 2—2:45 Super Bowl Trivia 3:00—4:00 Exercise / Football Toss 4-5 Participants Choice</p>	<p>5 Tuesday</p> <p>8:00—9 Coffee & Snacks 9-10 Black History Month Puzzle Pages 10-11 Valentines Day Matching Game 11-12 Trivia 12-2:00 Lunch 2:15-3:00 Tuesday's Craft 3-3:45 Exercise / Ladder Ball 4-5 Participants Choice</p>	<p>6 Wednesday</p> <p>8:00—9 Coffee & Snacks 9-10 12 Month Feb. Trivia 10-11:30 Current Events 12-2:00 Lunch 2:15—2:45 Devotion 3-3:30 Exercise/ Balloon Ball 3:45—4:15 Basket- Ball 4;30—5 Participants Choice</p>	<p>7 Thursday</p> <p>8:00—9 Coffee & Snacks 9-10 Morning Coloring Pages 10:30-11:45 Paper Craft 12-1:45 Lunch 2-3 Valentines Day Matching Game 3- 3:45 Exercise/ Balloon Ball 4-5 Table Games</p>	<p>8 Friday</p> <p>8—9 Coffee & Snacks 9—10 Table Games 10:30-11:45 Black History Trivia Game 12-2:30 Friday Lunch, Movie & Desert 3-3:45 Black History Jingo 4-5 Participants Choice</p>
<p>11 Monday</p> <p>8:00-9 Coffee & Snacks 9-9:30 Weekend Recap 10-10:15 Devotion 10:30 –12:00 Valentines Day Jeopardy 12:30-2:00 Lunch 2:00-3:00 Valentines Word Game 3:30-4:00 Exercise / Balloon Ball 4-5 Participants Choice</p>	<p>12 Tuesday</p> <p>8:00—9 Coffee & Snacks 9:30-10:00 Valentines Day Matching Game 11:00– 12:00 Trivia 12:00-2:00 Lunch 2-3 February Craft 3-3:45 Exercise/ Bean Bag Toss 4-5 Participants Choice</p>	<p>13 Wednesday</p> <p>8:00—9 Coffee & Snacks 9-10 Valentines Day Scripture Cards 10 -11 Conversation Hearts Game 11-12 Devotion 12:15-2:15 Lunch & Movie 2:30-3:30 Valentines Day Word Scrabble 3:30-4 Exercise / Cupids Arrow Toss Game 4-5 Participants Choice</p>	<p>14 Thursday</p> <p>8:00-9 Coffee & Snacks 9—9:30 Gods Love Heart Game 9:45—11:30 Valentines Day Craft 12-2:00 Lunch 2:15—3 Valentines Day Cookie Craft 3-3:45 Exercise/Bean Bag Toss 4-5 Table Games</p>	<p>15 Friday</p> <p>8:00 -9 Coffee & Snacks 9-10 Valentines Day Puzzle/ Color Sheets 10-11:30 Family Feud Valentines Day Edition 12-30-3:00 Valentines Day BRUNCH 3-3:30 Valentines Day JINGO 4:00– 5 Participants Choice</p>
<p>18 Monday</p> <p>8:00-9 Coffee & Snacks 9-10 President JINGO 10:30-12 Presidents Day Jeopardy 12:00-2:00 Lunch 2—2:45 President Card Trivia 3:00—4:00 Exercise / Balloon Ball 4-5 Participants Choice</p>	<p>19 Tuesday</p> <p>8:00—9 Coffee & Snacks 9:15—10 Black History Month Puzzle Pages 10:15—11:45 February Trivia 12-1:45 Lunch 2-3 Tuesday's Craft 3-3:45 Exercise / Balloon Ball 4-5 Participants Choice</p>	<p>20 Wednesday</p> <p>8:00-9 Coffee & Snacks 9:15 -9:45 Urban Myth Game 10-11:45 Make Your Point 12-2:00 Lunch 2-3 Exercise/Balloon Ball 3:00—4 Music For Seniors Percussion Band 4-5 Participants Choice</p>	<p>21 Thursday</p> <p>8:00-9:15 Coffee & Snacks 9:30-10:30 Black History Month Match Game 11:15-12:00 February Fun Craft 12:00-1:45 Lunch 2-2:45 Manicures 3:00—3:45 Exercise/Bean Bag Toss 4-5 Participants Choice</p>	<p>22 Friday</p> <p>8:00—9 Coffee & Snacks 9—10 Table Games 10:30-12:00 Family Feud 12—2:30 Friday Lunch, Movie & Desert 2:30-3:15 Craft with the Homeschoolers 3:30—4:00 Trivia 4-5 Participant Choice</p>
<p>25 Monday</p> <p>8:00—9 Coffee & Snacks 9-10 Sing Along CD / Book 10:30-11:45 Jeopardy 12-1:45 Lunch 2-3 BLURT 3- 3:30 Exercise/ Balloon Ball 3:30-4 Basketball 4-5 Participants Choice</p>	<p>26 Tuesday</p> <p>8:00—9 Coffee & Snacks 9-10 Morning Inspiration 10:30-11:45 Paper Craft 12-1:45 Lunch 2-3 Table Games 3- 3:45 Exercise/ Ladder Ball 4-5 Participants Choice</p>	<p>27 Wednesday</p> <p>8:00—9 Coffee & Snacks 9-10 BLURT 10:30-11:45 Giant Crossword Puzzle 12-2 Lunch 2:15-3 BirthDay Dessert / Game 3- 3:45 Exercise/ Balloon Ball 4-5 Participants Choice</p>	<p>28 Thursday</p> <p>8:00—9 Coffee & Snacks 9-10 Would You Rather 10:30-11:45 Thursdays Craft 12-2:00 Lunch 2:15-3 Table Puzzles 3- 3:45 Exercise/ Bean Bag Toss 4-5 Participants Choice</p>	<p><i>All activities subject to change</i></p>