



2020

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

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| <p>3 Monday 8:00-9 Coffee & Snacks 9-10 Weekend Recap 10:15-10:30 Chair Stretches 10:30-10:45 Quote of the Day 11:00-12:00 Ask Away Card Game 12:15-2:00 Lunch/Dessert 2—2:45 Football Bingo 3-4 Exercise / Football 4:15-5 Participants Choice</p> | <p>4 Tuesday 8:00—9 Coffee & Snacks 9-9:15 Winter Fun/Card Games 10-10:30 Chair Stretches 10:45-11 Quote of the Day 11-12 Mosaic Heart Craft 12:15-2:00 Lunch 2:15-3:00 V-day Wreaths 3-3:45 Exercise/ Football 4-5 Participants Choice</p> | <p>5 Wednesday 8:00—9 Coffee & Snacks 9:15-10 Morning Inspiration 10:15-10:30 Quote of the Day 10:45 -12 Jeopardy: Super-Bowl/Football Edition 12:00-2:30 Lunch / Dessert 2:45-3:30 February Word Pictures 3:30-4 Exercise/ Ringtoss 4:15 -5 Participants Choice</p> | <p>6 Thursday 8:00—9 Coffee & Snacks 9:15-9:45 February Fun/ Word Teasers 10:00-10:15 Chair Stretches 10:30-10:45 Quote of the Day 10:50-11:45 Heart Valentines Day Tree Craft 12:00-1:45 Lunch 2-3 The Price Is RIGHT 3- 3:45 Exercise/ Horseshoes 4-5 Table Games</p> | <p>7 Friday 8—9 Coffee & Snacks 9:15—9:30 Table /Card Games 9:45-10:15 Stretches 10:15—10:30 Quote of the Day 10:30-11 20 Minute Trivia 11—12:00 Social Bingo 12:15-2:30 Friday Lunch 3-3:45 Superbowl Trivia 4-5 Participants Choice</p> |
| <p>10 Monday 8:00-9 Coffee & Snacks 9-10 Weekend Recap 10-10:30 Chair Stretches 10:30-10:45 Quote of the Day 11:00-12 :00 Urban Myth Game 12:15-2:00 Lunch/Dessert 2—2:45 Preferences Game 3-4 Exercise/Ladderball 4:15-5 Participants Choice</p> | <p>11 Tuesday 8:00—9 Coffee & Snacks 9-9:15 Love Color Pages 10-10:30 Chair Stretches 10:30-10:45 Quote of the Day 11-12 Heart Thumbprint Craft 12:15-2:00 Lunch 2:15-3 V-Day Conversation Hearts BINGO 3-3:45 Exercise / Ringtoss 4-5 Participants Choice</p> | <p>12 Wednesday 8:00—9 Coffee & Snacks 9:15-10 Morning Inspiration 10:15-10:30 Quote of the Day 10:45—11:45 Family Feud: V-Day Edition 12:00-2:30 Lunch / Dessert 2:45-3:30 V-Day Trivia 3:30-4 Exercise/ Valentines Day Bean-Bag Toss 4:15 -5 Participants Choice</p> | <p>13 Thursday 8:00—9 Coffee & Snacks 9:15-9:45 V-Day Color Pages 10:00-10:15 Chair Stretches 10:30-10:45 Quote of the Day 10:50-11:45 Valentines Day Sun-Catchers 12:00-1:45 Lunch 2-3 Valentines Day JINGO 3- 3:45 Exercise/ Valentines Day Bean-Bag Toss 4-5 Table Games</p> | <p>14 Friday 8—9 Coffee & Snacks 9:15—10:00 Table /Card Games 10:30-10:45 Stretches 10:50-11:00 Quote of the Day 11-12 Love Bug V-Day Craft 12:15-2:30 M.C.'s First Sweetheart Brunch 3-3:45 Valentines Day Candy Dice Game 4-5 Participants Choice</p> |
| <p>17 Monday Closed: Federal Holiday— Presidents Day</p>  | <p>18 Tuesday 8:00—9 Coffee & Snacks 9:15-9:30 Black History Color Pages/Card Trivia 10:15 -10:30 Stretches 10:45-11 Quote of the Day 11:00-12:00 My Country Sing-A-Long Fun 12:00 -2:00 Lunch 2:30-3 Who's Who Black History Craft 3:30-3:45 Exercise/ Ring Toss 4-5 Participants Choice</p> | <p>19 Wednesday 8:00—9 Coffee and Snacks 9-9:45 5 Second Rule 10:00-10:15 Stretches 10:30-10:45 Quote of the Day 11:00-12:00 Presidents Day BINGO 12:15-2:15 Lunch & Movie 2:30-3:15 Trivia Pursuit : President Cards / History 3:30-4 Exercise / Balloon Ball 4:15-5 Participants Choice</p> | <p>20 Thursday 8:00-9 Coffee & Snacks 9—9:30 Black History Color Pages 9:45—10:15 Stretches 10:30-10:45 Quote of the Day 11—12:00 Heart Tissue Paper Craft 12:00-2:00 Lunch 2:15—2:45 Bingo/Jingo 3-:15-3:45 Exercise / Ladder-Ball 4-5 Table Games</p> | <p>21 Friday 8:00 -9 Coffee & Snacks 9:15-9:30 Table/Card Games 9:45-10 Stretches 10:15-10:30 Quote of the Day 10:45-12 Name That Candy Game 12:30-2:00 Friday Lunch 2:15-3:45 Shake Loose Memories Game 4- 5:00 Participants Choice</p> |
| <p>24 Monday 8:00-9 Coffee & Snacks 9-10 5 Sec Rule 10:15-10:30 Quote of the Day 10:45-11:00 Chair Stretches 11:00-12 :00 Memories Game 12:15-2:00 Lunch/Dessert 2—2:45 20 Min Trivia Book 3-4 Exercise/Ladderball 4:15-5 Participants Choice</p> | <p>25 Tuesday 8:00—9 Coffee & Snacks 9:15-9:30 Black History Color Pages /Trivia Cards 10:15 -10:30 Quote of the Day 10:45-11:45 Valentine Lantern Craft 12:00 -2:00 Lunch 2:30-3:15 Preferences Game 3:30-3:45 Exercise/ Ring Toss 4-5 Participants Choice</p> | <p>26 Wednesday 8:00—9 Coffee and Snacks 9-10 Table Games/Discussion 10:00—10:15 Stretches 10:15-10:30 Quote of the Day 10:45-11:45 Giant Crossword Puzzle 12:00-2:15 Lunch & Movie 2:30-3:15 Shake Loose Memories Game 3:30-4 Exercise / Balloon Ball 4:15-5 Participants Choice</p> | <p>27 Thursday 8:00-9:00 Coffee & Snacks 9:15-9:30 Black History Color Pages 9:45-10 Stretches 10:15-10:30 Quote of the Day 10:15-10:45 Word Teasers 11-12 Heart Peacock Craft 12:15-2:00 Lunch 2-2:45 Word Teasers Game 3-3:45 Exercise/Bean Bag Toss 4-5 Participants Choice</p> | <p>28 Friday 8:00 -9 Coffee & Snacks 9:15-9:30 Table/Card Games 9:45-10:15 Stretches 10:30-10:45 Quote of the Day 10:45-12 Magazine Cut-Out Collage Craft 12:30-2:00 Friday Lunch 2:15-3:45 February Trivia 4- 5:00 Participants Choice</p> |
| <p>Groundhog Day—Feb.2 Superbowl Sunday—Feb.2 Rosa Parks Day—Feb.4 National Wear Red Day—Feb.7 Lincons Birthday—Feb.12 Valentines Day—Feb.14 Mardi Gras—Feb.25 Ash Wednesday—Feb.26</p> | <p>Birthdays David Dean—Feb.2 Newman, Elaine—Feb.2 Walker, Jerry—Feb.13 Robert Desjardins—Feb.27</p> | <p>Closed: Presidents Day— Feb. 17th</p> |  | |