

February 2024

CIRCLE CENTER ADULT DAY SERVICES
4900 WEST MARSHALL STREET
ACTIVITY ROOM 1 CALENDAR (FORMERLY LAR)

Monday

Tuesday

Wednesday

Thursday

Friday



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5)
8:00 Coffee and Conversation (R, S)
8:45 Junk Drawer Detective (C)
9:30 Chair Exercise (P)
10:00 Snack
10:30 Celebrating Black History Month (C, R)
12:00 Lunch
1:00 This Week in History (C, R)
2:00 Snack
2:30 Weight Lifting (P)
3:15 Cranium Crunches (C)

6)
8:00 Coffee and Conversation (R, S)
8:45 Matching Games (C)
9:30 Chair Exercise (P)
10:00 Snack
10:30 Guess the Famous Movie Couple (C)
12:00 Lunch
1:00 What's in the Bag? (C, R)
2:00 Snack
2:00 Dear Abby with Rachel (S)
3:15 Cranium Crunches (C)

7) 8:00 Coffee and Conversation (R, S)
8:45 Word Puzzles (C)
9:30 Chair Exercise (P)
10:00 Snack
10:30 Participant Support Group (R, S)
12:00 Lunch
1:00 Music Appreciation (C, R, N)
2:00 Snack
2:30 Weight Lifting (P)
3:15 Cranium Crunches (C)

1)
8:00 Relax and Create (R, PR, CR)
8:45 Who What, Where, & When (C, R)
9:30 Snack
10:30 Meditation and Nature through Art (CR, R, N)
12:00 Lunch
1:00 "The Last Flower" story (C, CR, R)
2:00 Snack
2:30 R.O.M. (P)
3:15 Cranium Crunches (C)

2)
8:00 Coffee and Conversation (R, S)
8:45 Name 5 (C)
9:30 Chair Exercise
10:00 Snack
10:30 Music Appreciation (C, R)
12:00 Lunch
1:00 Are We There Yet? Candy Shops (C, R)
2:00 Snack
2:30 Let's Move/Chair I Fitness (P)
3:15 Cranium Crunches (C)

8)
8:00 Relax and Create (R, PR, CR)
8:45 Who What, Where, & When (C, R)
9:30 Snack
10:00 Garden Club in Wellness (location may vary) (N)
10:30 "Shutterbug Love Bugs" Story (C, CR, R)
12:00 Lunch
1:00 Meditation through Art (R, PR, CR)
2:00 Snack
2:30 R.O.M. (P)
3:15 Cranium Crunches (C)

9)
8:00 Coffee and Conversation (R, S)
8:45 Name 5 (C)
9:30 Chair Exercise (P)
10:00 Snack
10:30 Are We There Yet? Paris (R)
12:00 Lunch
1:00 Nurtured with Nature (C, R)
2:00 Snack
2:30 R.O.M. (P)
3:15 Cranium Crunches (C)

12)
8:00 Coffee and Conversation (R, S)
8:45 Junk Drawer Detective (C)
9:30 Chair Exercise (P)
10:00 Snack
10:30 This Week in History (C, R)
12:00 Lunch
1:00 "Why We Love Romantic Movies" (C, R)
2:00 Snack
2:30 Weight Lifting (P)
3:15 Cranium Crunches (C)

13)
8:00 Coffee and Conversation (R, S)
8:45 Matching Games (C)
9:30 Chair Exercise (P)
10:00 Snack
10:30 Devotions/Hymn Sing in Wellness with Volunteer Valerie (R)
10:30 What's in the Bag? (C, R, N)
12:00 Lunch
1:00 Celebrating Mardi Gras! (C, R)
2:00 Snack
2:00 Dear Abby with Rachel (S)
3:15 Cranium Crunches (C)

14) **Wear Red/Pink for Valentine's Day**
8:00 Coffee and Conversation (R, S)
8:45 Word Puzzles (C)
9:30 Snack
10:00 Valentine's Day Bingo with Genworth (S)
11:00 Participant Support Group (R, S)
12:00 Lunch
1:00 Music Appreciation (C, R, N)
2:00 Snack
2:30 Weight Lifting (P)
3:15 Cranium Crunches (C)

15)
8:00 Relax and Create (R, PR, CR)
8:45 Who What, Where, & When (C, R)
9:30 Snack
10:30 Meditation and Nature through Art (CR, N, R)
12:00 Lunch
1:00 "Musicians of New Orleans" (C, CR, R)
2:00 Snack
2:30 R.O.M. (P)
3:15 Cranium Crunches (C)

16)
8:00 Coffee and Conversation (R, S)
8:45 Name 5 (C)
9:30 Chair Exercise (P)
10:00 Snack
10:00 Zumba in Wellness (P)
10:30 Music Appreciation (C, R)
12:00 Lunch
1:00 Are We There Yet? New Orleans (C, R)
2:00 Snack
2:30 R.O.M. (P)
3:15 Cranium Crunches (C)

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CIRCLE CENTER ADULT DAY SERVICES
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ACTIVITY ROOM 1 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
19) 8:00 Coffee and Conversation (R, S) 8:45 Junk Drawer Detective (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Visit with Fred (S) 10:30 Who Am I? "First Ladies" (C, R) 12:00 Lunch 1:00 This Week in History (C, R) 2:00 Snack 2:30 Weight Lifting (P) 3:15 Cranium Crunches (C)	20) 8:00 Coffee and Conversation (R, S) 8:45 Matching Games (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 February Jeopardy Game (C) 12:00 Lunch 1:00 What's in the Bag? (C, R) 2:00 Snack 2:00 Dear Abby with Rachel (S) 3:15 Cranium Crunches (C)	21) 8:00 Coffee and Conversation (R, S) 8:45 Word Puzzles (C) 10:00 Snack 10:30 Participant Support Group (R, S) 12:00 Lunch 1:00 Music Appreciation (C, R) 2:00 Snack 2:30 Weight Lifting (P) 3:15 Cranium Crunches (C)	22) 8:00 Relax and Create (R, PR, CR) 8:45 Who What, Where, & When (C, R) 9:30 Chair Exercise (P) 10:00 Snack 10:00 Art on Wheels in Wellness (CR, C, S, R) 10:00 Garden Club on Sun Porch (location may vary) (N) 10:30 "Honest Abe" Story (C, CR, R) 12:00 Lunch 1:00 Meditation through Art (R, PR, CR) 2:00 Snack 2:30 R.O.M. (P) 3:15 Cranium Crunches (C)	23) 8:00 Coffee and Conversation (R, S) 8:45 Name 5 (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Music Appreciation (C, R) 12:00 Lunch 1:00 Are We There Yet? Las Vegas (C, R) 2:00 Snack 2:00 R.O.M. (P) 3:15 Cranium Crunches (C)
26) 8:00 Coffee and Conversation (R, S) 8:45 Junk Drawer Detective (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 This Week in History (C, R) 12:00 Lunch 1:00 "Do Opposites Attract" Discussion and Reminisce (C, R) 2:00 Snack 2:30 Weight Lifting (P) 3:15 Cranium Crunches (C)	27) 8:00 Coffee and Conversation (R, S) 8:45 Matching Games (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 What's in the Bag? (C, R) 12:00 Lunch 1:00 Family Feud (C) 2:00 Snack 2:00 Dear Abby with Rachel (S) 3:15 Cranium Crunches (C)	28) 8:00 Coffee and Conversation (R, S) 8:45 Word Puzzles (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Devotions/Hymn Sing in Wellness with Volunteer Valerie (R) 10:30 Participant Support Group (R, S) 12:00 Lunch 1:00 Music Appreciation (C, R) 2:00 Snack 2:30 Weight Lifting (P) 3:15 Cranium Crunches (C)	29) 8:00 Relax and Create (R, PR, CR) 8:45 Who What, Where, & When (C, R) 9:30 Snack 10:30 Meditation and Nature through Art (CR, N, R) 12:00 Lunch 1:00 "The Rise and Shine of Breakfast" Story and Discussion (C, CR, R) 2:00 Snack 2:30 R.O.M. (P) 3:15 Cranium Crunches (C)	<p>Activity Domains:</p> <ul style="list-style-type: none"> Physical (P) Cognitive (C) Outdoor (O) Creative (CR) Reflective (R) Productive (PR) Social (S) Nature (N)

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Wellness Schedule: M-F 9:00am-9:45 am & M-F 10:00 am-11:30 am
Times and days of class subject to change
2nd Wednesday of Month: Chair Zumba with Volunteer
Thursday: Art Weekly- *Art on Wheels Program 4th Thursday of each Month
***Garden Club 2nd and 4th Thursday of each Month with Master Gardeners**

Participants are encouraged to choose recreational programs of interest, consistent with their plan of care, and make suggestions of other activities they would enjoy. Activities are subject to change and changes will be posted.

Intergenerational Group Every Other Thursday in A1 with Children from the Community

***One to One activities are also available and include the following: Reading, Montessori, puzzles, conversation, walking, coloring, iPad activities, games/cards, gardening and patio time, and spiritual/devotional activities.**

***One to One time scheduled with volunteers Eric, Laurie, and Marian weekly.**

Art Volunteer, Charlotte, scheduled on Thursdays at 1:00 weekly to assist with Art Program

Highlighted Activities are programs provided by volunteers from the community