

February 2024

CIRCLE CENTER ADULT DAY SERVICES
4900 WEST MARSHALL STREET
ACTIVITY ROOM 2 CALENDAR (FORMERLY SAR)

Monday

Tuesday

Wednesday

Thursday

Friday



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5)
8:00 Coffee and Conversation (R, S)
8:30 Junk Drawer Detective (C)
9:00 Chair Exercise (P)
9:30 Snack
10:00 This Week in History (C, R)
11:30 Lunch
12:30 Celebrating Black History Month (C, R)
1:30 Snack
2:00 Weight Lifting (P)
3:00 Cranium Crunches (C)

6)
8:00 Coffee and Conversation (R, S)
8:30 Matching Games (C)
9:00 Chair Exercise (P)
9:30 Snack
10:00 What's in the Bag? (C, R)
11:30 Lunch
12:30 Guess the Famous Movie Couple (C)
1:30 Snack
2:00 R.O. M. (P)
3:00 Sing Along/Karaoke (C, S)

7) 8:00 Coffee and Conversation (R, S)
8:30 Word Puzzles (C)
9:00 Chair Exercise (P)
9:30 Snack
10:00 Music Appreciation (C, R)
11:30 Lunch
12:30 Participant Support Group (R, S)
1:30 Snack
2:00 Weight Lifting (P)
3:00 Cranium Crunches (C)

1)
8:00 Coffee and Conversation (R, S)
8:30 Who, What, When? (C)
9:00 Snack
9:30 Master Gardeners (N)
10:30 "The Last Flower" story (C, CR, R)
11:30 Lunch
12:30 Meditation and Nature through Art (CR, R, N)
1:30 Snack
2:00 R.O.M. (P)
3:00 Cranium Crunches (C)

2)
8:00 Coffee and Conversation (R, S)
8:30 Name 5 (C)
9:00 Chair Exercise (P)
9:30 Snack
10:00 Are We There Yet? Candy Shops (C, R)
11:30 Lunch
12:30 Music Appreciation (C, R)
1:30 Snack
2:00 Let's Move/Chair I Fitness! (CR, P)
3:00 Sing Along/Karaoke (C, S)

12)
8:00 Coffee and Conversation (R, S)
8:30 Junk Drawer Detective (C)
9:00 Chair Exercise (P)
9:30 Snack
10:00 "Why We Love Romantic Movies" (C, R)
11:30 Lunch
12:30 This Week in History (C, R)
1:30 Snack
2:00 Weight Lifting (P)
3:00 Cranium Crunches (C)

13) 8:00 Coffee and Conversation (R, S)
8:30 Matching Games (C)
9:00 Chair Exercise (P)
9:30 Snack
10:00 Celebrating Mardi Gras! (C, R)
10:30 Devotions/Hymn Sing in Wellness with Volunteer Valerie (R)
11:30 Lunch
12:30 What's in the Bag? (C)
1:30 Snack
2:00 R.O. M. (P)
3:00 Sing Along/Karaoke (C, S)

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

15)
8:00 Coffee and Conversation (R, S)
8:30 Who, What, When? (C)
9:00 Chair Exercise (P)
9:30 Snack
10:00 "Musicians of New Orleans" (C, CR, R)
11:30 Lunch
12:30 Meditation and Nature through Art (CR, N, R)
1:30 Snack
2:00 R.O.M. (P)
3:00 Cranium Crunches (C)

16)
8:00 Coffee and Conversation (R, S)
8:30 Name 5 (C)
9:00 Chair Exercise (P)
9:30 Snack
10:00 Zumba in Wellness (P)
10:00 Are We There Yet? New Orleans (C, R)
11:30 Lunch
12:30 Music Appreciation (C, R)
1:30 Snack
2:00 Let's Move/Chair I Fitness! (CR, P)
3:00 Sing Along/Karaoke (C, S)

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Monday	Tuesday	Wednesday	Thursday	Friday
19) 8:00 Coffee and Conversation (R, S) 8:30 Junk Drawer Detective (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 This Week in History (C, R) 10:30 Visit with Fred (S) 11:30 Lunch 12:30 Who Am I? "First Ladies" (C, R) 1:30 Snack 2:00 Weight Lifting (P) 3:00 Cranium Crunches (C)	20) 8:00 Coffee and Conversation (R, S) 8:30 Matching Games (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 What's in the Bag? (C, R) 11:30 Lunch 12:30 February Jeopardy Game (C) 1:30 Snack 2:00 R.O. M. (P) 3:00 Sing Along/Karaoke (C, S)	21) 8:00 Coffee and Conversation (R, S) 8:30 Word Puzzles (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Music Appreciation (C, R) 11:30 Lunch 12:30 Participant Support Group (R, S) 1:30 Snack 2:00 Weight Lifting (P) 3:00 Cranium Crunches (C)	22) 8:00 Coffee and Conversation (R, S) 8:30 Who, What, When? (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Meditation through Art (R, PR, CR) 10:00 Art on Wheels in Wellness (CR, C, S, R) 10:00 Garden Club on Sun Porch (location may vary) (N) 11:30 Lunch 12:30 "Honest Abe" Story (C, CR, R) 1:30 Snack 2:00 R.O.M. (P) 3:00 Cranium Crunches (C)	23) 8:00 Coffee and Conversation (R, S) 8:30 Name 5 (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Music Appreciation (C, R) 11:30 Lunch 12:30 Are We There Yet? Las Vegas (C, R) 1:30 Snack 2:00 Let's Move/Chair I Fitness! (CR, P) 3:00 Sing Along/Karaoke (C, S)
26) 8:00 Coffee and Conversation (R, S) 8:30 Junk Drawer Detective (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 "Do Opposites Attract" Discussion and Reminisce (C, R) 11:30 Lunch 12:30 This Week in History (C, R) 1:30 Snack 2:00 Weight Lifting (P) 3:00 Cranium Crunches (C)	27) 8:00 Coffee and Conversation (R, S) 8:30 Matching Games (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Family Feud (C) 11:30 Lunch 12:30 What's in the Bag? (C, R) 1:30 Snack 2:00 R.O. M. (P) 3:00 Sing Along/Karaoke (C, S)	28) 8:00 Coffee and Conversation (R, S) 8:30 Word Puzzles (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Music Appreciation (C, R) 10:30 Devotions/Hymn Sing in Wellness with Volunteer Valerie (R) 11:30 Lunch 12:30 Participant Support Group (R, S) 1:30 Snack 2:00 Weight Lifting (P) 3:00 Cranium Crunches (C)	29) 8:00 Coffee and Conversation (R, S) 8:30 Who, What, When? (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 "The Rise and Shine of Breakfast" Story and Discussion (C, CR, R) 11:30 Lunch 12:30 "Meditation and Nature through Art (R, PR, CR, N) 1:30 Snack 2:00 R.O.M. (P) 3:00 Cranium Crunches (C)	Activity Domains: Physical (P) Cognitive (C) Outdoor (O) Creative (CR) Reflective (R) Productive (PR) Social (S) Nature (N)

NON-DISCRIMINATION STATEMENT: In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Wellness Schedule: M-F 10:30am-11:15 am & M-F 12:45 pm-1:30 pm

Times, location, and days of class subject to change

2nd Wednesday of Month: Chair Zumba with Volunteer Holly

Thursday: *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 with Children from the Community-Room Alternates

***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