




Wilder Adult Day Health Services – Great Room

651-280-2500

February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>DAILY</p> <p>09:00 Coffee & Snack 10:15 Exercise 11:45 Lunch 2:00 Snack 2:30 Small Group 3:00 Helpful Tasks</p>				<p>1</p> <p>10:00 Men's Group - Super Bowl 10:15 Painted Hearts 11:00 Smokey Robinson Bio 12:15 Exercise w/Weights 1:15 Music w/Janine 2:30 Outburst</p>
<p>4</p> <p>9:45 Mindfulness 10:15 Dance & Drama 11:00 Horseshoes 12:30 Good News 1:15 Norman Rockwell 2:30 Rhyme Time</p>	<p>5</p> <p>9:45 Morning Stretch 10:00 Exercise w/Weights 10:45 Baking w/Baker 10:45 I Love Lucy 12:30 Year of the Pig 1:15 Music w/Janine/ Flower Arranging 2:30 Treasured Memories</p>	<p>6</p> <p>9:45 Guided Imagery 10:00 Exercise 10:30 Community Service – Meals On Wheels 12:30 February Reminisce & Poetry 1:00 Valentine Bingo 2:30 Spell Up & Down</p>	<p>7</p> <p>9:45 Morning Stretch 10:00 Exercise w/Weights 10:45 Client Planning 12:30 February Tidbits 1:15 Wilder/Kids do the Funniest 1:45 Black History Facts 2:30 Mind Stretchers</p>	<p>8</p> <p>10:00 Men's Group - Classis Cartoons 10:15 Lavish Ladies 12:30 Exercise w/Weights 1:15 Travel to Iowa 2:30 Gang of Five</p>
<p>11</p> <p>9:45 Morning Stretch 10:15 Dance & Drama 11:00 Lawn Darts 12:30 Good News 1:15 Big/Little Dog 2:30 Name that Memory</p>	<p>12</p> <p>9:45 Mindfulness 10:00 Ageless Grace® 10:30 Art Class w/Barb 10:30 Time Slips 12:30 Short Story Discussion 1:00 Travel to the UK Flower Arranging 2:30 Fact or Fiction</p>	<p>13</p> <p>9:45 Morning Stretch 10:00 Exercise w/Weights 10:45 Baking with Baker 10:45 Balloon Volleyball 11:15 Nancy Carlson 12:30 Art Walk 1:15 Music w/Janine 2:30 Word Searches/Puzzles</p>	<p>14</p> <p>9:45 Guided Imagery 10:00 Exercise w/Weights 10:45 Be my Valentine 9 Square 11:15 History of Valentine's 12:30 Pick A Valentine 1:15 Wilder/Choir Love Songs 1:30 Famous Couples 2:30 Valentine Word Scrambles</p>	<p>15</p> <p>10:00 Men's Group – “Chocolate” 10:15 Famous African Americans 11:00 History 9 Square 12:30 Exercise w/Weights 1:15 Rock to the 60's 2:30 Grid Game</p>
<p>18</p> <p>9:45 Mindfulness 10:15 Dance & Drama 11:00 Who is the President 12:30 Good News 1:15 Race for President 2:30 Alphabet Soup</p>	<p>19</p> <p>9:45 Morning Stretch 10:00 Exercise w/Weights 10:45 Try Macrame/ Flower Arranging 10:45 Dutch Shuffleboard 12:30 Client Presentation 1:00 All about Science 2:30 Musing Memories Make Believe</p>	<p>20</p> <p>9:45 Guided Imagery 10:00 Ageless Grace® 10:30 Time Slips 12:30 The Study of Birds 1:15 Music w/Charlie Maguire 2:30 Outburst</p>	<p>21</p> <p>9:45 Morning Stretch 10:00 Exercise w/Weights 10:45 Bowling 12:30 It Happened in 1947 1:15 Wilder Choir/It's a birds life 1:30 Balloon Volleyball 2:30 Rhyme Time</p>	<p>22</p> <p>10:00 Men's Group- Presidents 10:15 Lavish Ladies 12:30 Exercise w/Weights 1:15 Music w/Janine 2:00 French Fries Taste Test 2:30 Word Searches/Puzzles</p>
<p>25</p> <p>9:45 Morning Stretch 10:15 Dance/Drama 11:00 Tunnel Run 12:30 Good News 1:15 Antiques then & now 2:30 Treasured Memories</p>	<p>26</p> <p>9:45 Mindfulness 10:30 Ageless Grace® 10:30 Art Class w/Barb 10:30 Balloon Volleyball 11:15 Amazing Places 12:30 Story Telling 1:00 Group Karaoke/ Flower Arranging 2:30 Spell Up & Down</p>	<p>27</p> <p>9:45 Morning Stretch 10:00 Exercise w/Weights 10:45 Classic Cartoons 12:30 Polar Bear Day 1:15 Music w/Janine 2:30 Gang of Five</p>	<p>28</p> <p>9:45 Guided Imagery 10:15 Exercise w/Weights 11:00 Bulls eye 12:30 Question Ball 1:15 Wilder Choir/An Animals life 1:30 Animal Trivia Game! 2:30 Alphabet Soup</p>	