



ADULT DAY PROGRAM

FEBRUARY 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Groundhog Day /Tu B'Shevat 9:45-Fall Prevention: Flex & Strength 10:45-Groundhog Day Special 1:00-Move& Groove to Music/Hoops & Hurdles 2:00-Leisure Lounge	3. 9:45-Paris Inspired Moves 10:30-Music Therapy/The Day the Music Died 1:00-Move& Groove to Music Olympic Ping-Pong Curling 2:00-Leisure Lounge	4. 9:45-Noodle & Weight Workout 10:45-Travelouge-Milan & Cortina d'Ampezzo 1:00-Move& Groove to Music Olympic Ice Hockey Pass 2:00-Leisure Lounge	5. 9:45-Energy & Motion Fitness 10:45-Craft Corner-Olympic Inspired 1:00-Move & Groove to Music/Olympic Ice Hockey 2:00-Leisure Lounge	6. Winter Olympics Opening Ceramony Day 9:45-Olympic Oath, Parade & Fitness 10:15-The Meaning Behind the Games, Winter Olympic Trivia 1:00-Winter Olympics Game Afternoon
9. Creative Expression 9:30-Pizza Prep 10:45-Full Body-Fitness 1:00- Get up and move lite fit 1:15-Importance of Creative Expression in TR 1:30-Heart Hair Clip/Valentine Craft	10. Music & Joy 9:30-Joy of Music and its Effects 10:00-Movement to Music 10:30-Music Therapy/Music Lyric Match 11:30-Fitness Break 1:15- <u>Special Surprise Entertainer</u> 2:00-Leisure Lounge	11. Cognitive Stimulation International Day of Women in Science 9:30-Science with Experiments 10:45-Fitness Biology Working the Body 1:00-Importance of Working the Brain Talk 1:15-Memory Tile Game 2:00-Leisure Lounge	12. Movement & Wellness 9:30-Importance of Movement 10:00-Boxing with Terrance 11:00-Fitness and Wellness - Trivia 1:00-Body Fit-Arms & Abs 1:30-Discussion-"What is a Wellness Decision"	13. Relaxation & Reflection 9:30-Stone Path & Reflection 10:15-Mindful Meditation 10:45-Soft Movement Fitness 1:00-Importance of Reflection & Relaxation 1:15-Sense & Emotion Workshop 2:00-Leisure Lounge

<div>16.</div> <div>Family Day</div> <div>ADP Closed</div>	<div>17. Lunar New Year - Year of Horse</div> <div>9:45-History of Chinese New Year</div> <div>10:30-Music Therapy/Healthy Hand Class</div> <div>11:30-get together to move</div> <div>12:00-Chinese New Year Lunch</div> <div>1:00-Lunar New Year Chair Moves</div> <div>1:30-Lunar New Year Celebration</div>	<div>18. Ash Wednesday/Ramadan</div> <div>9:45-No-Bake Yogurt Mousse/ Watercolor Session</div> <div>10:45-Fitness-Body Boost</div> <div>1:00-Golfing in the Back</div> <div>2:00-Leisure Lounge</div>	<div>19. Ramadan</div> <div>9:45-Short Trivia-Team Challenge</div> <div>10:00-Boxing with Terrance</div> <div>1:00-Targeted Toss</div> <div>2:00-Leisure Lounge</div>	<div>20.</div> <div>9:45-Muffin Madness/Healthy Hands</div> <div>10:45-Seated Tia Chi</div> <div>1:00-A Hole in One</div> <div>2:00–February Travel to Santorini, Greece</div> <div>Winter Games end Feb 21 2026</div>
<div>23. Library Lovers Day</div> <div>9:45-Fitness-Body Fit</div> <div>10:45-Library Lovers Presentation</div> <div>1:00-Team Toss Challenge</div> <div>2:00-Leisure Lounge</div>	<div>24. Mardi Gras Celebration</div> <div>9:30-Fitness-Full Body</div> <div>10:30-Music Therapy/Healthy Hand Class</div> <div>1:00-Move & Groove to Jazz /Mardi Gras Celebration</div> <div>2:00-Travelouge-New Orleans</div>	<div>25. Banana Bread Day</div> <div>9:45-Banana Bread Baking/Healthy Hands</div> <div>10:45-February Voices and Views</div> <div>1:00-Shuffleboard</div> <div>2:00-Leisure Lounge</div>	<div>26. Black History Day</div> <div>9:45-Fitness-Big Workout</div> <div>10:45-February Voices and Views</div> <div>1:00-Minute to Win It</div> <div>2:00-Honoring Black History Heritage</div>	<div>27.</div> <div>9:45-Toss & Remember</div> <div>10:45-February Voices and Views</div> <div>1:00-Fitness-Big Workout</div> <div>2:00-Leisure Lounge</div>

DAILY OFFERINGS

8:30-9:30 am – Caffeine Social – Creates a therapeutic gathering sot for clients to experience a rich array of psychological, emotional, and cognitive benefits, reinforcing the mission of the Adult Day Program to nurture the whole person through dignity, connection, and joy.

12:00-1:00 pm – Lunch - Clients experience a thoughtful menu capturing cultural cuisines and a palate that supports the nutritional needs of our seniors

2:15-3:00 pm – Sensible Snack & Client Leisure time – Client leisure time plays a crucial role in the holistic care of seniors within our Adult Day Program. Unlike structured group sessions, free time invites participants to engage in activities of their own pace, within a supportive and stimulating environment. This approach nurtures autonomy and encourages self-expression.