



ADULT DAY PROGRAM

FEBRUARY 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>	<p>6. Winter Olympics Opening Ceremony Day 9:45-Olympic Oath, Parade & Fitness 10:15-The Meaning Behind the Games, Winter Olympic Trivia 1:00-Winter Olympics Game Afternoon</p>
<p>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</p>	<p>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</p>	<p>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</p>	<p>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”</p>	<p>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</p>

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

DAILY OFFERINGS

8:30-9:30 am – Caffeine Social – Creates a therapeutic gathering set 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.