

ADULT LIFE PROGRAMS

Our vision is to be the leading provider of adult day services in NC

Our Mission: To enhance the vitality of participants' lives and support their caregivers by providing quality adult day services designed to keep them connected to and involved in the community.

February 2023

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Daily Schedule

9:30 to 10:00 Breakfast

10:00 to 10:15 Devotions

10:15 to 10:45 Exercise

10:45 to 11:30 Small Groups

11:30 to 12:00 Lunch

12:00 to 12:15 Chores

12:30 to 1:30 Activities

1:30 to 1:45 Snack Time

1:45 to 2:00 Break

2:00 Van Transports

2:15 to 3:15 "It's Fun Time!"

3:30 to 4:30 Individualized Activities

4:30 to 5:30 "It's TV Time !"

MON

TUES

WED

THURS

FRI

<p><i>Be Mine Valentine</i></p> 		<p>1 Exercise:</p> <p>Upper Body Stretch to "Sitting on the Dock of the Bay!"</p> <p>Activities:</p> <p>Ribbon and Lace Book Stack</p>	<p>2 10:00 Meals on Wheels</p> <p>Exercise: "Walking the Room to "Elvis Polk Salad"</p> <p>Activities: Ribbon and Lace Book Stack</p>	<p>3 Exercise:</p> <p>Sittercize</p> <p>Activities: Trip to The Airport and McDonalds for Ice Cream</p>
<p>6 Exercise:</p> <p>Table Volleyball</p> <p>Activities:</p> <p>Let's write to our Pen Pals at Pumpkin Center Elementary School</p>	<p>7 Exercise:</p> <p>"February Spiro Exercise"</p> <p>Activities:</p> <p>Valentine Heart Décor Part One</p>	<p>8 Exercise:</p> <p>Leg Stretching by Dara"</p> <p>Activities:</p> <p>Spreading The Word by Pastor Easter</p>	<p>9 Exercise:</p> <p>Fitness Trivia Brain Workout</p> <p>Activities:</p> <p>Valentine Heart Décor Part Two</p>	<p>10 Exercise:</p> <p>Upper Body Stretch to 1980's Disco Music</p> <p>Activities:</p> <p>Emmalyn's Heart</p>
<p>13 Exercises:</p> <p>Chair Exercises</p> <p>Activities:</p> <p>"Let's Make Chocolate Spoons"</p>	<p>14 10:00: Vaya Health Seminar</p> <p>Activities:</p> <p>Birthday Party & Valentine Caregiver Reception</p>	<p>15 Exercise:</p> <p>Let's Walk the Room to "My Girl"</p> <p>Activities:</p> <p>Valentine Bingo</p>	<p>16 Exercise:</p> <p>"It's parachute Time!"</p> <p>Activities:</p> <p>It's All About Candy Game</p>	<p>17 Exercise:</p> <p>February Spiro Class</p> <p>Activities:</p> <p>Valentine Game</p>
<p>20 Exercise:</p> <p>Gentle Range of Motion to "Come & Get Your Love"</p> <p>Activities:</p> <p>A Jar Full of Love</p>	<p>21 Exercise:</p> <p>Upper Body Stretch to L-O-V-E</p> <p>Activities:</p> <p>Colorful Heart Canvas Art- Part One</p>	<p>22 Exercise:</p> <p>Walk This Way to Stand by Me</p> <p>Activities:</p> <p>Spreading the Word by Pastor Easter</p>	<p>23 Exercise:</p> <p>Beach Ball Toss</p> <p>Activities:</p> <p>Colorful Heart Canvas Part Two</p>	<p>24 Exercise:</p> <p>Table Volleyball</p> <p>Activities:</p> <p>Deliver Donuts to Pumpkin Center Elementary School Pen</p>
<p>27 Exercise:</p> <p>Fancy Feet Movement to music from the 50's & 60's</p> <p>Activities:</p> <p>Valentine Word Game</p>	<p>28 Exercise:</p> <p>Sittercize to the Sounds of Motown</p> <p>Activities:</p> <p>Cooking Class: Cupid Valentine Mix</p>	<p>Birthdays</p> <p>Margaret -1st</p> <p>Mary -3rd</p> <p>Aytala -3rd</p>	<p>Birthdays</p> <p>Willie -14th</p> <p>Ruth- 18th</p> <p>Jeffrey -25th</p>	

1:1 Activities are subject to change based on the needs of each individual participant