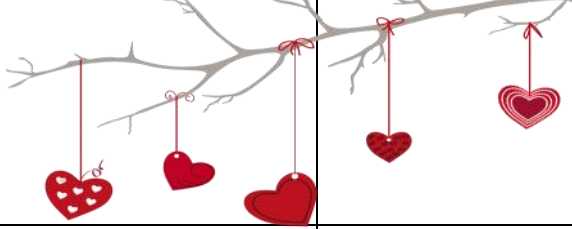








FEBRUARY 2024: CONOVER CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
Adult Life Programs—Conover 211 2nd Ave Place NW Conover, NC 28613 828-464-0078			1 8:30 Coffee & Current Events 10:00 Morning Meditation (C) 10:30 Arts and Crafts 12:30 Public Speaking –MS 1:30 Independent Living Skills	2 8:30 Coffee & Current Events 10:00 Music & Movement (C) 10:30 Movie & Cooking Class-Chicken (P)  12:30 Groundhog Day Trivia-A 1:30 Independent Living Skills
5 8:30 Coffee & Current Events 10:00 Beanbag Toss (C) 10:30 Participant Council Mtg 12:30 Mental Health Monday (K/S) 1:30– Independent Living Skills	6 8:30 Coffee & Current Events 10:00 Parachute (C) 10:30 Gents Shopping (P) Detective Find 12:30 Worry & Anxiety 1:30 Independent Living Skills	7 8:30 Coffee & Current Events 10:00 Morning Stretches (C) 10:30 Library (C) or Jeopardy 12:30 Participant Choice (<i>Pet therapy, math skills, or cooking prep</i>) 1:30-Independent Living Skills	8 8:30 Coffee & Current Events 10:00 Morning Meditation (C) 10:30 Cooking Class (P) or Bingo (C) 12:30 Winterizing your Skill (P) 1:30 Independent Living Skills	9 8:30 Coffee & Current Events 10:00 Music & Movement (C) 10:30 Board Game Day 12:30 Super Bowl Score Guess 1:30 Independent Living Skills
12 8:30 Coffee & Current Events 10:00 Music & Movement (C) 10:30 Mental Health Monday (K) 12:30 Penny Annie in Honor of Lincoln (P) 1:30-Independent Living Skills	13 8:30 Coffee & Current Events 10:00 Morning Stretches (C) 10:30 Singalong w/ Libbie or Word Search Puzzles 12:30 Budget Shopping (P) 1:30 Celebrate Mardi Gras	14 8:30 Coffee & Current Events 10:00 Beachball Toss (C) 10:30 VAYA Presentation—Anxiety 12:30 Valentine History & Crowns  1:30 Independent Living Skills	15 8:30 Coffee & Current Events 10:00 Morning Meditation (C) 10:30 Bowling at Pin Station 12:30 Wacky Words (D) 1:30 Independent Living Skills	16 8:30 Coffee & Current Events 10:00 Musical Chairs (C) 10:30 Cooking Class-Spaghetti (P) or Handwriting Skills (C) 12:30 PSR Review (K) 1:30 Independent Living Skills
19 8:30-Coffee & Current Events  10:00 Beachball Toss (C) 10:30 Gem's Shopping (P) Mental Health Monday (K) 12:30 President trivia or Cooking Class-Cherry Pie 1:30-Independent Living Skills	20 8:30-Coffee & Current Events 10:00 Music & Movement (C) 10:30 Anger Management (K) 12:30 Highlights w/ Judy 1:30 Independent Living Skills	21 8:30 Coffee & Current Events 10:00 Morning Meditation (C) 10:30 Volunteer Meals on Wheels or Black History Trivia 12:30 Pet therapy-Faith or Hangman 1:30-Independent Living Skills	22 8:30 Coffee & Current Events 10:00 Carolina Theater (\$5.50) 12:30 Music 1:30 Independent Living Skills	23 8:30 Coffee & Current Events 10:00 Morning Stretches (C) 10:30 Library (C) or Bingo (P) 12:30 Patio Chat 1:30 Independent Living Skills
26 8:30 Coffee & Current Events 10:00 Music & Movement (C) 10:30 Mental Health Monday (K) 12:30 Pictionary 1:30 Independent Living Skills	27 8:30 Coffee & Current Events 10:00 Morning Stretches (C) 10:30 Budget Shopping (P) or Anagram (C) 12:30 Devotion w/ Marcus or Art Skills	28 8:30 Coffee & Current Events 10:00 Morning Stretches (C) 10:30 Music w/ Macon 12:30 Cranium Games (P) 1:30 Independent Living Skills	29 8:30-Coffee & Current Events 10:00 Morning Meditation (C) 10:30 ALP Cleanup & Cleanout Day 12:30 Leap Year Trivia © & Ice Cream Sandwiches  1:30-Ind. Living Skills	
Birthdays Johnny: 2/10 Michael N.: 2/20 Aubree: 2/22 