








Monday	Tuesday	Wednesday	Thursday	Friday
3 10—Morning Meeting 1030—Meal Planning, Budgeting & Money Management 11—Community Outing: Walmart 1230—Independent Living 1—Group: Mental Health Monday (K) 230—Participant Counsel Meeting / Voting K & Q	4 10—Morning Meeting 1030—Journal Prompt (C) 11—Center Decorating / Cooking Class: Soup & Sandwiches 1230—Independent Living 1—Group: Goal Group (T) 230—Brain Games (C)	5 10—Morning Meeting 1030—Bible Study (D) 11—Community Outing: Library 1230—Independent Living 1—Pet Therapy with Faith / Arts & Crafts (C) 230—Word of the Day (C) 	6 10—Morning Meeting 1030—Wacky Words 11—Guest Visitor: Melanie Presenting THE HEART 1230—Independent Living 1—Group: Check-Ins & Coping Skills (C) 230—Brain Games (T)	7 National Wear Red Day 10—Morning Meeting 1030—Meal Planning, Budgeting & Money Management 11—Community Outing: Five Below 1230—Independent Living 1—Super Bowl Party & Games 230—Word of the Day (C)
10 10—Morning Meeting 1030—Meal Planning, Budgeting & Money Management 11—Community Outing: Walmart 1230—Independent Living 1—Group: Mental Health Monday (K) 230—Word of the Day (C)	11 10—Morning Meeting 1030—Journal Prompt (C) 11—Community Outing: Food Bank / BINGO 1230—Independent Living 1—Group: Goal Group (T) 230—Brain Games (C)	12 10—Morning Meeting 1030—Bible Study (D) 11—Guest Visitor: Libbie Music and Singalong Cooking Class: Potato Bar 1230—Independent Living 1—Community Outing: Library 230—Word of the Day (C)	13 10—Morning Meeting 1030—Meal Planning, Budgeting & Money Management 11—Community Outing: Bargain & Thrift Shopping 1230—Independent Living 1—Group: Check-Ins & Coping Skills (C) 230—Brain Games (T)	14 Valentine's Day 10—Morning Meeting 1030—Board and Card Games 11—Cooking Class: Valentine's Day Brunch 1230—Independent Living 1—Valentine's Party & Games 230—Crowning King and Queen
17 President's Day / RAK 10—Morning Meeting 1030—Meal Planning, Budgeting & Money Management 11—Community Outing: Walmart Cooking Class: Hot Dogs & Cherry Pie 1230—Independent Living 1—Group: Mental Health Monday (K) 230—President Day Trivia (P)	18 10—Morning Meeting 1030—Visit to Maiden 11—Fun, Games & Lunch @ Maiden Center 1—Group: Goal Group (T) 230—Brain Games (C) 	19 10—Morning Meeting 1030—Bible Study (D) 11—Community Volunteering: Meals on Wheels 1230—Independent Living 1—Pet Therapy with Faith / Arts & Crafts (C) 230—Word of the Day (C)	20 10—Morning Meeting 1030—Meal Planning, Budgeting & Money Management 11—Community Outing: Roses 1230—Independent Living 1—Group: Check-Ins & Coping Skills (C) 230—Brain Games (T)	21 10—Morning Meeting 1030—Community Outing: Bowling @ Pin Station 1230—Independent Living 1—Group: Seasonal Changes 230—Brain Games (T) 
24 10—Morning Meeting 1030—Meal Planning, Budgeting & Money Management 11—Community Outing: Walmart 1230—Independent Living 1—Group: Mental Health Monday (T) 230—Word of the Day (C)	25 10—Morning Meeting 1030—Journal Prompt (C) 11—Guest Visitor: Adam / Arts & Crafts (P) 1230—Independent Living 1—Group: Goal Group (T) 230—Brain Games (C)	26 10—Morning Meeting 1030—Bible Study (D) 11—Community Outing: Library Cooking Class: Chili & Cornbread (P) 1230—Independent Living 1—Wheel of Fortune (T) 230—Word of the Day (C)	27 10—Morning Meeting 1030—Community Outing: Carolina Theater (\$5.50) 1230—Independent Living 1—Group: Check-Ins & Coping Skills (C) 230—Brain Games (T)	28 10—Morning Meeting 1030—Meal Planning, Budgeting & Money Management 11—Community Outing: Bargain & Thrift Shopping / Cooking Class: Birthday Cake (P) 1230—Independent Living 1—Birthday BINGO 230—Brain Games (T)
Black History Month  Random Acts of Kindness Day (RAK)		Birthdays: 2/2—Sherri 2/10—Johnny 2/20—Michael N. 		Adult Life Programs Conover 211 2nd Ave. Pl. NE Conover, NC 28613 828-464-0078

**** Activities are subject to change ****

This institution is an equal opportunities provider