

# 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  
2024

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### Daily Schedule

**8:30 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 "Group Time!"**

**3:30 to 4:30 Individualized Activities**

**ties**

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

MON

TUES

WED

THURS

FRI

				<p><b>1. Let's Celebrate Black History Month</b></p> <ul style="list-style-type: none"> <li>Explore Historic Places of the Civil Rights Movement</li> <li>Who Am I? Name that Person...</li> </ul>	<p><b>2. Groundhog Day</b></p> <ul style="list-style-type: none"> <li>Let's Predict the Weather</li> <li>Let's learn the Groundhog Call</li> </ul>
<p><b>5. Candy Heart Day</b></p> <ul style="list-style-type: none"> <li>How many hearts are in the jar?</li> <li>Heart Grams</li> <li>Let's Make Heart Jar Containers</li> </ul>	<p><b>6. It's Bingo Time!</b></p> <ul style="list-style-type: none"> <li>Candy Bingo</li> <li>Cover All Bingo</li> <li>4 Corners Bingo</li> </ul>	<p><b>7. Name That Tune?</b></p> <ul style="list-style-type: none"> <li>How Many Song's Can You Name?</li> <li>Love Songs</li> <li>Jazz &amp; R &amp; B</li> <li>Gospel &amp; Country</li> </ul>	<p><b>8. Let's Get Ready for Super Bowl Sunday</b></p> <ul style="list-style-type: none"> <li>Super Bowl Mining Game</li> <li>Football Fill In the Blank</li> </ul>	<p><b>9. National Pizza Day</b></p> <ul style="list-style-type: none"> <li>Let's Make our Own Pizza's with all the Fixing's</li> <li>Pizza Word Game</li> <li>Spell the Names of the Ingredients</li> </ul>	
<p><b>12. It's Time To Make Pretzel Rods!</b></p> <ul style="list-style-type: none"> <li>Pretzels, Sprinkles Bags and White Chocolate w Tags</li> </ul>	<p><b>13. Cooking Class:</b></p> <ul style="list-style-type: none"> <li>Let's Make Cupid Mix</li> <li>Decorate Cupid Jars For Valentine's.</li> </ul>	<p><b>14. Valentine's Day</b></p> <ul style="list-style-type: none"> <li>Spreading The Word By Pastor Easter</li> <li>Valentine 's Day Party and Bingo</li> </ul>	<p><b>15. Who Are You Compatible With?</b></p> <ul style="list-style-type: none"> <li>Let's play the Newlywed Game...</li> <li>Pick your Twin Game</li> </ul>	<p><b>16. Pancakes and PJ's</b></p> <ul style="list-style-type: none"> <li>Let's enjoy Pancakes in Our PJ's</li> </ul>	
<p><b>19. President's Day</b></p> <ul style="list-style-type: none"> <li>Pres Parfaits</li> <li>Facts about the Presidents and First Ladies</li> <li>How many President's Can you Name?</li> </ul>	<p><b>20. All About Numbers</b></p> <ul style="list-style-type: none"> <li>Count by 5's</li> <li>Count by 10's</li> <li>County by 20's</li> <li>County to 100!</li> </ul>	<p><b>21. Demonstration: How to Make A Charcuterie Board</b></p> <ul style="list-style-type: none"> <li>Let's research and plan how we want to make our board.</li> </ul>	<p><b>22. It's Bingo Time!</b></p> <ul style="list-style-type: none"> <li>Candy Bingo</li> <li>Cover All Bingo</li> <li>4 Corners Bingo</li> </ul>	<p><b>23. Monopoly Game Day</b></p> <ul style="list-style-type: none"> <li>Let's Make our own Monopoly Game</li> <li>What "Special Things" go on a Game?</li> </ul>	
<p><b>26. Mix Up Day</b></p> <ul style="list-style-type: none"> <li>Makeup and Clothes Mix-Up...</li> <li>Let's See Who Wins The Men or The Women...</li> </ul>	<p><b>27. Snack Food Month</b></p> <ul style="list-style-type: none"> <li>G Column Snack Food Bingo</li> <li>B and O Column Bingo</li> </ul>	<p><b>American Heart Month</b></p> <ul style="list-style-type: none"> <li>Let's Learn About Our Heart- Allyson Ballard, Atrium Health CMC Main</li> <li>Spreading The Word by Pastor Easter</li> </ul>	<p><b>29. Monthly Birthday Party: Cupcake Station</b></p> <ul style="list-style-type: none"> <li>Let's Decorate Cupcakes with All The Goodies..</li> </ul>	<p><b>Happy Birthday To:</b></p> <p><b>Charlene— Feb 2</b></p> <p><b>Willie Mae—Feb 14</b></p> <p><b>Jeffrey—Feb 25</b></p>	

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