



Adult Day Care Center

February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 Exercise 10:30 IG w. Toddlers 11:00 Dancing w. Grace 2:15 Groundhog Fun	3 10:00 Exercise 10:30 IG w. 3's 11:00 Bird Feeder Craft 2:15 Travel Singapore	4 10:00 Exercise 10:30 IG w. 2's 11:00 Yard Games 2:15 Music w. Garold	5 10:00 IG w. Pre-K 10:30 Exercise 11:00 Bingo 2:15 Music w. Missy	6 10:00 Exercise 10:30 Show and Tell w. 2's 11:00 February Pondering 2:15 Whiteboard Games
9 10:00 Exercise 10:30 IG w. Toddlers 11:00 V-Day Would you Rather 2:15 Volleyball w. Bridgewater Residents	10 10:00 Exercise 10:15 Pet Therapy w. Pearl 10:30 IG w. 3's 11:00 V-Day Family Feud 2:15 Karaoke	11 10:00 Exercise 10:30 IG w. 2's 11:00 Valentine Cards 2:15 Getting to Know You	12 10:00 IG w. Pre-K 10:30 Exercise 11:00 Valentines Ring Toss 2:15 February Trivia	13 10:00 Exercise 10:30 Show and Tell w. 3's 11:00 Activity w. Cate/Sarah 2:15 Valentines Party
16 Birthday Party 10:00 Exercise 10:30 IG w. Toddlers 11:00 Highland Strings Band 2:15 Presidents Facts and Trivia	17 10:00 Exercise 10:30 IG w. 3's 11:00 Mardi Gras 2:15 Activity w. Cate/Sarah	18 10:00 Exercise 10:30 IG w. 2's 11:00 Table Games 2:15 Parachute and Umbrella Fun	19 10:00 IG w. Pre-K 10:30 Exercise 11:00 Bingo 2:15 Winter Olympics	20 10:00 Exercise 10:30 Shown and Tell w. 2's 11:00 Activity w. Cate/Sarah 2:15 Yard Games
23 10:00 Exercise 10:30 IG w. Toddlers 11:00 Craft w. Stephanie 2:15 Straw Ball	24 10:00 Exercise 10:30 IG w. 3's 11:00 Music w. Suzanne 2:15 Activity w. Cate/Sarah	25 10:00 Exercise 10:30 IG w. 2's 11:00 Music w. Laura 2:15 Ladies Tea, Men's Chat	26 10:00 IG w. Pre-K 10:30 Exercise 11:00 If the Price is Right 2:15 Whiteboard Games	27 10:00 Exercise 10:30 Show and Tell w. 3's 11:00 Sensory Play 2:15 Family Feud
Daily Schedule: 9:00 Breakfast 9:30 Morning Moments 12:00 Lunch 12:30-2:00 Quiet Time 3:00 Snack	Participant Birthday's <i>Michael Bennett – 16th</i>			

7:30-9:00 and 3:30-5:00 are activities of choice daily. All activities are subject to change

All participants have the right to decide whether or not to participate in any given activity. Alternative activities are offered. During the warmer months the participants have the opportunity to go outside during the day to enjoy our patio, weather permitting.