

# CHARLESWOOD ADULT DAY CLUB

## FEBRUARY 2019

10:00 - 10:30  
Morning Coffee  
& Muffins

10:45 - 11:15  
Theme News and Views

11:15 - 12:00  
Physical Fitness

12:00 - 12:20  
Walk a Lap

12:20 - 1:00  
Recreation







1:00 - 1:45  
Lunch

1:45 - 2:15  
Rest and Relaxation

2:15 - 3:15  
Mental Fitness  
Programs

3:15 - 3:30  
Sharing Circle and  
Refreshments

3:30  
Departure

Monday	Tuesday	Wednesday	Thursday	Friday
				
		AM: Crystal Presentation PM: Curling 1		
<b>MARDI GRAS (FAT TUESDAY)</b>				
AM: Pancakes PM: Curling Finals  4	AM: Pancakes PM: Curling Finals 5	AM: Pancakes PM: Curling Finals 6	AM: Pancakes PM: Curling Finals 7	AM: Pancakes PM: Curling Finals 8
<b>ST PATRICK'S DAY</b>				
AM: Card Bean-bag Toss PM: Irish Wheel of Fortune 11	AM: Card Beanbag Toss PM: Paramedics Association Guest 12 	AM: Card Bean-bag Toss PM: Tom The Irish Cowboy! 13	AM: Card Bean-bag Toss PM: Irish Wheel of Fortune 14	AM: Card Bean-bag Toss PM: Irish Wheel of Fortune 15
<b>SPRING HAS SPRUNG</b>				
AM: Theme Dice PM: Board Games 18	AM: Theme Dice PM: Board Games 19	AM: Theme Dice PM: Board Games 20 	AM: Theme Dice PM: Daycare Visit 21	AM: Theme Dice PM: Music Therapy 22
<b>DUCT TAPE WEEK</b>				
AM: Disc Toss PM: Duct-Tape Craft 25	AM: Disc Toss PM: Duct-Tape Craft 26	AM: Disc Toss PM: Duct-Tape Craft 27	AM: Disc Toss PM: Duct-Tape Craft 28 	AM: Disc Toss PM: Duct-Tape Craft 29