


February 2012		Flower: Violet	Birthstone: Amethyst	Color: Light Blue & Yellow	Adult Day Healthcare Program
Monday	Tuesday	Wednesday	Thursday	Friday	
	Council On Aging Of Nassau's Adult Day Healthcare Program Nassau County Council On Aging 1367 S 18th Street Fernandina Beach, Florida 32034 904-261-0701 ext: 113 Debra Dombkowski	Bird Feeder 1 Coffee & Social Time Living Room / Garden time Craft Time Chair Exercise-balance Lunch & Rest Family Fued Game Reminiscing / Discussion Time	Groundhog Day 2 Coffee & Social time Living Room / Garden Time Bingo Chair exercises- strengthening Lunch & Rest Spelling Bee/Short Stories Reminiscing / Discussion Time	Potato Lovers Day 3 Coffee & Social Time Living Room/Garden Time Craft Time Chair Exercise- dance Lunch & Rest Coloring/Painting Reminiscing / Discussion Time	
	Super Bowl XLVI 6 Coffee & Social Time Living Room / Garden Time Craft Time Chair Exercise-balance Lunch & Rest Nail Salon/Cut Coupons Reminiscing / Discussion Time	Carrot Cake 7 Coffee & Social Time Living Room / Garden Time Art Project Chair Exercises- stretching Lunch & Rest Coloring/Painting Reminiscing / Discussion Time	Heart Day 8 Coffee & Social Time Living Room / Garden time Craft Time Exercise-dance Lunch & Rest Table Games Reminiscing / Discussion Time	Chocolate Day 9 Coffee & Social time Living Room / Garden Time Bingo Chair exercises- balance Lunch & Rest Family Feud Game Reminiscing / Discussion Time	Make A Valentine 10 Coffee & Social Time Living Room/Garden Time Craft Time Chair Exercise- dance Lunch & Rest Poetry/ Short Stories Reminiscing / Discussion Time
Drum Circle 13 Coffee & Social Time Living Room / Garden Time Drum Circle Party Chair Exercises- balance Lunch & Rest Nail Salon/Cut Coupons Reminiscing / Discussion Time	St. Valentines Day 14 Coffee & Social Time Living Room / Garden Time Bluegrass Band Chair Exercise- stretching Lunch & Holiday Party Family Fued Game Reminiscing / Discussion Time	Gumdrop Day 15 Coffee & Social Time Living Room / Garden time Craft Time Chair Exercise-strengthening Lunch & Rest Table Games Reminiscing / Discussion Time	Jello Day 16 Coffee & Social time Living Room / Garden Time Bingo Exercise-dance Lunch & Rest Color / Painting Reminiscing / Discussion Time	Mouseketeers 17 Coffee & Social Time Living Room/Garden Time Craft Time Chair Exercise- balance Lunch & Rest Spelling Bee/ Short Stories Reminiscing / Discussion Time	
Presidents Day- Closed 20 Center Is Closed	Oatmeal Day 21 Coffee & Social Time Living Room / Garden Time Art Project Chair Exercise- stretching Lunch & Rest Nail Salon/ Cut Coupons Reminiscing / Discussion Time	George Washinton 22 Coffee & Social Time Living Room / Garden time Craft Time Chair Exercises- dance Lunch & Rest Family Fued Game Reminiscing / Discussion Time	Waffle Day 23 Coffee & Social time Living Room / Garden Time Bingo Chair Exercise-balance Lunch & Rest Color / Painting Reminiscing / Discussion Time	French Fry Friday 24 Coffee & Social Time Living Room/Garden Time Craft Time Chair Exercise- strengthening Lunch & Rest Spelling Bee/ Short Stories Reminiscing / Discussion Time	
Dolly Parton 27 Coffee & Social Time Living Room / Garden Time Craft Time Chair Exercise-balance Lunch & Rest Nail Salon/Cut Coupons Reminiscing / Discussion Time	Boy Scouts (1910) 28 Coffee & Social Time Living Room / Garden time Bluegrass Band Chair Exercise- stretching Lunch & Rest Family Fued Game Reminiscing / Discussion Time	Leap Day 29 Coffee & Social time Living Room / Garden Time Craft Time Chair Exercises- strengthening Lunch & Rest Table Games Reminiscing / Discussion Time	Calendar Subject To Change		

Schedule subject to change--