

February 2020
Sheridan Villa Adult Day Program



Superbowl, February 2



Valentines Day, Feb 14th



Groundhog Day, Feb 2



Mardi Gras, February 25



	SATURDAY 1
	Meet & Greet
	9:30 Table Top Activities
	10:15 Interlude
	10:30 Exercises
	11:00 WELCOME TO FEBRUARY!
	11:30 HAPPY BIRTHDAY, CLARK GABLE
	1:00 It's your time!
	1:00 What's happening? & Brain Crunches
	1:30 FEBRUARY SCATTERGORIES
	2:00 WINTER MUSIC APPRECIATION
	3:00 BALL TOSS!
	3:30 SING YOUR WAY HOME
	4:00 PUZZLES & PONDERING
	4:30 Musical Interlude

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MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7	SATURDAY 8
Meet & Greet	Meet & Greet	Meet & Greet	Meet & Greet	Meet & Greet	Meet & Greet
9:30 Table Top Activities	9:30 Table Top Activities	9:30 Table Top Activities	9:30 Table Top Activities	9:30 Table Top Activities	9:30 Table Top Activities
10:30 Exercises	10:30 Exercises	10:30 Exercises	10:30 Exercises	10:30 Exercises	10:15 Interlude
11:00 Finishing line	11:00 Dice Trivia	11:00 Word Mining	11:00 Spiritual Time	11:00 Word Unscramble– Fruits	10:30 Exercises
11:30 Well Grounded	11:30 Time with the kids	11:30 Queen’s Day	11:00 Kitchen Time	11:30 Contemplating “What If?”	11:00 Morning Manicures/ News update
1:00 It’s your time!	1:00 It’s Your Time!	1:00 It’s your time!	11:30 Hymn Sing	1:00 Medgar Evers & Brain Crunches	11:30 Sing Along
1:00 What’s Happening? & Brain Crunches	1:00 What’s Happening? & Brain Crunches	1:00 Rosa Parks & Brain Crunches	1:00 It’s your time! 1:00 What’s Happening? & Brain Crunches	1:00 Medgar Evers & Brain Crunches	1:00 It’s your time!
1:30 Celebrating African American History Month	1:30 Prepping for Soup/ From the soul	1:30 Rosary/ tea social/ Hangman	1:30 Martin Luther King Jr.	1:30 High Notes	1:00 What’s happening? & Brain Crunches
2:00 Norman Rockwell Day	2:00 Jeopardy	2:00 Giant Crossword	2:00 Headbandz	1:45 Low Notes/ Identifying with color	1:30 You be the judge
3:00 Baggo	2:30 BINGO	3:00 Bowling	3:00 Walk Your Way to a Healthy Heart	2:00 Oscars through the decade	2:00 Potato chip tasting
3:30 A Rose is A Rose Day	3:00 BINGO Cont’d	3:30 Sing Along	3:30 Reminisce– Songs have a place in the title	3:00 Baggo	3:00 Lasso Golf
4:00 Spelling Bee	4:00 You be the Judge	4:00 Puzzles and Ponder- ing	4:00 Intellectual	3:30 Spot the differences	3:30 Horoscopes
Afternoon exercises	4:30 Musical Interlude	Afternoon exercises	4:30 Musical Interlude	4:00 Intellectual	4:00 Table top activities
4:30 Musical Interlude		4:30 Musical Interlude		4:30 Musical Interlude	4:30 Musical Interlude
6:00 Music Appreciation		6:00 Baking Club			
7:00 Just for Laughs					
8:00 Closing Chores					
Absence Line 905-791-8668 ext. 2916. to report all participants absences					



MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14	SATURDAY 15
Meet & Greet	Meet & Greet	Meet & Greet	Meet & Greet	Valentine's Day!	Meet & Greet
9:30 Table Top Activities	9:30 Table Top Activities	9:30 Table Top Activities	9:30 Table Top Activities	9:30 Table Top Activities	9:30 Table Top Activities
10:30 Exercises	10:30 Exercises	10:30 Exercises	10:30 Exercises	10:30 Exercises	10:00 Interlude
11:00 You be the Judge	11:00 Intellectual	11:00 You be the Judge!	11:00 Spiritual Time	11:00 Hangman	10:30 Exercises
11:30 The Music of Mendelssohn	11:30 Time with the kids	11:30 Name that "Heart" Tune	11:00 Kitchen Time	11:30 Remembering Love Songs	11:00 Spelling Bee
1:00 It's your time!	1:00 It's Your Time!	1:00 It's your time!	11:30 Hymn Sing	1:00 It's your time!	11:30 Sing Along
1:00 What's Happening? & Brain Crunches	1:00 Shirley Anita & Brain Crunches	1:00 President Barak Obama & Brain Crunches	1:00 It's your time!	1:00 What's happening? & Brain Crunches	1:00 It's your time!
1:30 Name 10...	1:30 Basketball	1:00 President Barak Obama & Brain Crunches	1:00 What's Happening? & Serena Williams	1:00 What's happening? & Brain Crunches	1:00 What's happening? & Brain Crunches
Art with Glynis!	2:00 Paper Heart Garland	1:30 Rosary	1:30 Afternoon Stretch	1:30 High Notes	1:30 Finishing Line
2:00 Short Stories	2:30 BINGO	Entertainer Michael Kelly!	2:00 Valentine Poetry	1:45 Low Notes/Faith Ringgold	2:00 Hymn singing
3:00 Ladder Ball	3:00 BINGO cont'd	3:00 Baggo	3:00 Romances to Remember	2:00 Valentine's Day Social	3:00 Bowling
3:30 1950's/1960's Sing along	3:30 Advice Columns	3:30 Hymn singing	3:30 Toss that Candy Bag	2:00 Valentine's Day Social	3:30 Colouring Mandalas
4:00 End of the Day Trivia	4:00 Board Games	4:00 Intellectual	4:00 Valentine's Day Trivia	3:00 Falling for Niagara Falls	4:00 Closing Chores
Afternoon exercises	4:30 Musical Interlude	Afternoon exercises	4:30 Musical Interlude	3:30 Flower Arrangement	4:30 Musical Interlude
4:30 Musical Interlude		4:30 Musical Interlude		4:00 End of the Day Trivia	
6:00 Hand Massage & Manicure		6:00 Montessori Corner		4:30 Musical Interlude	
7:00 Music & Ball toss					
8:00 Helping Hands					

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MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21	SATURDAY 22
<p>Closed for Family Day</p>	Meet & Greet	Meet & Greet	Meet & Greet	Meet & Greet	Safari Saturday!!
	9:30 Table Top Activities	9:30 Table Top Activities	9:30 Table Top Activities	9:30 Table Top Activities	Meet & Greet
	10:30 Exercises	10:30 Exercises	10:30 Exercises	10:30 Exercises	9:30 Table Top Activities
	11:00 Hangman/Word Games	11:00 Chair Yoga	11:00 Kitchen Time	11:00 Intellectual	10:00 Interlude
	11:30 Time with the kids	11:30 Food for Thought—Disgusting Delicacies	11:00 Spiritual Time	11:30	10:30 Exercises
	1:00 It's Your Time!	1:00 It's your time!	11:30 Hymn Sing	1:00 It's your time!	11:00 Animal Puzzles
	1:00 Michael Jordan & Brain Crunches	1:00 Richard Allen & Brain Crunches	1:00 It's your time!	1:00 Beyonce & Brain Crunches	11:30 Travelogue—Kenya
	1:30 Hands on Exotics	1:30 Rosary/Intellectual	1:00 Beyonce & Brain Crunches	1:00 Aretha Franklin & Brain Crunches	1:00 It's your time!
	2:00 Hands on Exotics cont.	2:00 Giant Crossword	1:30 Cherry tartelettes baking	1:30 High Notes	1:00 What's happening? & Brain Crunches
	2:30 BINGO	3:00 10-Pin Bowling	2:00 Cherry Pie Day and Tasting	1:45 Low Notes/Travelogue Jamaica	1:30 Virtual Safari
	3:00 BINGO cont'd	3:30 Sing Along	3:00 Travelling the Underground Railroad	2:00 Black History Month Presentation (Upstairs)	2:00 Name that Animal
	3:30 Basketball	4:00 Tabletop Word Games	3:30 Emotional or Artistic Expressions	3:00 Winter Hangman	3:00 Bowling
	4:00 Funniest Videos	Afternoon exercises	4:00 Word search and Puzzels	3:30 Emotional or Artistic Expressions	3:30 Afternoon Dancing
	4:30 Musical Interlude	4:30 Musical Interlude	4:30 Musical Interlude	4:00 Getting to know you	4:00 Your choice
		6:00 Mini Manicures		4:30 Musical Interlude	4:30 Musical Interlude
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MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28	SATURDAY 29
Meet & Greet	MARDI GRAS	ASH Wednesday	Meet & Greet	Meet & Greet	LEAP DAY
9:30 Table Top Activities	Meet & Greet	Meet & Greet	9:30 Table Top Activities	9:30 Table Top Activities	Meet & Greet
10:30 Exercises	9:30 Table Top Activities/ Lets Make some Pancakes!	9:30 Table Top Activities	10:30 Exercises	10:30 Exercises	9:30 Table Top Activities
11:00 Dice Trivia	10:30 Exercises	10:30 Exercises	11:00 Kitchen Time	11:00 Hangman	10:00 Interlude
11:30 Songs of the 50's	11:00 Who Am I?	11:00 Winter Trivia	11:00 Spiritual Time	11:30 Singalong with Elder Song	10:30 Exercises
1:00 It's your time!	11:30 Time with the kids	11:30 Who Am I?	1:00 It's your time!	1:00 It's your time!	11:00 Fill in the Word
1:00 Ella Baker	1:00 It's Your Time!	1:00 It's your time!	1:00 It's your time!	1:00 Viola Davis Desmond	11:30 The Mysteries of Time
& Brain Crunches	1:00 Michael Jackson	1:00 Nina Simone	1:00 James Brown	& Brain Crunches	1:00 It's your time!
1:30 Daily trivia	1:30 Clay Bowls/Chronical's	& Brain Crunches	1:30 Spa time/reflection	& Brain Crunches	1:00 What's happening?
Art with Glynis!	2:00 Mardi Gras History	1:30 Rosary	2:00 Board Games	1:30 High Notes	& Brain Crunches
2:00 Riddle me this?	2:30 BINGO	Entertainer:	3:00 Lasso Golf	1:45 Low Notes/ Spot the difference	1:30 Happy Birthday, Superman
3:00 Ring Toss	3:00 BINGO Cont'd	Michael Kelly	3:30 Name that tune	2:00 Do you hear what I hear?	3:00 Sing your Heart Out
3:30 Emotional or Artistic Expressions	3:30 Baggo	2:30 Birthday Social	4:00 Hangman	3:00 Basketball	3:30 Adult Colouring Pages!
4:00 Intellectual	4:00 Intellectual	3:00 Baggo	4:30 Musical Interlude	3:30 Meditation/Stretch	4:00 Musical Interlude
Afternoon exercises	4:30 Musical Interlude	3:30 Hymn singing		4:00 Spelling Bee	
4:30 Musical Interlude		4:00 Intellectual		4:30 Musical Interlude	
6:00 Cupcake making		Afternoon exercises			
7:00 End of Day Cleaning		4:30 Musical Interlude			
		6:00 Montessori Corner			
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