



Monday

Tuesday

Wednesday

Thursday

Friday

 <p>February 2012 Adult Day Services at Oakland Centre</p>		<p>Beauty Shop Open 1</p> <p>10:30 Music Therapy with Kelsey from WMU 11:30 Meditation 12:00 Lunch & Learn 1:00 Up 2 You or Book Club 2:00 Making Valentines 3:00 Afternoon Nutrition Break 3:30 Missing Pairs Word Game 4:00 Wii Games with the Boy Scouts</p>	<p>9:00 Pet Therapy with Thor the Greyhound 2</p> <p>10:00 Groundhog's Day Trivia 11:00 Portage Senior Center Choir 12:00 Lunch & Learn 1:00 Sing-a-Long with Phyllis 1:30 Nurses' Note 2:00 Up 2 You 3:00 Afternoon Nutrition Break 3:30 Floor Hockey</p>	<p>10:00 Torn Heart Craft 3</p> <p>11:00 Chair Aerobics 12:00 Lunch & Learn 1:00 Music Therapy with Kelsey from WMU 2:00 Up 2 You or Book Club 3:00 Afternoon Nutrition Break 3:30 Would you Rather</p>
<p>10:30 Music Therapy with Brad 6</p> <p>11:30 Meditation 12:00 Lunch & Learn 1:00 Up 2 You or Book Club 2:00 Football 3:00 Afternoon Nutrition Break 3:30 High Low Dice Game</p>	<p>9:00 Pet Therapy with Batman the Guinea Pig 7</p> <p>10:00 Have a Heart Pin Craft 11:00 Nurses' Note 12:00 Lunch & Learn 1:00 Up 2 You 2:00 Bowling 3:00 Afternoon Nutrition Break 3:30 Four of a Kind 4:00 Wii Games with the Boy Scouts</p>	<p>Beauty Shop Open 8</p> <p>10:30 Music Therapy with Kelsey from WMU 11:30 Meditation 12:00 Lunch & Learn 1:00 Up 2 You or Book Club 2:00 Volleyball 3:00 Afternoon Nutrition Break 3:30 Love Songs Fill-In</p>	<p>Happy Birthday, Terry 9</p> <p>10:00 Word Puzzles 11:00 Chair Tai Chi 12:00 Lunch & Learn 1:00 Sing-a-Long with Phyllis 1:30 Nurses' Note 2:00 Up 2 You 3:00 Afternoon Nutrition Break 3:30 Trivia</p>	<p>10:00 Manicures or Jigsaw Puzzles 10</p> <p>11:00 Animal Kingdom Aerobics 12:00 Lunch & Learn 1:00 Music Therapy with Kelsey from WMU 2:00 Up 2 You or Book Club 3:00 Afternoon Nutrition Break 3:30 Washer Toss</p>
<p>10:30 Music Therapy with Brad 13</p> <p>11:30 Meditation 12:00 Lunch & Learn 1:00 Up 2 You or Book Club 2:00 Sewing Circle 3:00 Afternoon Nutrition Break 3:30 Candy Bar Guessing Game</p>	<p>10:00 Watercolor Painting 14</p> <p>11:00 Chair Aerobics 12:00 Lunch & Learn 1:00 Movie Matinee or Up to You 3:00 Randall Adams Performs Love Songs on Piano 4:00 Refreshments & Fellowship</p>	<p>Beauty Shop Open 15</p> <p>9:00 Pet Therapy with Thor the Greyhound 10:30 Music Therapy with Kelsey from WMU 11:30 Meditation 12:00 Lunch & Learn 1:00 Up 2 You or Book Club 2:00 Candy Bingo 3:00 Afternoon Nutrition Break 3:30 Uno Card Game</p>	<p>10:00 Riddle Me This 16</p> <p>11:00 Chair Yoga 12:00 Lunch & Learn 1:00 Sing-a-Long with Phyllis 1:30 Nurses' Note 2:00 Up 2 You 3:00 Afternoon Nutrition Break 3:30 Fill in the Blank</p>	<p>10:00 Trivia 17</p> <p>11:00 Chair Aerobics 12:00 Lunch & Learn 1:00 Music Therapy with Kelsey from WMU 2:00 Up 2 You or Book Club 3:00 Afternoon Nutrition Break 3:30 Corn Hole Toss</p>
<p>10:30 Music Therapy with Brad 20</p> <p>11:30 Meditation 12:00 Lunch & Learn 1:00 Up 2 You or Book Club 2:00 Beading Bracelets 3:00 Afternoon Nutrition Break 3:30 Presidential Facts</p>	<p>10:00 Marti Gras Masks 21</p> <p>11:00 Chair Aerobics 12:00 Lunch & Learn 1:00 Up 2 You 2:00 Manicures or Jigsaw Puzzles 3:00 Fat Tuesday Paczki 3:30 Penny Ante</p>	<p>Beauty Shop Open 22</p> <p>10:30 Music Therapy with Kelsey from WMU 11:30 Meditation 12:00 Lunch & Learn 1:00 Up 2 You or Book Club 2:00 Volleyball 3:00 Afternoon Nutrition Break 3:30 Bunco</p>	<p>9:00 Pet Therapy with Batman the Guinea Pig 23</p> <p>10:00 Tissue Box Decorating 11:00 Chair Ballroom Dancing 12:00 Lunch & Learn 1:00 Sing-a-Long with Phyllis 1:30 Nurses' Note 2:00 Up 2 You 3:00 Afternoon Nutrition Break 3:30 Mixed up Bird Words</p>	<p>10:00 Word Puzzles 24</p> <p>11:00 Chair Aerobics 12:00 Lunch & Learn 1:00 Music Therapy with Kelsey from WMU 2:00 Up 2 You or Radio Shows 3:00 Afternoon Nutrition Break 3:30 Horseshoes</p>
<p>9:00 Pet Therapy with Thor the Greyhound 27</p> <p>10:30 Music Therapy with Brad 11:30 Meditation 12:00 Lunch & Learn 1:00 Up 2 You or Book Club 2:00 Horseracing 3:00 Afternoon Nutrition Break 3:30 Word Game</p>	<p>10:00 Modeling Klee 28</p> <p>11:00 Chair Aerobics 12:00 Lunch & Learn 1:00 Up 2 You 2:00 Baseball 3:00 Afternoon Nutrition Break 3:30 Yahtzee</p>	<p>Beauty Shop Open 29</p> <p>10:30 Music Therapy with Kelsey from WMU 11:30 Devotional with Chaplin Vic 12:00 Lunch & Learn 1:00 Up 2 You or Book Club 2:00 Volleyball 3:00 Afternoon Nutrition Break 3:30 March Place Cards</p>	 <p>OAKLAND CENTRE Here for Life</p>	

Life Enrichment Activity Calendar

Daily Activities include: 7:30 Chitchat & Preparations 8:30 News & Notes 9:30 Coffee Break 4:30 Helping Hands *Color Code for Activity Program Focus: Emotional Wellbeing & Creative Arts & Music, Environmental & Sensory Stimulation, Cognitive Stimulation, Life Skills & Hobbies, Physical Movement, Social Interaction & Spirituality* Activity Programs may change and there's always room for spontaneity!