

FEBRUARY 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			LOVE 1	Groundhog Day 2
			Coffee & Social time Living Room / Garden Time Craft Time Chair Exercises: Strength Lunch-Rest & Movie Bingo Reminiscing / Discussion Time	Coffee & Social Time Living Room / Garden Time Craft Time Chair Exercise: Stretching Lunch-Rest & Movie Soft Touch Pet Therapy Reminiscing / Discussion Time
Weather Man Day 5	Abstract Art 6	String Heart Art 7	Heart Facts 8	Tye Dye 9
Coffee & Social Time Living Room / Garden Time Craft Time Music With Georgia & Brad Lunch-Rest & Movie Family Fued Game Reminiscing / Discussion Time	Coffee & Social Time Living Room / Garden Time Craft Time Music With Barb & Girls Lunch Rest & Movie Ball Toss & Bean Bag Games Reminiscing / Discussion Time	Coffee & Social Time Living Room / Garden time Craft Time Chair Exercises: Yoga Lunch-Rest & Movie Table Games / Porch Fun Reminiscing / Discussion Time	Coffee & Social time Living Room / Garden Time Craft Time Chair Exercises: Strength Lunch-Rest & Movie Bingo Reminiscing / Discussion Time	Coffee & Social Time Living Room / Garden Time Craft Time Chair Exercises- Scarf Fun Lunch-Rest & Movie Porch Time / Trivia Fun Reminiscing / Discussion Time
Winter Olympics 12	Mardi Gras 13	Valentine's Day 14	Natl. Gum Drop Day 15	Chinese New Year 16
Coffee & Social Time Living Room / Garden Time Music With Georgia & Brad Chair Exercise: Balance Lunch-Rest & Movie Pet therapy with Sara & Hudson Reminiscing / Discussion Time	Coffee & Social Time Living Room / Garden Time Bluegrass Band Chair Exercise: Strength Return From Outing Rest & Movie Reminiscing / Discussion Time	Coffee & Social Time Living Room / Garden time Valentine Celebration Chair Exercises Yoga Lunch Rest & Movie Porch Time / Trivia Fun Reminiscing / Discussion Time	Coffee & Social time Living Room / Garden Time Chair Exercises: Strength Bingo Lunch Rest & Movie Marble Game Reminiscing / Discussion Time	Coffee & Social Time Living Room / Garden Time Craft Time Chair Exercises: Dance Lunch Rest & Movie Soft Touch Pet Therapy Reminiscing / Discussion Time
President's Day 19	Cherry Pie 20	The Year 1991 21	George Washington 22	Cherry Tree 23
CENTER IS CLOSED	Coffee & Social Time Living Room / Garden Time Craft Time Music With Barb & Girls Lunch Rest & Movie Family Feud Game Reminiscing / Discussion Time	Coffee & Social Time Living Room / Garden time Craft Time Chair Exercise: Yoga Lunch Rest & Movie Shuffleboard & Checker Games Reminiscing / Discussion Time	Coffee & Social time Living Room / Garden Time Bingo Chair Exercises: Strength Lunch Rest & Movie Porch Time / Trivia Fun Reminiscing / Discussion Time	Coffee & Social Time Living Room / Garden Time Craft Time Chair Exercises: Dance Lunch Rest & Movie Time Marble Game Reminiscing / Discussion Time
Strawberries 26	Freedom Day 27	Poetry 28	The Nassau County COA	Council On Aging Of Nassau's
Coffee & Social Time Living Room / Garden Time Music With Georgia & Brad Chair Exercises: Ball Toss Lunch Rest & Movie Table Games / Porch Fun Reminiscing / Discussion Time	Coffee & Social Time Living Room / Garden Time Bluegrass Band Chair Exercise: Stretching Lunch Rest & Stretching Marble Game Reminiscing / Stretching	Coffee & Social Time Living Room / Garden time Poems Chair Exercise: Yoga Lunch Rest & Movie Ball Toss & Bean Bag Games Reminiscing / Discussion Time	Caregiver Support Group Meets The 3rd Thursday Monthly THURSDAY Feb. 15th 2:30 PM - 4:30 PM All Caregivers Welcome Call 261-0701 ext. 113 for info.	Adult Day Healthcare Program Nassau County Council On Aging 1367 South 18th Street Fernandina Beach, Florida 32034 904-261-0701 ext. 113 Debra Dombkowski LPN Certified Dementia Practitioner