

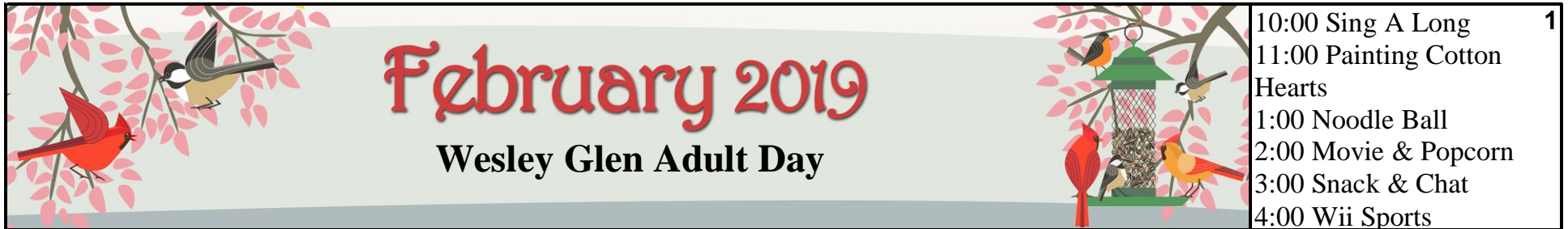
Monday

Tuesday

Wednesday

Thursday

Friday



10:00 All About Groundhogs 4 11:00 Melody Mondays 1:00 Craft: Bin Decoration 2:00 Rest & Relax 3:00 Snack & Chat 4:00 Open Activities	10:00 Chinese New Year Trivia 5 11:00 Chinese Lantern 1:00 Book Club 2:00 Rest & Relax 3:00 Snack & Chat 4:00 Wii Wheel of Fortune	10:00 Fairy Tales Brain Teasers 6 11:00 Room Decorations 1:00 Dice Game 2:00 Chair Volleyball (A) 3:00 Snack & Chat 4:00 Life Share Music	10:00 Word Search 7 11:00 Exercise with Susie 1:00 Manicures 2:30 Columbus Folk Music 3:00 Snack & Chat 4:00 Short Stories	10:00 Valentine Cards 8 11:00 Reminisce Valentines 1:00 Chair Yoga 2:00 Movie & Popcorn 3:00 Snack & Chat 4:00 Music Madness
10:00 Coloring 11 11:00 Melody Mondays 1:00 Bean Bag Toss 2:00 Rest & Relax 3:00 Snack & Chat 4:00 Board Games	10:00 Coffee & News 12 11:00 Library Visit 1:00 Coffee Mug Making 2:00 Rest & Relax 3:00 Snack & Chat 4:00 Monthly Gazette	10:00 Who Am I? 13 11:00 Valentine Bracelets 1:00 Bingo 2:00 Rest & Relax 3:00 Snack & Chat 4:00 Puzzles	10:00 Name that Tune 14 11:30 Couple's Luncheon(A) 1:00 Manicures 2:00 Music with Pat Weiss 3:00 Snack & Chat 4:00 Book Club	10:00 African American History (Trivia) 15 11:00 Puzzles 1:00 Hokie Pokie 2:00 Movie & Popcorn 3:00 Snack & Chat 4:00 Wii Word Puzzles
10:00 President Trivia 18 11:00 Melody Mondays 1:00 Craft: Flags 2:00 Presidential Love Letters (A) 3:00 Snack & Chat 4:00 Open Activities	10:00 Coffee & News 19 11:00 Beaded Suncatcher 1:00 Book Club 2:00 Rest & Relax 3:00 Snack & Chat 4:00 Wii Jeopardy	10:00 Trivia 20 11:00 Ball Toss 1:00 Card Games 2:30 Family Feud Game (HC) 3:30 Snack & Chat 4:00 Life Share Games	10:00 Black History Month Word Search 21 11:00 Exercise with Susie 1:00 Manicures 2:00 Music with John V. 3:00 Snack & Chat 4:00 Short Stories	10:00 Sing A Long 22 11:00 Craft: Cherry Pins 1:00 Chair Volleyball 2:00 Movie & Popcorn 3:00 Snack & Chat 4:00 Uno Cards
10:00 Coloring 25 11:00 Melody Mondays 1:00 Active Game: Parachute 2:00 Rest & Relax 3:00 Snack & Chat 4:00 Jenga	10:00 Coffee & News 26 11:00 Library Visit 1:00 Sing A Long 2:00 Rest & Relax 3:00 Snack & Chat 4:00 Word Searches	10:00 Trivia 27 11:00 Music with Chad 1:00 Bingo 2:00 Columbus Metro Parks Visit (HC) 3:00 Snack & Chat 4:00 Laundry Folding	10:00 Word Search 28 11:00 Exercise with Susie 1:00 Manicures 2:00 Rest & Relax 3:00 Snack & Chat 4:00 Book Club	<p style="text-align: center;">Key</p> WC: Wellness Center DR: Health Center Dining Room HC: Health Center Activities Room A: Auditorium

Calendar available at <http://www.wesleyglen.com/activity-calendars>

February 2018
Wesley Glen Adult Day Center
Daily Schedule

6:30-10:00 Gathering

10:00-11:00 Warm Up activities

11:00-12:00 Group Activity

12:00-1:00 Lunch and Leisure

1:30-2:30 Group Activity

2:30- 3:30 Rest and Relax

3:30-4:00 Afternoon Snack

4:00- 6:00 Wind Down activities

Gathering and Warm Up: Coffee, morning snack, and daily news available, time to rest and relax

Warm Up: Miscellaneous cognitive, social, and creative activities, time to rest and relax

Group Activities: Programs rotate between Cognitive, Community, Creative, Expressive, Grooming, Intergenerational, Physical, Social, Spiritual/Religious, Therapeutic, and Work/Service scopes

Wind Down: Miscellaneous small group activities, time to rest and relax



5155 North High Street - Columbus, Ohio 43214