

Monday

Tuesday

Wednesday

Thursday

Friday

Senior Moments Adult Day Center February 2025

Activity Calendar

<p>Hairdresser (By Appointment Only) 3</p> <p>Groundhog Day Bowling Exercise: Pass the Torch Music with Ron Mixed-Up Groundhog Day</p>	<p>4</p> <p>Who am I? Nix the Six/Craft Club: Candy Butterflies Exercise: Chair Yoga Music with Ron Candyland Word Mining</p>	<p>5</p> <p>Pushing the Envelope I Got It!/Craft Club: DIY Greeting Cards Exercise: Roll the Dice Hula Hoop Challenge Signed Sealed Delivered</p>	<p>Foot Care Nurse 9:15am 6</p> <p>The Monthly Gazette Washer Toss Exercise: NE Style Music with Ron Friendly Feud</p>	<p>7</p> <p>Star of the Month Bingo Exercise: Presidential Fitness Horse Shoes Crooning with Karen</p>
<p>Hairdresser (By Appointment Only) 10</p> <p>Black Inventors Clown Toss Exercise: Chair Boxing Music with Ron Michelle Obama Alphabet Codes</p>	<p>11</p> <p>Jeopardy Bingo Exercise: Rain Forest Hike Music with Ron Would you Rather?</p>	<p>12</p> <p>Who am I? Five Alive/Bakers Rack: Blueberry Muffins Exercise: Qigong Bowling Mixed Up Muffins</p>	<p>13</p> <p>Romances to Remember Birdie Toss Exercise: In Madrid Music with Ron Love Lines</p>	<p>14</p> <p>Love is in the Air Yahtzee/Craft Club: Conversation Hearts Exercise: 2-Min Tune-Up Bulls Eye Mat Crooning with Karen</p>
<p>Hairdresser (By Appointment Only) 17</p> <p>President's Day Shooters Exercise: Fit & Factual Music with Ron Presidential Mix-Up</p>	<p>18</p> <p>Life of a Hummingbird Chase the Ace/ Craft Club: Peanut Shell Hummingbird Exercise: Key West Music with Ron Birds Categories</p>	<p>19</p> <p>Morning Laugh Bingo Exercise: Bay Swim Bucket Brigade Word Scrambles</p>	<p>20</p> <p>We Love Good News Bowling Exercise: Pass the Torch Music with Ron Whiteboard Mash-Up</p>	<p>21</p> <p>Maple Syrup Season Dice & Strikes/Bakers Rack: Maple Syrup Coffee Cake Exercise: Chair Yoga Bowling Crooning with Karen</p>
<p>Hairdresser (By Appointment Only) 24</p> <p>African American Trivia Bowling Exercise: Roll the Dice Music with Ron Famous Black Athletes</p>	<p>25</p> <p>Buffalo Bill Cody One & Done/Cooking Club: Cowboy Trifle Exercise: NE Style Music with Ron Wild West Word Match</p>	<p>26</p> <p>Queen Elizabeth II Elevenes/Craft Club: Paper Corgis Exercise: Presidential Fitness Corn Hole Which Queen am I?</p>	<p>27</p> <p>The Real Robinson Crusoe Ladder Bolo Exercise: Chair Boxing Music with Ron Word Match</p>	<p>28</p> <p>Chew on This Bingo Exercise: Rain Forest Hike Ice Cream Cone Toss Crooning with Karen</p>

February Birthdays: Kathleen 02/02

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****Snacks made by Clients in the 'Bakers Rack' Cooking Club****

February 2025

Senior Moments Lunch & Snack Menu

<p>Hot Dogs w/Baked Beans & Chips</p> <p>Vanilla Wafers</p>	<p>Fish Sandwich w/Coleslaw</p> <p>Jell-O w/Cool Whip</p>	<p>Veggie Lasagna w/Garlic Bread</p> <p>Oreos</p>	<p>Chicken Tenders w/Veggie Rice</p> <p>Stella D'oro Cookies</p>	<p>Sloppy Joe on a Roll w/Green Salad</p> <p>Ice Cream Cup</p>
<p>Alfredo Chicken w/Veggies & a Roll</p> <p>Fiber One Brownie</p>	<p>Turkey & Cheese Sliders w/Veggie Chips</p> <p>Shortbread Cookies</p>	<p>Meatball Grinder w/Sauce & Green Beans</p> <p>**Blueberry Muffins**</p>	<p>Egg Salad Sandwich w/Pickles & Pretzels</p> <p>Vanilla Pudding w/Cool Whip</p>	<p>Chicken Parm w/Alfredo Noodles</p> <p>Cheese Danish</p>
<p>Hamburgers on a Roll w/Macaroni Salad</p> <p>Coffee Cake</p>	<p>Vegetable Soup w/Half Sandwich</p> <p>Banana Bread</p>	<p>Chicken Tenders w/Mixed Veggies</p> <p>Fig Newtons</p>	<p>Chef's Salad w/Dinner Roll</p> <p>Cheese & Crackers</p>	<p>Macaroni & Cheese w/Peas</p> <p>**Maple Coffee Cake**</p>
<p>Baked Ziti w/3 Bean Salad</p> <p>Ice Cream Sandwich</p>	<p>Cranberry Chicken Salad w/Veggie Sticks</p> <p>**Cowboy Trifle**</p>	<p>Ham & Cheese Sandwich w/Pickles & Chips</p> <p>Stella D'oro Biscuit</p>	<p>Hawaiian Meatballs w/Rice</p> <p>Chocolate Pudding</p>	<p>Salisbury Steak w/Mashed Potatoes & Corn</p> <p>Twinkies</p>

Rotating Menu/Substitutes available/Menu includes 5 Nutritional food components/Dairy Product offered with each meal/Fruit offered with Breakfast