

Sun

Mon

Tue

Wed

Thu

Fri

Sat

February 2019

Sagepoint Senior Living Services - Adult Day Services - Special Needs Unit
10200 La Plata Road
La Plata, Maryland 20646
301.934.1900

1
10:00 5 Alive
12:45 Hand Rubs
1:30 Lights and Sounds

2
Groundhog Day
10:00 B-I-N-G-O
12:45 Sit & Be Fit
1:30 Hangman

Birthstone
Amethyst
Flower
Violet

4
10:00 5 Alive
12:45 Manicures
1:30 Laughter is the Best RX

5
10:00 Bible Study
12:45 5 Alive
1:30 Parachute Exercise

6
10:30 Clown Toss
12:45 Short Stories
1:30 Colors and Sounds

7
10:00 Warm Towel
Hot Potato
12:45 Grace Lutheran
1:30 Sing Along Tunes

8
10:00 5 Alive
12:30 Short Stories
1:30 Balloon Touch

9
10:00 B-I-N-G-O
12:45 Sit & Be Fit
1:30 Heart Health Discussion

Daily Events:
9:00 Breakfast
11:00 Lunch
12:00 News Review
2:00 Snack
2:30 Relaxation
3:00 Departure

11
10:00 Hand over Hand Basket Toss
12:45 Manicures
1:30 United Praise Team

12
10:00 Bible Study
12:45 Music Mayhem
1:30 Beach Ball Brawl

13
10:00 5 Alive
12:45 Familiar Notes
1:30 Aromatherapy

14
Valentines Day
10:00 Categories
12:45 Tactile Textures
1:30 Valentines Party

15
Waqar M. Birthday
10:00 5 Alive
12:45 Over/Under
1:00 Ribbon Dance

16
10:00 B-I-N-G-O
12:45 Sit & Be Fit
1:30 Opposites Trivia

Astrological Signs
Aquarius
21 Jan - 19 Feb
Pisces
20 Feb - 20 March

18
David W. Birthday
Presidents Day
10:00 Port Tobacco Players (R)
12:45 Manicures
1:15 Belly Laughs

19
10:00 Bible Study
12:45 5 Alive
1:30 Parachute Exercise

20
10:00 Clown Toss
12:45 Short Stories
1:30 Name that Tune

21
10:00 Greeting the Day
12:45 Grace Lutheran
1:30 5 Alive

22
10:00 5 Alive
12:45 Balloon Swat
1:30 Tactile Textures

23
10:00 Jaycees Bingo (D)
12:45 Sit & Be Fit
1:30 Fact or Fiction?

Red Room (R) Events and Locations are Subject to Change
Volunteers Visit Daily

25
10:00 Hand over Hand Basket Toss
12:45 Manicures
1:30 United Praise Team

26
10:00 Bible Study
12:45 Twistin Tunes
1:30 Lights and Sounds

27
10:00 5 Alive
12:45 My Favorites Sing Along
1:30 Birthday Party

28
10:00 Greeting the Day
12:45 Hand over Hand
1:30 Familiar Melodies

NOTES:
