

February 2023 Shady Pines Adult Day Care

<p>Birthstone – Amethyst</p> <p>Birth Flower – Violet</p> <ul style="list-style-type: none"> • American Heart Month • An Affair to Remember Month • Black History Month 	<ul style="list-style-type: none"> • Canned Food Month • Creative Romance Month • Great American Pie Month • National Bird Feeding Month • National Cherry Month 	<p>1 Coffee & Tea Club Exercise to Music</p> <p>Monthly Vitals</p> <p>Crossword Puzzle</p> <p>Groundhog Day Predictions</p>	<p>2 Coffee & Tea Club Exercise to Music</p> <p>Monthly Vitals</p> <p>Punxsutawney Phil Reveal</p> <p>Black History Word Scramble</p>	<p>3 Coffee & Tea Club Exercise to Music</p> <p>Shady Pines Cinema</p>
<p>6 Coffee & Tea Club Exercise to Music</p> <p>Unity Wreath Craft</p> <p>Black History Jingo</p>	<p>7 Coffee & Tea Club Exercise to Music</p> <p>Wacky Questions</p> <p>Valentine's Day Concentration</p>	<p>8 Coffee & Tea Club Exercise to Music</p> <p>Family Feud</p> <p>Outburst</p>	<p>9 Coffee & Tea Club Exercise to Music</p> <p>Valentine's Day Card Craft</p> <p>Super Bowl Word Scramble</p>	<p>10 Coffee & Tea Club Exercise to Music</p> <p>Super Bowl Trivia</p> <p>Game Day Predictions</p>
<p>13 Coffee & Tea Club Exercise to Music</p> <p>Game Day Review</p> <p>Valentine's Day Trivia</p>	<p>14 Coffee & Tea Club Exercise to Music</p> <p>Valentine's Day Dinner & Dancing</p>	<p>15 Coffee & Tea Club Exercise to Music</p> <p>Would You Rather</p> <p>Valentine's Day Jingo</p>	<p>16 Coffee & Tea Club Exercise to Music</p> <p>Shady Pines Cinema</p>	<p>17 Coffee & Tea Club Exercise to Music</p> <p>Mardi Gras Masks</p>
<p>20 Coffee & Tea Club Exercise to Music</p> <p>Patriotic Ribbon Art</p> <p>Nation's Capital Jingo</p>	<p>21 Coffee & Tea Club Exercise to Music</p> <p>Paper Plate Tambourine</p> <p>Mardi Gras Parade</p>	<p>22 Coffee & Tea Club Exercise to Music</p> <p>Lessons on Lent</p> <p>Lent Word Search</p>	<p>23 Coffee & Tea Club Exercise to Music</p> <p>Roll and Cover</p> <p>Who Am I?</p>	<p>24 Coffee & Tea Club Exercise to Music</p> <p>Famous Couples</p> <p>2 Truths</p>

**27 Coffee & Tea Club
Exercise to Music**

Shady Pines Cinema

**28 Coffee & Tea Club
Exercise to Music**

Birthday Concentration

Birthday Jingo

After hours (Emergencies Only): 410-603-0013
After hours (Non-Emergency Messages): 443-523-0050

***All activities are subject to change.**

Schedule of Events:

8:00-10:40 - Arrival/Breakfast/Bathroom Break

10:40-10:50 - Exercise

11:00-12:15 Outing (Scheduled Days)

10:45 -11:15 AM Activities

11:15-11:30 Bathroom Break

11:45 -12:15 Lunch Set Up & Service

12:30-1:00 Lunch

12-1:45 PM Activities

1:45-2:00 Bathroom Break/Snack Prep & Clean Up

