

Adult Day Center of Somerset Hills

Monday

Tuesday

Wednesday

Thursday

Friday

February 2019



1

10:45 YMCA Movin
to the Music

1:15 Hot Potato
Trivia

4

10:45 YMCA Fluid
Stretch

1:15 Wacky Wordies

5

10:45 Chair Yoga

1:15 Celebrating
Chinese New Year!

6

10:45 Finish the
Phrase Target Game
11:30 Exercise

1:15 Singing with
Clifford Seay

7

10:45 Crossword
Fun
11:30 Exercise

1:15 Music Therapy

8

10:45 Singing with
Caitlyn of Foothill
Acres

1:15 Morris Museum
Travel Series 2019
"British Isles"

11

10:45 Pet Therapy
with Hazel & Nikki

11:30 Exercise

1:15 BINGO

12

10:45 Chair Yoga

1:15 Wheelless
Fortune
Hair Salon

13

10:45 Wacky Wordies
11:30 Exercise

1:15 Piano and
Singing with Ilene

14

10:45 Valentine's
Day Trivia Game
11:30 Exercise

1:15 Music Therapy
Valentine Making

15

10:45 YMCA Movin
to the Music

1:15 Center for
Contemporary Art
Project

18

10:45 YMCA Fluid
Stretch

1:15 Noodle Hockey
Fun

19

10:45 Chair Yoga

1:15 Horticulture with
Amanda

20

10:45 Pet Therapy
with Bright &
Beautiful
11:30 Exercise

1:15 Crafting with
Brandywine

21

10:45 Jean S.
Presents:
Presidential Pets
11:30 Exercise

1:15 Music Therapy

22

10:45 Academy Award
Red Carpet Trivia

11:30 Exercise

1:15 At the Movies!

Hair Salon

25

10:45 Pet Therapy
with Hazel & Nikki

11:30 Exercise

1:15 Envir Center
"Passport to Penguins"
Caregiver Support
Group

26

10:45 Chair Yoga

1:15 Piano and
Singing with Ilene

27

10:45 Finish the
Phrase Target Game
11:30 Exercise

1:15 Random Act of
Kindness Project

28

10:45 Wacky Wordies

11:30 Exercise

1:15 Music Therapy
Mystery Box Game



Center :
908-766-6164 x 270
Please place names in
all outerwear.

For inclement weather
call 908- 766-6164 x-262
starting at 7:00 a.m.

Daily Activities
8 - Open Meet & Greet
10 - Coffee & Tea
11:30 - Exercise
12 - Lunch
2:15 - Afternoon Snack
3 - Pick up begins
4:30 - Center Closes