

ADULT DAY CENTER at SOMERSET HILLS

February

2018

Mon	Tue	Wed	Thu	Fri
			1 10:45 Craft 11:30 Weight Bearing Exercise 1:15 Music Therapy 3:00 Reading, Chat	2 10:45 Board Work 11:30 Chairside Exercise 1:15 Valentine Fun 3:00 Socializing
5 10:45 Hazel and Therapy dogs 11:30 Chairside Exercise 1:15 Categories 3:00 Puzzles, Reading, Activity	6 10:45 Chair Yoga with Marthe 1:15 Valentine Fun 3:00 Puzzles, Reading, Chat	7 10:45 Horticultural Therapy with Amanda 1:15 Robin Marion – Travel Slides to Indian Ocean Trade Route 3:00 Independent Activities	8 10:45 Olympic Opening Ceremony 11:30 Stretch for the Stars 1:15 Music Therapy 3:00 Puzzles, Reading, Chat	9 10:45 Move to the Music with the YMCA 11:30 Core Exercise 1:15 Center for Contemporary Art - Mixed Media 3:00 Puzzles, Reading,
12 10:45 Finish the Phrase 11:30 Core Fitness 1:15 At the Movies 3:00 Independent Activities	13 10:45 Chair Yoga with Marthe 1:15 Clifford Seay Musical Entertainment 3:00 Puzzles, Reading, Chatting Hair Salon Day	14 10:45 Cranium Crunches 11:30 Chairside Exercise 1:15 Environmental Center – Coyote Cries 3:00 Puzzles, Activities, Chat	15 10:45 Linda and Ollie the Therapy Dog 11:30 Hand Weights 1:15 Music Therapy 3:00 Puzzles, Reading, Chat	16 10:45 Chinese New Year Program 11:30 Core Exercise 1:15 Ilene Weiner – Piano and Singing 3:00 Independent Activities
19 10:45 President's Day Program 11:30 Weight Bearing Exercise 1:15 Art Class with Chatham Subacute Center 3:00 Independent Activities	20 10:45 Chair Yoga with Marthe 11:30 Weight Bearing Exercise 1:15 Museum of Early Trades and Crafts –Hail to the Chief 3:00 Puzzles, Reading	21 10:45 Finish the Drawing 11:30 Strengthening Exercise 1:15 Alphabet Objects 3:00 Independent Activities	22 10:45 Crossword Puzzle 11:30 Flex and Stretch 1:15 Music Therapy 3:00 Puzzles, Activities, Chat	23 10:45 Move to the Music with the YMCA 11:30 Stretch for the Stars 1:15 Wheelless Fortune 3:00 Independent Activities
26 10:45 Jeopardy 11:30 Flex and Stretch 1:15 I Love Lucy 3:00 Independent Activity The Support Group	27 10:45 Chair Yoga with Marthe 11:30 Stretch for the Stars 1:15 Ilene Weiner – Piano and Singing 3:00 Puzzles, Reading,	28 10:45 Trace and Place 11:30 Weight Bearing Exercise 1:15 BINGO 3:00 Chatting, Activities		
				

Daily Activities

- 8:00** Meet and Greet
- 10:00** Morning coffee and socializing
- 12:00** Lunch
- 2:30** Afternoon Snack
- 4:30** Center Closes

Center: (908) 766-6164 x 270

Please place names in all outerwear to avoid confusion

For inclement weather call (908) 766-6164, then extension 262 starting at 6:30 a.m.