




Monday –Friday
10-3:00 pm
(425) 488-4821

NORTHSHORE ADULT DAY HEALTH & WELLNESS CENTER



Mon	Tue	Wed	Thu	Fri
 <h2 style="margin: 0;">FEBRUARY</h2> <h2 style="margin: 0;">2018</h2> <p style="margin: 0;">*all activities subject to change * Monthly fire drills</p>				
<p>1 10:00 Coffee social/Fine motor 11:00 Upper body exercise 11:15 Body Conditioning 11:45 Current events 1:15 Singalong</p>	<p>2 <u>Ground hog day</u> 10:00 Coffee social/Fine motor 11:00 Upper body exercise 11:15 Body Conditioning 11:45 Current events 1:15 Guitar w/David A.</p>	<p>5 10:00 Coffee social/Fine motor 11:00 Reminiscing w/Bruce 11:00 Upper body exercise 11:15 Body Conditioning 11:45 Current events 1:15 Love songs/Decorating</p>	<p>6 10:00 Coffee social/Fine motor 11:00 Upper body exercise 11:15 Body Conditioning 11:45 Current events 1:15 Sing along/ Left, Right, Center</p>	<p>7 10:00 Coffee social/Fine motor 10:00 Art group 11:00 Upper body exercise 11:15 Body Conditioning 11:45 Current events 1:15 Wheel of fortune/Wii</p>
<p>8 10:00 Coffee social/Fine motor 11:00 Upper body exercise 11:15 Body Conditioning 11:45 Current events 1:30 Guitar w/Dave H.</p>	<p>9 10:00 Coffee social/Fine motor 11:00 Upper body exercise 11:15 Body Conditioning 11:45 Current events 1:15 Variety w/Ted Y.</p>	<p>12 10:00 Coffee social/Fine motor 11:00 Reminiscing w/Bruce 11:00 Upper body exercise 11:15 Body Conditioning 11:45 Current events 1:15 Name that tune Cards</p>	<p>13 10:00 Coffee social/Fine motor 11:00 Upper body exercise 11:15 Body Conditioning 11:45 Current events 1:15 Favorite tunes w/Phil S</p>	<p>14 <u>Valentines card making</u> 10:00 Coffee social/Fine motor 10:00 Art group 11:00 Upper body exercise 11:15 Body Conditioning 11:45 Current events 1:30 Rockin w/John P.</p>
<p>15 10:00 Coffee social/Fine motor 11:00 Upper body exercise 11:15 Body Conditioning 11:45 Current events 1:15 Piano w/Rosemarie</p>	<p>16 <u>Chinese zodiac signs</u> 10:00 Coffee social/Fine motor 11:00 Upper body exercise 11:15 Body Conditioning 11:45 Current events 1:30 Saxophone w/Bill B.</p>	<p>19 Closed </p>	<p>20 10:00 Coffee social/Fine motor 11:00 Upper body exercise 11:15 Body Conditioning 11:45 Current events 1:15 Music w/Lee</p>	<p>21 10:00 Coffee social/Fine motor 10:00 Art group 11:00 Upper body exercise 11:15 Body Conditioning 11:45 Current events 1:15 Steel guitar w/Harold</p>
<p>22 10:00 Coffee social/Fine motor 11:00 Upper body exercise 11:15 Body Conditioning 11:45 Current events 1:15 Bowling /flamingo races</p>	<p>23 10:00 Coffee social/Fine motor 11:00 Upper body exercise 11:15 Body Conditioning 11:45 Current events 1:15 Sing along w/Kathy</p>	<p>26 10:00 Coffee social/Fine motor 11:00 Reminiscing w/Bruce 11:00 Upper body exercise 11:15 Body Conditioning 11:45 Current events 1:15 Piano w/Rosemarie</p>	<p>27 10:00 Coffee social/Fine motor 11:00 Upper body exercise 11:15 Body Conditioning 11:45 Current events 1:15 The Classmates</p>	<p>28 10:00 Coffee social/Fine motor 10:00 Art group 11:00 Upper body exercise 11:15 Body Conditioning 11:45 Current events 1:15 Bingo /Comedy hour</p>
<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <p style="text-align: center;"><i>When I saw you I fell in love, and you smiled because you knew.</i></p> <p style="text-align: center;">— William Shakespeare</p> </div>				