

Monday	Tuesday	Wednesday	Thursday	Friday
 <p style="text-align: center;">North Shore Adult Day Health & Wellness Center Monday –Friday 10:00-2:30pm 425-488-4821</p> 		<p style="text-align: center;"><u>1 National Sing Day!</u></p> <p>10:00~Social Table Top Activity 10:45~Endurance & Strength 11:30~Break/Transition 11:30~ NAME THAT TUNE! 1:00~Stretch & Refresh 1:15~ SING ALONG! 2:15~That’s a Wrap End of Day</p>	<p style="text-align: center;"><u>2_ Happy Groundhog’s Day!</u></p> <p>10:00~Social Table Top Activity 10:45~Endurance & Strength 11:30~Break/Transition 11:30~GROUNDHOG’S DAY! 1:00~Stretch & Refresh 1:15~CORN HOLE! 2:15~That’s a Wrap End of Day</p>	<p style="text-align: center;"><u>3 National Wear Red Day</u></p> <p>10:00~Social Table Top Activity 10:45~Endurance & Strength 11:30~Break/Transition 11:30~WEAR RED TODAY! 1:00~Stretch & Refresh 1:15~ Paint By Numbers 2:15~That’s a Wrap End of Day</p>
<p><u>6 Time to Talk & Pay a Compliment Day!</u></p> <p>10:00~Social Table Top Activity 10:45~Endurance & Strength 11:30~Break/Transition 11:30~Let’s Talk About It! 1:00~Stretch & Refresh 1:15~POKENO! 2:15~That’s a Wrap End of Day</p>	<p><u>7 Ballet Day</u></p> <p>10:00~Social Table Top Activity 10:45~Endurance & Strength 11:30~Break/Transition 11:30~Group Crossword! 1:00~Stretch & Refresh 1:15~Swan Lake - Ballet! 2:15~That’s a Wrap End of Day</p>	<p><u>8 National Heart Healthy Month</u></p> <p>10:00~Social Table Top Activity 10:45~Endurance & Strength 11:30~Break/Transition 11:30~Find Two of a Kind! 1:00~Stretch & Refresh 1:15~ROCK N’ BOWLING! 2:15~That’s a Wrap End of Day</p>	<p><u>9 National PIZZA Day!</u></p> <p>10:00~Social Table Top Activity 10:45~Endurance & Strength 11:30~Break/Transition 11:30~PARACHUTE FUN! 1:00~Stretch & Refresh 1:15~White Board-Find the Differences 2:15~That’s a Wrap End of Day</p>	<p><u>10 National Umbrella Day</u></p> <p>10:00~Social Table Top Activity 10:45~Endurance & Strength 11:30~Break/Transition 11:30~UP w/UMBRELLAS! 1:00~Stretch & Refresh 1:15~PENNY ANTE! 2:15~That’s a Wrap End of Day</p> 
<p><u>13 Happy International Natural Day!</u></p> <p>10:00~Social Table Top Activity 10:45~Endurance & Strength 11:30~Break/Transition 11:30~LOVE & Take CARE of YOU! 1:00~Stretch & Refresh 1:15~ACTIVE GAMES! 2:15~That’s a Wrap End of Day</p>	<p><u>14 Happy Valentine’s Day!</u></p> <p>10:00~Social Table Top Activity 10:45~Endurance & Strength 11:30~Break/Transition 11:30~National Heart Healthy Month 1:00~Stretch & Refresh 1:15~ Heart Art 2:15~That’s a Wrap End of Day</p> 	<p><u>15 Susan B. Anthony Day</u></p> <p>10:00~Social Table Top Activity 10:45~Endurance & Strength 11:30~Break/Transition 11:30~STAR of the DAY! 1:00~Stretch & Refresh 1:15~CONNECT FOUR! 2:15~That’s a Wrap End of Day</p>	<p><u>16 World Anthropology Day</u></p> <p>10:00~Social Table Top Activity 10:45~Endurance & Strength 11:30~Break/Transition 11:30~ALL about ANTHROPOLOGY! 1:00~Stretch & Refresh 1:15~ B-I-N-G-O 2:15~That’s a Wrap End of Day</p>	<p><u>17 Random Act of Kindness Day!</u></p> <p>10:00~Social Table Top Activity 10:45~Endurance & Strength 11:30~Break/Transition 11:30~Find Two of a Kind! 1:00~Stretch & Refresh 1:15~CORN HOLE! 2:15~That’s a Wrap End of Day</p>
<p>20</p> <p style="text-align: center;">CLOSED</p> 	<p><u>21 FAT TUESDAY!</u></p> <p>10:00~Cooking-New Orleans Style! 10:45~Endurance & Strength 11:30~Break/Transition 11:30~FACTS about FAT TUESDAY! 1:00~Stretch & Refresh 1:15~Mardi Gras Madness 2:15~That’s a Wrap End of Day</p>	<p><u>22 Ash Wednesday & National CALI Day!</u></p> <p>10:00~Social Table Top Activity 10:45~Endurance & Strength 11:30~Break/Transition 11:30~Askin about Ash Wednesday 1:00~Stretch & Refresh 1:15~Armchair Travel to California! 2:15~That’s a Wrap End of Day</p>	<p><u>23 PINOCCHIO & Curling is Cool Day!</u></p> <p>10:00~Social Table Top Activity 10:45~Endurance & Strength 11:30~Break/Transition 11:30~HELLO PINOCCHIO! 1:00~Stretch & Refresh 1:15~COOL CURLING! 2:15~That’s a Wrap End of Day</p>	<p> <u>Yukon Heritage Day</u></p> <p>10:00~Social Table Top Activity 10:45~Endurance & Strength 11:30~Break/Transition 11:30~Edward Dickinson Baker Day 1:00~Stretch & Refresh 1:15~White Board JEOPARDY! 2:15~That’s a Wrap End of Day</p>
<p>27</p> <p><u>Anosmia Awareness Day!</u></p> <p>10:00~Social Table Top Activity 10:45~Endurance & Strength 11:30~Break/Transition 11:30~SNIFF & TELL! 1:00~Stretch & Refresh 1:15~CORNHOLE! 2:15~That’s a Wrap End of Day</p>	<p><u>28 National Science Day</u></p> <p>10:00~Social Table Top Activity 10:45~Endurance & Strength 11:30~Break/Transition 11:30~GROUP CROSSWORD 1:00~Stretch & Refresh 1:15~SCIENCE Updates w/HARRY! 2:15~That’s a Wrap End of Day</p>	<p style="text-align: center;"><u>OUR STAFF:</u> Director~ Judi Pirone Social Services~ Kathy Bates Nursing~ Ellen Snyder & Nancy Knuckles Activities~ Tammy Moll & Michelle Robinson</p>  <p style="text-align: right;"><u>CELEBRATING FEBRUARY BIRTHDAYS:</u> 14th ~ BOB R! 26th ~ CARCEL B!</p> <p style="text-align: center;">*ALL ACTIVITES ARE SUBJECT TO CHANGE*</p>		