

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
|--|--|---|--|--|--|---|--|--|--|
| <div></div> <div>Friends Place Adult Day Services DeSoto, Tx</div> | | | | <div>Freedom Day1</div> <div>10:00 Morning Seminar - Book Club/Parachute /Love Letter Detective/ 10:45 Seminar Cont'd / Bean Bag Toss /Lucky Dog Card Game 11:30 Exercise/Singing 1:30 Sing-Fit: Winter Birthdays / Enrichment/ Dominoes/Checkers/Outside/ 2:30 Bingo/ Family Feud / /Enrichment 3:00 Bingo(cont'd) / Finishing Lines / / Enrichment 3:45 Think Fast/ Light and Lively 4:15 Everyday Trivia</div> | | <div>Groundhog Day2</div> <div>10:00 Morning Seminar - Claudette Colvin/Darts /Cooking Class: Groundhog Cookies/ 10:45 Seminar Cont'd / Chair Volleyball /Cooking Class: Groundhog Cookies 11:30 Exercise/Singing 1:30 Sing-Fit: Famous Duos / Enrichment/ Dominoes/Checkers/Outside/ 2:30 Bingo/ Decade Trivia / /Enrichment 3:00 Bingo(cont'd) / Scattergories / / Enrichment 3:45 This, That, Everything/ Light and Lively 4:15 Chat Pack</div> | | <div>Norman Rockwell Day3</div> <div>10:00 Morning Seminar - Robert Sengstacke Abbott/Penny Pitching /Stamp Quilt Placemats/ 10:45 Seminar Cont'd / Finish the Phrase /Stamp Quilt Placemats 11:30 Exercise/Singing 1:30 Sing-Fit: The Making of Disco / Enrichment/ Dominoes/Checkers/Outside/ 2:30 Bingo/ Loaded Questions / /Enrichment 3:00 Bingo(cont'd) / Past Time Phrases / / Enrichment 3:45 Common Factor/ Light and Lively 4:15 Taboo</div> | |
| <div>Babe Ruth Day6</div> <div>10:00 Morning Seminar - Shirley Chisholm/The Good News Story Hour /Word Train/ 10:45 Seminar Cont'd / Question Ball /Dice Hopscotch 11:30 Exercise/Singing 1:30 Sing-Fit: You Are My Sunshine / Enrichment/ Dominoes/Checkers/Outside/ 2:30 Bingo/ A-Z Categories / /Enrichment 3:00 Bingo(cont'd) / Think Fast / / Enrichment 3:45 Name 5/ Light and Lively 4:15 Pictionary</div> | | <div>Library Day7</div> <div>10:00 Morning Seminar - Johnson H Johnson/Ring Toss /Cooking Class: Banana Bread/ 10:45 Seminar Cont'd / Bowling /Cooking Class: Banana Bread 11:30 Exercise/Singing 1:30 Sing-Fit: Popular Songs of the 1940's / Enrichment/ Dominoes/Checkers/Outside/ 2:30 Bingo/ Hangman / /Enrichment 3:00 Bingo(cont'd) / Boggle / / Enrichment 3:45 Word Train/ Light and Lively 4:15 Finish the Phrase</div> | | <div>Potato Lovers Day8</div> <div>10:00 Morning Seminar - Book Club/Basketball /Rose Colored Glasses/ 10:45 Seminar Cont'd / Kickball (Balloon) /Coin Bowling 11:30 Exercise/Singing 1:30 Sing-Fit: The Farmers' Almanac / Enrichment/ Dominoes/Checkers/Outside/ 2:30 Bingo/ Family Feud / /Enrichment 3:00 Bingo(cont'd) / Loaded Questions / / Enrichment 3:45 Think Fast/ Light and Lively 4:15 Word Train</div> | | <div>National Pizza Day9</div> <div>10:00 Morning Seminar - Dorothy Height/Question Ball /Dot to Dot Pictures/ 10:45 Seminar Cont'd / Darts /Rolling Zip Codes Game 11:30 Exercise/Singing 1:30 Sing-Fit: On Tour with Classic Crooners / Enrichment/ Dominoes/Checkers/Outside/ 2:30 Bingo/ Ugame / /Enrichment 3:00 Bingo(cont'd) / Common Factor / / Enrichment 3:45 Table Topics/ Light and Lively 4:15 That's It</div> | | <div>Superbowl Friday10</div> <div>10:00 Morning Seminar - Don Cornelius/Golf /Football Fan Flags/ 10:45 Seminar Cont'd / Finishing Lyrics /Musical Bingo 11:30 Exercise/Singing 1:30 Sing-Fit: Celebrating Motown / Enrichment/ Dominoes/Checkers/Outside/ 2:30 Bingo/ Finishing Lyrics / /Enrichment 3:00 Superbowl Movie Party 4:00 Chat Pack/ Light and Lively 4:30 Listmania</div> | |
| <div>Post Office Day13</div> <div>10:00 Morning Seminar - Alice Coachmen/Parachute /Valentine Heart Garlands/ 10:45 Seminar Cont'd / Parachute /BATCH Categories 11:30 Exercise/Singing 1:30 Sing-Fit: Classic Hits of the 1970's / Enrichment/ Dominoes/Checkers/Outside/ 2:30 Bingo/ Loaded Questions / /Enrichment 3:00 Bingo(cont'd) / Finish the Phrase / / Enrichment 3:45 Boggle/ Light and Lively 4:15 Game of Things</div> | | <div>Valentine's Day14</div> <div>10:00 Morning Seminar - Ethel Waters/Penny Pitching /Cooking Class: Chocolate Heart Pops/ 10:45 Seminar Cont'd / Nerf Guns /Cooking Class: Chocolate Heart Pops 11:30 Exercise/Singing 1:30 Sing-Fit: Famous Festivals of the 1960's / Enrichment/ Dominoes/Checkers/Outside/ 2:30 Bingo/ Everyday Trivia / /Enrichment 3:00 Bingo(cont'd) / Past Time Phrases / / Enrichment 4:00 Valentine's Day Party with Sierra Leon</div> | | <div>Birthday Celebration with Jim Gatlin15</div> <div>10:00 Morning Seminar - Book Club/Word Train /Art With June/ 10:45 Seminar Cont'd / Cornhole /Art With June/Therapy Dogs 11:30 Exercise/Singing 1:30 Sing-Fit: Delighting the Senses/ Dominoes/Checkers/Outside/ 2:00 February Birthdays with Jim Gatlin 3:00 Bingo / 20 Questions / / Enrichment 3:45 Hangman/ Light and Lively 4:15 This, That, Everything</div> | | <div>Studebaker Day16</div> <div>10:00 Morning Seminar - Bayard Rustin/Golf /Dog Show Crossword/ 10:45 Seminar Cont'd / Bean Bag Toss /Cardboard Heart Wrapping 11:30 Exercise/Singing 1:30 Sing-Fit: Striking Gold / Enrichment/ Dominoes/Checkers/Outside/ 2:30 Bingo/ Chat Pack / /Enrichment 3:00 Bingo(cont'd) / 5 Second Rule / / Enrichment 3:45 Taboo/ Light and Lively 4:15 Finish the Phrase</div> | | <div>Healthy Hearts Day17</div> <div>10:00 Morning Seminar - Ruby Bridges/Finishing Lyrics /Mardi Gras Mask Decorating/ 10:45 Seminar Cont'd / Pingpong Ball Race /Mardi Gras Mix Up 11:30 Exercise/Singing 1:30 Sing-Fit: Before They Were Famous / Enrichment/ Dominoes/Checkers/Outside/ 2:30 Bingo/ Decade Trivia / /Enrichment 3:00 Bingo(cont'd) / Grandparents Talk / / Enrichment 3:45 Family Fued/ Light and Lively 4:15 Conversation Cards</div> | |
| <div>President's Day20</div> <div>10:00 Morning Seminar - Madam CJ Walker/The Good News Story Hour /Doctor's Office Detective/ 10:45 Seminar Cont'd / Question Ball /THORN Categories 11:30 Exercise/Singing 1:30 Sing-Fit: Fun Folk Festivals Across The USA / Enrichment/ Dominoes 2:30 Bingo with Sole Sisters / Past Time Phrases / /Enrichment 3:00 Bingo(cont'd) / Listmania / / Enrichment 3:45 Ugame/ Light and Lively 4:15 Family Fued</div> | | <div>Mardi Gras21</div> <div>10:00 Morning Seminar - Rosa Parks/Parachute /Cooking Class: Mardi Gras Monkey Bread/ 10:45 Seminar Cont'd / Finish the Phrase /Cooking Class (contd) 11:30 Exercise/Singing 1:30 Sing-Fit: A Musical Journey Through Springtime Christian Holidays / Enrichment/ Dominoes/Checkers/Outside/ 2:30 Bingo/ Think Fast / /Enrichment 3:00 Bingo(cont'd) / Loaded Questions / Enrichment 3:45 Pictionary/ Light and Lively 4:15 Scattergories</div> | | <div>Ash Wednesday22</div> <div>10:00 Morning Seminar - Book Club/Bowling /DIY Postcards/ 10:45 Seminar Cont'd / Would You Rather /DIY Postcards 11:30 Exercise/Singing 1:30 Sing-Fit: Country Music Across The USA / Enrichment/ Dominoes/Checkers/Outside/ 2:30 Bingo/ Conversation Cards / /Enrichment 3:00 Bingo(cont'd) / A-Z Categories / / Enrichment 3:45 Boggle/ Light and Lively 4:15 Taboo</div> | | <div>Chili Day for a Chilly Day23</div> <div>10:00 Morning Seminar - Maya Angelou/Chair Volleyball /Secret Pie Word Elimination/ 10:45 Seminar Cont'd / Basketball /Bonkers Dice 11:30 Exercise/Singing 1:30 Sing-Fit: Summer Walking Tours Around The World / Enrichment/ Dominoes/Checkers/Outside/ 2:30 Bingo/ This, That, Everything / /Enrichment 3:00 Bingo(cont'd) / Past Time Phrases / / Enrichment 3:45 5 Second Rule/ Light and Lively 4:15 Word Train</div> | | <div>Pancake Day24</div> <div>10:00 Morning Seminar - WEB Dubois/Question Ball /Pillow Project/ 10:45 Seminar Cont'd / Darts /Pillow Project 11:30 Exercise/Singing 1:30 Sing-Fit: A Day At The Races / Enrichment/ Dominoes/Checkers/Outside/ 2:30 Bingo/ Call Out The Answer / /Enrichment 3:00 Bingo(cont'd) / Grandparents Talk / / Enrichment 3:45 A-Z Trivia/ Light and Lively 4:15 Hangman</div> | |
| <div>Melodic Memories with Texas Winds27</div> <div>10:00 Morning Seminar - Muhammad Ali/Washers /Searching For February/ 11:00 Texas Winds Melodic Memories 11:30 Exercise/Singing 1:30 Sing-Fit: The Many Sounds of Country Music / Enrichment/ Dominoes/Checkers/Outside/ 2:30 Bingo/ Ugame / /Enrichment 3:00 Bingo(cont'd) / Pictionary / / Enrichment 3:45 Finishing Lyrics/ Light and Lively 4:15 Name 5</div> | | <div>Rodeo Day28</div> <div>10:00 Morning Seminar - Fredrick Douglas/Darts /Cooking Class: Dog Biscuits/ 10:45 Seminar Cont'd / Chair Volleyball /Cooking Class: Dog Biscuits 11:30 Exercise/Singing 1:30 Sing-Fit: Stars of the 50s and 60s / Enrichment/ Dominoes/Checkers/Outside/ 2:30 Bingo/ Listmania / /Enrichment 3:00 Bingo(cont'd) / Loaded Questions / / Enrichment 3:45 Finish the Phrase/ Light and Lively 4:15 Taboo</div> | | <div></div> <div>February 2023</div> | | | | | |

Breakfast/ Chit-chat 8:00 am – 10:00 am . Afternoon Snack 3:30pm.