



FEBRUARY 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DayBreak - An Adult Day Program 404 N. State Highway 67 Woodland Park, CO 80863 www.daybreakadp.com						1 AM Snack Lunch- Noon PM Snack
2	3	4	5	Yogurt Day 6	7	8
	Trivia & News Chair Exercises DayBreak Derby Lunch @ Teen Center Yahtzee Comedy Hour	Morning News & Coffee 10:00 Movie Outing "My Favorite Wife" Java Music Sing-a-long Visual Trivia 4:30 Caregiver Support Group	Newsflash Good Morning Stretches DayBreak Ringers Jeopardy 2:00 Michael & Lincoln Pause & Pamper	Morning Cup O' Java 30 Minute Exercise Beach Ball Toss Java Music Club Make Your Own Parfaits Coloring Craze	Good News 9:30 Cathy & Brandi 10:30 Banjo Jamboree 12:30 M&M Visit Afternoon Exercises Trivia Galore	
9	10	Inventors Day 11	12	13	Cyn's Bday 14	Mary Lee's Bday 15
All activities are subject to change with little or no notice	Games & Trivia w/ Teens 11:00 Beth's Piano Tunes Lunch @ Teen Center 12:30 Ice Sculptures in Cripple Creek 3:00 Gisela & Milo	Extra! Extra! Read All About It Chair Yoga 10:30 Memories in the Making Remember When Afternoon Manicures	Current Events Chair Chi Java Music Club Ring Toss Game 2:00 Lovin' on Lincoln Variety Bingo	What's in the News? Fitness Fun 10:00 Rohman's Visit DayBreak Ringers Make Valentine's Cards Name That Tune	9:30 Brandi's Hour 10:30 Strummin' w/ Ralph 11:30 Cyn & Mary Lee's Birthday Luncheon 12:30 Marsha & Maggie Valentine's Celebration	
16	President's Day 17	18	19	Love Your Pet Day 20	Caregivers Day 21	22
	Waking Up With Coffee Movin' & Groovin' Out-to-Lunch Bunch 2:00 Kellie & Lola Presidential Trivia	Breaking News Chair Chi w/ Amanda Java Music Club 2:00 Llamas & Yoga Crossword Puzzles Pause & Pamper	Read the Newspaper Good Morning Stretches DayBreak Ringers 1:00 Hair By Rachel 2:00 Tricks w/ Lincoln Yahtzee	Newsflash Morning Stretches 11:00 Jennie From the Block Java Music Club Funny Pet Videos	Current Events 9:30 Cathy & Brandi 10:30 Golden Oldies 12:30 M&M Visit Afternoon Exercises Movie & Popcorn	
23	24	25	26	27	28	29
	Games & Trivia w/ Teens Yoga Lunch @ Teen Center 1:15 Beth's Piano Tunes Lunch @ Teen Center Bingo 3:30 Gisela & Milo	Morning Cup O' Java Sit & Be Fit 10:30 Memories in the Making Jeopardy Chalk Words	Good News Chair Chi Java Music Club 2:00 Michael & Lincoln White Board Trivia Spin & Solve	Read the Newspaper Chair Exercises March Calendar Craft DayBreak Ringers Card Games Afternoon Manicures	Waking Up With Coffee 9:30 Brandi's Hour 10:30 Banjo Jams 12:30 Marsha & Maggie Leap Year Trivia Yahtzee	10am-12pm Volunteer/Staff In-Service @ DayBreak