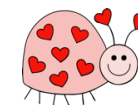


# Freeman Residential Adult Day Program



## February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b>
<b>Theme:</b>						
<b>Ground Hog's Day 2</b>	<b>3</b>	<b>Thank a Mailman 4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Theme:</b> <b>Communication Week</b>	10:00 – Write a thank you letter to a Mailman 10:15 – Exercise/Small Group/vocational 12:00 – Lunch 1:00 – Vocational Opport 2:00 – Karaoke	10:00 – Visit local post office to drop letter's off 10:15 – Exercise/Small Group/vocational 12:00 – Lunch 1:00 – Vocational Opport 2:00 – Games	10:00 – Email, Snail Mail, and Text Messages 10:15 – Exercise/ small group/ vocational 12:00 – Lunch 1:00 – Vocational Opport. 2:00 – Games	10:00 – How to communicate effectively? 10:15 – Exercise/small group 12:00 – Lunch 1:00 –Vocational Opport. 2:00 – Games	10:00 – We are all connected – Social Media 10:15 – Exercise/vocational 12:00 – Lunch 1:00 – Movie and Popcorn	
<b>9</b>	<b>10</b>	<b>Make a Friend Day 11</b>	<b>12</b>	<b>13</b>	<b>Valentine's Day 14</b>	<b>15</b>
<b>Theme:</b> <b>Spread Some Love Week</b>	10:00 – Field Trip to Harry London's Chocolate Shop 10:15 – Exercise/vocational/ small group 12:00 – Lunch 1:00 – Vocational Opport. 2:00 – Karaoke	10:00 – Friendship Lesson 10:15 – Exercise/vocational/ small group 12:00 – Lunch 1:00 – Vocational Opport. 2:00 – Games	10:00 – Positive Notes 10:15 – Exercise/ vocational/small group 12:00 – Lunch 1:00 – Vocational Opport. 2:00 – Games	10:00 – Make or Sign V-Day Cards 10:15 – Exercise - Yoga 12:00 - Lunch 1:00 – Vocational Opport. 2:00 – Games	10:00 –Valentine's Party 10:15 – Exercise/vocational 12:00 – Lunch 1:00 – Movie and Popcorn	
<b>16</b>	<b>President's Day 17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>Theme:</b> <b>Honoring Past and Present Presidents</b>	10:00 – What is President's Day? 10:15 -Exercise/Vocational 12:00 – Lunch 1:00 – Vocational 2:00 – Games	10:00 – Presidential Timeline 10:15 -Exercise/Vocational 12:00 – Lunch 1:00 – Vocational 2:00 – Games	10:00 – Presidential Powers 10:15 -Exercise/Vocational 12:00 – Lunch 1:00 – Vocational 2:00 – Games	10:00 – Presidential Monuments 10:15 -Exercise/Vocational 12:00 – Lunch 1:00 – Vocational 2:00 – Games	10:00 – Favorite President 10:15 – Exercise/vocational 12:00 – Lunch 1:00 – Movie and Popcorn	
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>Leap Day 29</b>
<b>Theme:</b> <b>Black History</b>	10:00 – Historical African Americans 10:15 – Exercise/vocational/ small group 12:00 – Lunch 1:00 – Vocational opport. 2:00 – Karaoke	10:00 – Civil Rights Movement 10:15 – Exercise/vocational/ small group 12:00 – Lunch 1:00 – Vocational opport. 2:00 – Games	10:00 – Brown Vs. Board of Education 10:15 – Exercise/vocational/ small group 12:00 – Lunch 1:00 – Vocational opport. 2:00 – Games	10:00 – Sports – Negro League 10:15 – Exercise/vocational/ small group 12:00 – Lunch 1:00 – Vocational opport. 2:00 – Games	10:00 – African Americans Impact on Science and Technology 10:15 – Exercise/vocational 12:00 – Lunch 1:00 – Movie and Popcorn	

Monday – Motivation or Music Monday  
 Tuesday – Tasty or Travel Tuesday  
 Wednesday – Wisdom or Wellness Wednesday  
 Thursday – Thoughtful Thursday  
 Friday – Fun Friday (Movie & Popcorn or Field Trip)

Leon Gerig, Program Coordinator  
 Anna Lee Berkshire, Direct Support Professional  
 Jill Druckenbrod, Direct Support Professional