

# NORTHLAND ADULT DAY CENTER

February 2025---- Activities Calendar

BLACK HISTORY MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>Current Affairs</b> <b>Sittercises</b> <b>Categories Game</b> <b>Memory Chess</b> <b>Picture Bingo</b>	<b>Current Affairs</b> <b>Exercise</b> <b>Parachute Game</b> <b>Black History Trivia</b>	<b>Current Affairs</b> <b>Nelson-Adkins Museum</b> <b>Art Class</b> <b>Exercise</b> <b>Brain Busters</b>	<b>Current Affairs</b> <b>Exercise</b> <b>Bean Bag Toss</b> <b>Crossword Puzzles</b> <b>Movie Matinee</b>	<b>Current Affairs</b> <b>Football Fun</b>  <b>Superbowl Party</b> <b>Wear Red</b> <b>Superbowl Shuffle</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>Current Affairs</b> <b>Exercise</b> <b>Board Games</b> <b>Karaoke Fun</b> <b>Dancersize</b>	<b>Current Affairs</b> <b>Exercise</b> <b>Therapeutic Coloring</b> <b>BINGO</b> <b>Birthday Celebration</b>	<b>Current Affairs</b> <b>Exercise</b> <b>Walmart Wednesday</b> <b>Board Games</b>	<b>Current Affairs</b> <b>Exercise</b> <b>Card Games</b> <b>Valentine's Day</b> <b>Bouquet Making</b>	<b>Current Affairs</b> <b>Exercise</b>  <b>Valentine's Day</b> <b>Birthday Celebration</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>Current Affairs</b> <b>Exercise</b> <b>Categories Game</b>  <b>Presidents Day</b>	<b>Current Affairs</b> <b>Exercise</b> <b>Cooking Class</b> <b>Bean Bag Toss</b>	<b>Current Affairs</b> <b>Exercise</b> <b>Family Feud Game</b> <b>Crossword Puzzles</b> <b>Simon Says Game</b>	<b>Current Affairs</b> <b>Stretchersize</b> <b>Arts and Crafts</b> <b>Therapeutic Coloring</b>	<b>Current Affairs</b> <b>Friday Matinee</b> <b>Sudoku Puzzles</b> <b>Crossword Puzzles</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>Current Affairs</b> <b>Manicure Monday</b> <b>Categories Game</b> <b>Chair Yoga</b>	<b>Current Affairs</b> <b>Exercise</b> <b>Arts &amp; Crafts</b> <b>Flip Me Game</b>	<b>Current Affairs</b> <b>Chair Yoga</b> <b>Match Game</b> <b>Exercise</b> <b>Word Catagories</b>	<b>Current Affairs</b> <b>Exercise</b> <b>Hangman Competition</b> <b>Name That Tune</b>	<b>Current Affairs</b> <b>Exercise</b> <b>Crossword Puzzles</b> <b>Jenga Game</b> <b>Black Jack</b>

*\*It is at the discretion of Northland ADC management to make changes to the activity calendar without prior notice.*