

Sun

Mon

Tue

Wed

Thu

Fri

Sat

February 2020

Sagepoint Senior Living Services
Adult Day Services
10200 La Plata Road
La Plata, Maryland 20646
301.934.1900

1
10:00 B-I-N-G-O
12:45 Sit & Be Fit
1:30 Laugh Out Loud

Birthstone
Amethyst
Flower
Primrose Violet

3
10:00 Hot Potato
12:45 Family Feud
1:30 This Day in Age....

4
10:00 Word Games
12:45 Exercise
1:30 Pictionary

5
10:00 Parachute Play
12:45 Music in Motion
1:30 Hangman

6
10:00 B-I-N-G-O
12:45 Grace Lutheran
1:30 What Would You Do?

7
10:30 Clown Toss
12:00
Movie & Popcorn

8
10:00 B-I-N-G-O
12:45 Balloon Volleyball
1:30 Person, Place or Thing Trivia

Daily Events:
9:00 Breakfast
11:00 Lunch
12:00 News Review
2:00 Snack
2:30 Relaxation
3:00 Departure

10
10:30 Black History Discussion
12:45 Sit & Be Fit
1:15 United Praise Team

11
10:00 Simon Says
12:45 Chair Dancing
1:30 Love Stories

12
10:00 Ball Brawl
12:45 Crossword
1:30 Poet and Didn't Know It

13
10:00 B-I-N-G-O
12:45 Animal Trivia
1:30 Have You Ever...

14
10:30 Team Bowling
12:45 History of Valentines Day
1:30 Valentines Day Party

15 Waqar M. Birthday
10:00 B-I-N-G-O
12:45 Kickball
1:30 Laughter is the Best RX

Astrological Signs
Aquarius:
Jan 20 - Feb 18th
Pisces:
Feb 19th - Mar 20

17 President's Day
10:00 President's Day Discussion
12:45 Body in Motion
1:15 Sing Along

18 David W. Birthday
10:00 Putt Putt Golf
12:45 Soup for the Soul...
1:30 Fact or Fiction

19
10:00 Table Pong
12:45 Sports Trivia
1:30 Birthday Party

20
10:00 B-I-N-G-O
12:45 Grace Lutheran
1:30 Heart Health Discussion

21 National Caregivers Day
10:30 Clown Toss
12:30 "A" my name is ...
1:30 Karaoke Sing Along

22
10:00 Jaycee's B-I-N-G-O (D)
12:45 Music in Motion
1:30 The Good Old Days Reminiscing

**Events and Locations are Subject to Change
Volunteers Visit Daily**

24
10:00 Table Games
12:45 Sit & Be Fit
1:15 United Praise Team

25 Shrove Tuesday
10:00 Word-a-thon
12:45 Tai Chi
1:30 Activity Satisfaction/Ideas Discussion

26 Ash Wednesday
10:00 Chair Exercises
12:45 LAff- IN
1:30 20 Questions

27
10:00 L.O.C. B-I-N-G-O(D)
12:45 Charades
1:30 Proverbs

28
10:30 Team Bowling
12:30 Follow Your Nose
1:15 Table Talk

29
10:00 B-I-N-G-O (D)
12:45 When I Was... Discussion
1:30 Opposites Trivia