



FEBRUARY 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
3	HELLO FEBRUARY!	4	Memory Café	6	Chinese Lunar New Year
The Carl Gellert & Celia Berta Gellert Foundation Adult Day Services, San Mateo County 787 Walnut Street, San Carlos, CA 94070 650.592.9325	4 in a Row News & Views Baseball Trivia Bean Bag Toss Poetry Group Aromatherapy	Water Bottle Exercise Family Feud Bocce Ball Shuffleboard Name That Tune Scarves Exercise	Basketball Mad Gabs Corn Hole Volleyball Drumming Circle Exercise Bands	Chair Zumba Outbursts Bowling for \$\$\$ Tic Tac Toe Wheel of Fortune Storytelling	Lunar New Year Trivia Floor Bowling Pickleball Parachute Price is Right Chair Yoga
2/1/2025 - 2/28/2025	Superbowl Town Hall	11	12	13	Valentine's Day
	Charades Putt Putt Golf Ring Toss Make Valentine's Cards Bocce Ball Beachvolleyball	Pictionary Colored Pins Bowling Tic Tac Golf Bingo Water Bottle Exercise Hot Potato	Guesstures Ring Toss Golf Tournament Knitting & Crochet Scarves Exercise Aromatherapy	Pictionary Horseshoes Basketball Valentine's Day Trivia Water Coloring Scarves Exercise	Valentine's Day Trivia Chair Yoga Word Scramble Tic Tac Golf Colored Pin Bowling Valentine's Day Dance
Basic Daily Program Structure	PROGRAM CLOSED	18	President's Day Trivia	20	21
9:30 - 10:00 Morning Snack 10:00 - 10:15 Mindful Check-in 10:15 - 11:15 Exercise Group 11:15 - 11:45 Physical Activity 11:45 - 12:30 Lunch 12:30 - 1:00 Walking Club/Music 1:00 - 1:30 Entertainment 2:00 - 2:30 Sing-Along/Pictionary 2:30 - 2:45 Afternoon Snack 2:45 - 3:00 Usher Clients to Buses		Price is Right 4 in a Row Corn Hole Drumming Circle Chair Zumba Poker & Card Games	Spin the Arrow Volleyball Table Top Bowling Parachute Exercise Bands Wheel of Fortune	Mad Gabs Corn Hole Target Games Ping-Pong Scarves Exercise Jigsaw Puzzles	Current Events Ring Toss Tic Tac Toe Target Games Bingo Sing Along
	24	25	26	27	Golden Tones Chorus
	News & Views Bowling for \$\$\$ Floor Bowling Chair Zumba Drumming Circle Parachute	Pictionary Pickleball Ring Toss Bean Bag Toss Aromatherapy Name That Tune	Trivial Pursuit Horseshoes Suffleboard Expressive Arts Wheel of Fortune Hot Potato	Bean Bag Toss Bocce Ball Colored Pin Bowling Target Games Aromatherapy Crosswords	Outbursts Pickleball Cup Bowling Wheel Of Fortune Spin The Arrow Water Bottle Exercise
Birthdays & Celebrations, etc.	2/7-Chinese Lunar New Year	2/9 - SUPERBOWL	2/12 Abraham Lincoln's B-day	2/17 - President's Day	2/22 - George Washington's
Milton R. 2/7 "V" Cameron S. 2/11 Carol C. 2/29					

Activities at the Catholic Charities Adult Day Services are provided five (5) days per week. We offer a variety of activities that spark excitement in our senior's lives. They are based on our senior's capabilities, physical health and behavioral status - and of course, their personal preferences. We schedule activities that encourage our seniors to create, communicate, reminisce, and celebrate - as well as special activities to stimulate our younger population.

- REMINDERS:**
- Caregiver Support Group - **FIRST Tue** each month
 - Memory Café - **first Wed** each month
 - Golden Tones Chorus - **last FRI** each month