

Milestones Adult Day Health Center
 1725 O Avenue NW, Cedar Rapids Iowa 52405 • Phone 319-398-3647

- 6:45 - 9:45 AM Breakfast / Preparation for day
- 10:00-10:30 AM Current News
- 10:20-10:45 AM Exercise
- 10:45-11:45 AM Scheduled programming
- 12:00-1:00 PM Lunch
- 1:00-2:00 PM Scheduled programming
- 2:00-3:00 PM Recap the day, LIFTS Pick-up
- 3:00-3:30 PM Tea Time
- 3:30-4:30 PM Scheduled programming
- 4:30-5:30 PM Individual programming



Johann R. 3	Kathy H. 16
Roberta S. 8	JD D. 23
Greg H. 14	Lois K. 28
Barb L. 16	

FEBRUARY 2019 PROGRAMMING SCHEDULE

				Wear Red Day Client Council Meeting VALENTINES STAIN GLASS HEARTS & STICK PAINTING with Kirkwood Students Table Games w/Laith BINGO Wii / Puzzle Frolics Superbowl Sunday TEA TIME/CHOICE	1
BINGO Open Arts Studio	JUNGLE BOOK CLASSIC Art Studio with Joyce Bell Choir	PET THERAPY with Pete and Gunnar Table Games w/Laith Open Arts Studio Reminiscing with Alla	MUSIC THERAPY Humanities Group Uno Players	LOVE YOU TO PIECES CRAFT with Kirkwood Students Open Arts Studio Table Games w/Laith	8
THE LAST LETTER GAME Table Games Wii/ Puzzle Power TEA TIME/CHOICE	PIANO with Eldred & Judy Milestones Singers Kings Korner TEA TIME/CHOICE	REFLECTIONS with Doc Uno Players TEA TIME/CHOICE	TRAVEL SCOTTLAND with Jean A Open Arts Studio Kings Korner TEA TIME/CHOICE	KARAOKEE with Maggie D. Wii / Puzzle Frolics TEA TIME/CHOICE	
HEART CRAFTS with Shary Open Arts Studio	GO GREEN RECYCLING & WHY Art Studio with Joyce Bell Choir	CIVIL RIGHTS AND YOUR RIGHTS TO YOUR PROPERTY Table Games w/Laith	MUSIC THERAPY Humanities Group Uno Players	WINTER RELAYS with Kirkwood Students Open Arts Studio Table Games w/Laith	15
. Random Acts of Kindness Week					
SURFING THE NET Table Games Wii/ Puzzle Power TEA TIME/CHOICE	HEALTH & NUTRITION HEALTHY HEART Milestones Singers TEA TIME/CHOICE	HAROLD G with Guitar Music Uno Players TEA TIME/CHOICE	BINGO Open Arts Studio Kings Korner Valentines Day TEA TIME/CHOICE	THE DXIE NOTES Womens Blue Jean Day Wii / Puzzle Frolics TEA TIME/CHOICE	
WELCOME Betty on Piano Open Arts Studio	PRESIDENTIAL FIRST LADIES.. Who Am I?? Art Studio with Joyce Bell Choir	BINGO Table Games w/Laith Open Arts Studio Who's Who?	MUSIC THERAPY Humanities Group Uno Players	BALLOONBALL TRIVIA with Kirkwood Students Open Arts Studio Table Games w/Laith	22
PRESIDENTS DAY HISTORY AND QUIZ Wii/ Puzzle Power Presidents Day TEA TIME/CHOICE	ACCORDIAN MUSIC w/ Neal & Darlene Milestones Singers Kings Korner TEA TIME/CHOICE	REFLECTIONS with Doc Uno Players TEA TIME/CHOICE	ZUMBA with Tara and Beth Open Arts Studio Kings Korner TEA TIME/CHOICE	Pictionary Wii / Puzzle Frolics TEA TIME/CHOICE	
SMITHSONIAN TOYS WE REMEMBER Open Arts Studio	BINGO Art Studio with Joyce Bell Choir	TRAVELING TO OUR NATIONAL PARKS Table Games w/Laith Open Arts Studio	MUSIC THERAPY Humanities Group Uno Players		
GREEK ORTHODOX PROGRAM with Jane and Brenda Table Games Wii/ Puzzle Power TEA TIME/CHOICE	MUSIC with WILD BILL Milestones Singers Kings Korner TEA TIME/CHOICE	LA LA LADIES Open Arts Studio Uno Players TEA TIME/CHOICE	THE HEARTLAND BAND Open Arts Studio Kings Korner TEA TIME/CHOICE		

* All programs are subject to change