

February 2012 - Midland Day Services

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		 <p>'Tis The Season To Be Freezin'</p>	01	 <p>Watercolour Prints DVD Movie</p>	03	04
05	06	07	08	09	10	11
		 <p>Sit and Be Fit Swimming/Crosswords</p>		<p>Shuffleboard Games - Card or Board</p> 		
12	13	14	15	16	17	18
		<p>Happy Valentine's Day</p>  <p>Fondue & Decadent Hot Chocolate Carpet Bowling</p>		<p>Sit and Be Fit</p>  <p>Wii - All day or Your Choice</p>		
19	20	21	22	23	24	25
		 <p>Bowling Bayshore Lanes DVD Movie</p>		<p>Shuffleboard</p>  <p>Brain Power</p>		
26	27	28	29	"February is merely as long as is needed to pass the time until March."		
		<p>Carpet Bowling</p> 				

Activities at a glance

Bring a sweater or jacket as the Boys and Girls Club is cooler these months

Feb 02 – Watercolour Prints -The most common approach to watercolour pencil is to loosely color an area, then brush water over it to create a wash effect. When applying color in this manner, remember that the wash will look a few shades lighter than the pencil you are using, once diluted by the wash. We have many prints to choose from. **DVD**-in the afternoon

Feb 07 – Sit & Be Fit - is an energetic, balanced workout done completely seated. Because many of Mary Ann's viewers have health concerns which may make standing difficult, she offers seated routines that accomplish the stretching and strengthening benefits for which she is so well known. **Swimming or Crosswords**

Feb 09 – Shuffleboard or Games -There are several benefits of playing games for adults. First, playing games creates leisure time that every adult must have to lessen the stress of everyday life; another benefit is that it can improve reflex, intelligence or health depending on the kind of the game. Come out and have some beneficial fun!

Feb 14 – Fondue -Back by popular demand – Come out and enjoy some good food, good friend and good fun!

Feb 16 – Sit & Be Fit - Physical exercise plays a significant role in your mental health. It increases the formation of new brain cells, and strengthens the portions of the brain responsible for memory and learning. In short, a fit body is a fit mind.

Feb 21 – 5 pin Bowling at Bayshore Lanes – details to follow! Relax in the afternoon with a **DVD**

Feb 23 – Shuffleboard – in the morning and **Brain Power** Challenge Your Mind - Experts recommend challenging your mind regularly with puzzles, brain teasers, music, arts and crafts, mathematics, and other stimulating activities. Brain fitness exercises work out your brain, and keep you in top mental health. Today we'll have an opportunity to work your brain and have some fun!

Feb 28 – Carpet Bowling - An indoor version of lawn bowling and a **DVD Movie**

Poker, Rummy, Euchre and various other games throughout the month, feel free to browse through the games, puzzles and crafts; pick something out to play alone or encourage others to join in!

**** If you are unable to attend a scheduled activity due to financial constraints please speak to staff ASAP****

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