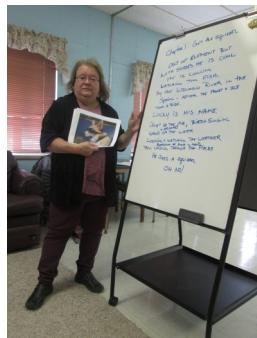


FEBRUARY

Hand in Hand Adult Day Center 2026

January

We were happy to start a new year together at the Adult Day Center. We welcomed Bill Reints Music and Bonnie's Timeslip Presentation. We celebrated a birthday, recognized National Bird Day and witnessed the extreme shifts in weather this month!



February

The first Friday in February is National Wear Red Day, you are welcome to join us in wearing red on February 6th. It is also National Heart Month, we look forward to a presentation on heart health. We will also welcome back Bonnie for another Timeslips Presentation. And, of course, we will celebrate Valentine's Day with a craft, trivia and Jingo.

-Hand in Hand meets every Tuesday and Friday from 9:30 AM to 2:30 PM at the United Methodist Church, 2227 4th Street, Monroe.

-Contact the ADRC at 608-328-9499 for more information or to arrange a tour.

The Hand in Hand Adult Day Center provides a Day Out With Friends

Our mission is to provide older adults facing health or social changes with the opportunity to build and maintain social, cognitive and physical skills through a planned program of enriching activities.



Tuesdays

February 3rd

- 9:30 Snack & Social Time
- 10:30 Strengthening Exercises
- 11:15 "Welcome February" Word Game
- 12:00 Lunch: Taco Casserole w/Black Beans, Refried Beans w/Cheese, Spanish Rice with Stewed Tomatoes and Pineapple Tidbits
- 1:00 Bean Bag Game
- 1:30 Puzzle Time

February 10th

- 9:30 Snack & Social Time
- 10:30 Strengthening Exercises
- 11:15 Clock Dice
- 12:00 Lunch: Baked Cod w/Lemon, Asparagus Cuts, Mashed Potatoes w/Gravy and Diced Peaches
- 1:00 Ring Toss
- 1:30 Guest Speaker - Heart Health

February 17th

- 9:30 Snack & Social Time
- 10:30 Strengthening Exercises
- 11:15 Presidents Day Trivia
- 12:00 Lunch: Tator Tot Casserole w/Peas & Carrots, Green Beans, Pear Cup and Cookie
- 1:00 Snowball Toss
- 1:30 Guest Speaker - Timeslips

February 24th

- 9:30 Snack & Social Time
- 10:30 Strengthening Exercises
- 11:15 Group Crossword
- 12:00 Lunch: Cranberry Roast Pork, Seasoned Roasted Carrots, Whole Kernel Corn, Applesauce Cup and Frosted Marble Cake
- 1:00 Noodle Ball
- 1:30 Bingo

Fridays



February 6th

- 9:30 Snack & Social Time
- 10:30 Movin' to the Music
- 11:15 Super Bowl Trivia
(National Wear Red Day)
- 12:00 Lunch: Beer Battered Cod Loin
w/Cheddar Cheese, Buttered Red Potatoes,
Roasted Vegetables, Pear Cup and Frosted
Cupcake
- 1:00 Football Toss
- 1:30 Valentine Craft

February 13th

- 9:30 Snack & Social Time
- 10:30 Movin' to the Music
- 11:15 Valentine Word Game
- 12:00 Lunch: Chicken Patty Sandwich,
Herb Red Potatoes, Steamed Peas
w/Butter, Cinnamon Apple Chips and Cookie
- 1:00 Yard Darts
- 1:30 Valentine Jingo

February 20th

- 9:30 Snack & Social Time
- 10:30 Movin' to the Music
- 11:15 History in the Mail
- 12:00 Lunch: Creamed Turkey over Mashed
Potatoes, Roasted Cauliflower and Berry Cup
- 1:00 Bocce Ball
- 1:30 Winter Anagrams

February 27th

- 9:30 Snack & Social Time
- 10:30 Movin' to the Music
- 11:15 Famous Faces
- 12:00 Lunch: Beef Tips in Mushroom
Gravy w/Noodles, Roasted Cauliflower,
Salad w/Dressing and Mandarin Oranges
- 1:00 Basketball
- 1:30 Individual Choice



VALENTINE WORD SEARCH

R H D E D J T L S I A B Z A S
I B Y A H E D T J K E T T W J
N V T B L W R H U A T X Z J E
G E A M T E V C U D D L E Y S
S E S O R L H T F Y A Q Z U I
K C Q F B R Y C B V U N M F M
R M W N Y Y T D O J C R C H O
Q Y U B B A T Y A O V S O E R
B L T D Q Q U U Z T M V R F P
K V P R H W T W Z I V S E W F
N Q R S A R U I E I S V N D Y
H F U E I P U A U I P Q N I T
A R F L T R E A T S N B I B C
C Z F D R W V I Y L Q M D I P
S E L D N A C G U A B Y S H M

ROSES

JEWELRY

CRUSH

SMOOCH

BEAUTY

CUDDLE

DINNER

CANDLES

DANCE

FLIRT

PARTY

RING

TREATS

PROMISE

DATE