

A MOMENT IN TIME: LET'S LEARN, LAUGH, PLAY AND PRAY!TM ACTIVITY CALENDAR FOR FEBRUARY

WEEK	THEME OF THE WEEK	SUGGESTED ACTIVITIES
1	 <p>American Heart Month</p>	<ul style="list-style-type: none"> • February is National Heart Disease Awareness Month • Want Fries With That? The 10 Worst Foods for Your Heart Word Search • 25 Foods You Should Eat Word Search • Plan especially heart healthy meals for the week. • Go for a walk. • De-stress - breathe deeply, pray, meditate. • Visit our own Just Breathe relaxing and scenic videos
2	 <p>Valentine's Day • Feb 14</p>	<ul style="list-style-type: none"> • The Story of Saint Valentine • Happy Valentine's Day Word Search • Name That Partner Quiz • Romantic Movies Crossword Puzzle • Easy Cute Valentine's Day Note • Make Valentine's Day Craft • Watch a romantic comedy movie • Discussion Questions: Who was your first valentine? How did you meet your spouse? How long did you date before you got engaged? Did you ever go on a blind date? How do you feel about finding a partner on the internet? How would your personal ad read today? What was your most memorable Valentine's Day?
3	 <p>Presidents' Day, Feb 21</p>	<ul style="list-style-type: none"> • Presidential Quotes • Name the presidents found on different coins. Sort by presidents. Compare their sizes and materials. Using different coins, make up the sum of 25 cents, 50 cents and one dollar. • Write and mail a letter to the President at the White House about an important issue to you. • Take the Presidents' Day Trivia Quiz • Pray for our president • Discussion Questions: Who was president when you were born? Who is your favorite president and why? Name five (5) presidents. What would you do if you were president?
4	 <p>National Bird Feeding Month</p>	<ul style="list-style-type: none"> • Read Why Bird Watching Can Be Healthy for Seniors • Birds Word Unscramble • Make a Bird Feeder - Toast a piece of bread; shape using a cookie cutter; put a small hole through the top and add a string, yarn, or ribbon. Cover the toast with peanut butter and sprinkle with bird seed, popcorn, or peanuts. • Bird Coloring Page • Listen to Identify Your Backyard Birds • With your bird feeder now in your yard and your newfound knowledge about birds, identify the birds coming to feed using sight and sound. • Read 10 Bizarre Birds

HELPFUL HINTS FOR THE CAREGIVER

Get the most out of each week's activities with helpful hints and tips below.

TIP 1

The clickable dark bullets are links for learning, story time, music, recipes, crafts, and activities. If you aren't clicking these links, you are missing out!

- 1) Go to our website at www.alwaysanangelhomecare.com
- 2) Click **A MOMENT IN TIME** and scroll down to Activity Calendars to select the current month.
- 3) From there, click the links under each week's activities.
- 4) Learn, read, sing, cook, make, do!



TIP 4

FOR THE VISUALLY IMPAIRED – difficulty seeing

If your client can't see the reading material, read it to them.

Word Searches: Forget about the word search and lead a discussion about the words in the box:

- What does that word mean? Can you define it?
- Is it a noun, verb, adjective or adverb?
- How does that word relate to the topic?
- What other thoughts come to mind when you hear that word?

Crossword Puzzles, Birthdays Trivia, and Other Word Games: You ask the questions and write in your client's answers.

It's easier for your client to see the clickable links on an iPad rather than a cell phone. If your client doesn't have an iPad, talk with the office or family directly about getting one. A desktop or laptop computer works well too.

TIP 2



Visit the clickable links yourself first. Determine what is appropriate for your client.

TIP 3

FOR THE HEARING IMPAIRED – difficulty hearing

Many of the clickable links can be read. Encourage your client to read the material. Other links are very visual with few words. If needed, pause the video to allow your client to finish reading the text.

TIP 5

TIP 6

Check out the other 24 activities online:

Mind, Body, Soul, 100 Questions, All About Me, Art 101, Bible Stories, Coloring, Count Your Blessings, For Men Only, Games Galore, Household Chores, It's Your Party, Just Breathe, Knit Happens, Let It Snow, Memory Lane – 1950s, Car Games, Reading, Sensory Therapy, Sing-Alongs, The Great Outdoors, Virtual Visits, Wanna Be A Wise Guy

