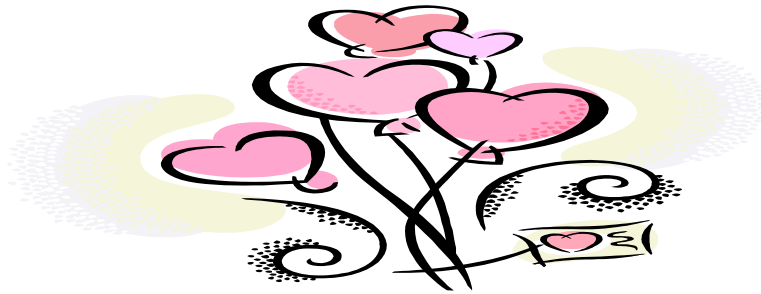


**Intrepid Lane Daybreak**  
**161 Intrepid Lane**  
**Syracuse, New York**



**February 2019**  
**Recreation Calendar**

**10:00 Gift shop trips with Chris**  
**15<sup>th</sup> and 25<sup>th</sup>**

**February Birthdays**

<b>1<sup>st</sup> Darlene M.</b>	<b>3<sup>rd</sup> Erika Bright</b>	<b>4<sup>th</sup> Shawn Benishek</b>
<b>21<sup>st</sup> Fela O.</b>	<b>22<sup>nd</sup> Tom S.</b>	<b>27<sup>th</sup> Cecilia R.</b>

**Birthstone: Amethyst**  
**Flower: Violet**  
**Colors: Light Blue & Yellow**

**DAYBREAK: 498-4405**

**NOTE: An \* represents programs requested/chosen by clients at their monthly Program Planning Meeting.**

***~ Daybreak Celebrates Black History Month ~***

**Friday, February 1st**

*~Wear Red for Women, Healthy Hearts~*

- 9:30-10:00** National Candy Making Day- name candy with the alphabet
- 10:00-11:00** Program Planning meeting/calendar review
- 11:00-11:30** Exercise for Heart Health
- 1:30-2:30** Ground Hog Day info (Saturday)
- 2:30-3:00** Walking Program
- 3:00-4:00** \*Individual activities/small groups

**Sunday, February 3rd**

*~Super Bowl Sunday, wear your favorite team~*

- 9:30-10:00** Super Bowl decorating
- 10:00-11:00** Super Bowl craft
- 11:00-11:30** Super Bowl Party make a word
- 1:30-2:30** Super Bowl party chips and dip
- 2:30-3:00** Walking Program
- 3:00-4:00** \*Individual activities/small groups

**Monday, February 4<sup>th</sup>**

- 9:30-10:00** Black inventor's word game and facts
- 10:00-11:00** February Craft
- 11:00-11:30** All about Black History Month
- 1:30-2:30** Move and Groove Monday
- 2:30-3:00** Walking Program
- 3:00-4:00** \*Individual activities/small groups

**Tuesday, February 5<sup>th</sup>**

*~Chinese New Year, Year of the Pig~*

- |                    |  |
|--------------------|--|
| <b>9:30-10:00</b>  | <b>Chinese NY fun facts</b>                      |
| <b>10:00-11:00</b> | <b>*Bingo with Sharon</b>                        |
| <b>11:00-11:30</b> | <b>Morning movement</b>                          |
| <b>1:30-2:30</b>   | <b><u>Pet visits with Willow and Bentley</u></b> |
| <b>1:30-2:30</b>   | <b>Flip the Pig Game</b>                         |
| <b>2:30-3:00</b>   | <b>Walking Program</b>                           |
| <b>3:00-4:00</b>   | <b>*Individual activities/small groups</b>       |

**Wednesday, February 6<sup>th</sup>**

- |                    |  |
|--------------------|--|
| <b>9:30-10:00</b>  | <b>Weatherperson's Trivia</b>              |
| <b>10:00-11:00</b> | <b>Cheerio bird feeders</b>                |
| <b>11:00-11:30</b> | <b>Volleyball</b>                          |
| <b>1:30-2:30</b>   | <b>Weather Words unscramble</b>            |
| <b>2:30-3:00</b>   | <b>Walking Program</b>                     |
| <b>3:00-4:00</b>   | <b>*Individual activities/small groups</b> |

**Thursday, February 7<sup>th</sup>**

*~International Friendship Month~*

- |                    |  |
|--------------------|--|
| <b>9:30-10:00</b>  | <b>I Spy</b>                               |
| <b>10:00-11:00</b> | <b>Basketball toss</b>                     |
| <b>11:00-11:30</b> | <b>Spelling bee</b>                        |
| <b>1:30-2:30</b>   | <b>Scrabble Slam</b>                       |
| <b>2:30-3:00</b>   | <b>Walking Program</b>                     |
| <b>3:00-4:00</b>   | <b>*Individual activities/small groups</b> |

**Friday, February 8<sup>th</sup>**

- 9:30-10:00** News, Horoscopes, and Dear Abby  
**10:00-11:00** Soccer shots  
**11:00-11:30** Girl Scout Trivia, Name Cookies  
**1:30-2:30** Table games  
**2:30-3:00** Walking Program  
**3:00-4:00** \*Individual activities/small groups

**Sunday, February 10<sup>th</sup>**

*~Grammy Award Night~*

- 9:30-10:00** News and views with coffee  
**10:00-11:00** Sunday Craft  
**11:00-11:30** Sunday Stretches  
**1:30-2:30** National Men's Day- men's choice  
**2:30-3:00** Walking Program  
**3:00-4:00** \*Individual activities/small groups

**Monday, February 11<sup>th</sup>**

*~Laughter week~*

- 9:30-10:00** Just Joking  
**10:00-11:00** Crafts  
**11:00-11:30** Monday Morning Stretches  
**1:30-2:30** Laughter Hangman  
**2:30-3:00** Walking Program  
**3:00-4:00** \*Individual activities/small groups

**Tuesday, February 12<sup>th</sup>**

*~Dog show week in NYC~*

- 9:30-10:00** Name dogs with the alphabet  
**10:00-11:00** Group crosswords  
**11:00-11:30** Exercise and walks  
**1:30-2:30** Valentine Charades  
**2:30-3:00** Walking Program  
**3:00-4:00** \*Individual activities/small groups

**Wednesday, February 13<sup>th</sup>**

*~Wear Orange and Blue for SU~*

- 9:30-10:00** News, Horoscopes and Dear Abby  
**10:00-10:30** Ladder Ball  
**10:30-11:15** In a Heart Beat, Health Education  
with Kathy  
**11:15-11:30** World Radio Day fun facts  
**1:30-2:30** Chocolate Month trivia/name  
chocolate bars with the alphabet  
**2:30-3:00** Walking Program  
**3:00-4:00** \*Individual activities/small groups

**Thursday, February 14<sup>th</sup>**

*~Happy Valentine's Day~*

- 9:30-10:00** Valentine's Day History, Trivia and  
Word to the Wise  
**10:00-11:00** **Valentine's Party and Entertainment**  
**by Vinnie Cupo**  
**11:00-11:30** Exercise Your Heart  
**1:30-2:30** Valentines Craft  
**2:30-3:00** Walking Program  
**3:00-4:00** \*Individual activities/small groups

**Friday, February 15<sup>th</sup>**

- 9:30-10:00** Just Nuts- name nuts with the alphabet  
**10:00-11:00** **Gift shop trip with Chris**  
**10:00-11:30** Canadian Flag Day trivia  
**1:30-2:30** Horseshoes  
**2:30-3:00** Walking Program  
**3:00-4:00** \*Individual activities/small groups

**Sunday, February 17<sup>th</sup>**

*~Random Acts of Kindness day~*

- 9:30-10:00** Coffee and news  
**10:00-11:00** No-Bake Peanut Butter Kiss Cookies  
**11:00-11:30** Wii games  
**1:30-2:30** Cookies and Cocoa  
**2:30-3:00** Walking Program  
**3:00-4:00** \*Individual activities/small groups

**Monday, February 18<sup>th</sup>**

*~President's Day~*

- 9:30-10:00** President's Day Hangman  
**10:00-11:00** President's Day trivia crossword  
**11:00-11:30** Armchair exercises and walking  
**1:30-2:30** Bean Bag Baggo  
**2:30-3:00** Walking Program  
**3:00-4:00** \*Individual activities/small groups

**Tuesday, February 19<sup>th</sup>**

- 9:30-10:00** Cherry month fun facts, how many cherry foods can you name?  
**10:00-11:00** Bingo  
**11:00-11:30** Stretch and reach  
**1:30-2:30** February is National Cherry Month make a word.  
**2:30-3:00** Walking Program  
**3:00-4:00** \*Individual activities/small groups

**Wednesday, February 20<sup>th</sup>**

*~Wear Orange and Blue for SU~*

- 9:30-10:00** Famous African Americans  
**10:00-11:00** Council meeting  
**11:00-11:30** Ring toss  
**1:30-2:30** News, Horoscopes and Dear Abby  
**2:30-3:00** Walking Program  
**3:00-4:00** \*Individual activities/small groups

**Thursday, February 21<sup>nd</sup>**

- 9:30-10:00** Winter facts  
**10:00-11:00** Dental Health Month Group  
Crossword and Trivia  
**11:00-11:30** Fabulous Fitness  
**1:30-2:30** Tell Us How You Felt  
**2:30-3:00** Walking Program  
**3:00-4:00** \*Individual activities/small groups

**Friday, February 22nd**

- 9:30-10:00** Match `em up trivia  
**10:00-11:00** Craft  
**11:00-11:30** February Word Pictures, birthday quiz and birthday recognition  
**12:30** Birthday Social -Chocolate Mousse  
**1:30-2:30** Just Saying  
**2:30-3:00** Walking Program  
**3:00-4:00** \*Individual activities/small groups

**Sunday, February 24<sup>rd</sup>**

*~ Academy Awards Night~*

- 9:30-10:00** News and Views  
**10:00-11:00** Craft  
**11:00-11:30** Bingo  
**1:30-2:30** Tortilla chip day social with salsa  
**2:30-3:00** Walking Program  
**3:00-4:00** \*Individual activities/small groups

**Monday, February 25<sup>th</sup>**

- 9:30-10:00** News, Horoscopes and Dear Abby  
**10:00-11:00** Gift shop trip with Chris  
**10:00-11:00** Horseracing  
**11:00-11:30** Monday Morning movement  
**1:30-2:30** Bulletin Board Trivia  
**2:30-3:00** Walking Program  
**3:00-4:00** \*Individual activities/small groups



**Tuesday, February 26<sup>th</sup>**

*~Blue Jean Tuesday, wear your favorite jeans~*

- 9:30-10:00**      **Birthday of Levi Strauss fun facts**  
**10:00-11:00**    **Card shuffle**  
**11:00-11:30**    **Get moving exercises**  
**1:30-2:30**       **Table Games**  
**2:30-3:00**       **Walking Program**  
**3:00-4:00**       **\*Individual activities/small groups**

**Wednesday, February 27<sup>th</sup>**

- 9:30-10:00**      **Polar Bear Day fun facts**  
**10:00-11:00**    **Crafts**  
**11:00-11:30**    **Wednesday workouts**  
**1:30-2:30**       **Ice Cream Social**  
**2:30-3:00**       **Walking Program**  
**3:00-4:00**       **\*Individual activities/small groups**

**Thursday, February 28<sup>th</sup>**

*~Library Lovers month~*

- 9:30-10:00**      **What's your favorite book? Have you read any of the top 50 books?**  
**10:00-11:00**    **Bingo with Barb**  
**11:00-11:30**    **Ball toss**  
**1:30-2:30**       **Public sleeping day nap/quiet hour**  
**2:30-3:00**       **Walking Program**  
**3:00-4:00**       **\*Individual activities/small groups**