

# FEBRUARY



# Sunshine

Center Director  
Martha Castilleja

## EASTER SEALS SOUTH FLORIDA

### S.W. FOCAL POINT

### ADULT DAY CARE

301 NW 103rd AVENUE  
PEMBROKE PINES, FLORIDA 33026

Adult Day Care (954) 450 6855

Business Office (305) 325-0470

Fax # 954-447-1730



TUESDAY FEBRUARY 14TH

February 20th  
(CENETR CLOSED)  
President Day



TUESDAY FEBRUARY 28TH  
MARDI GRAS



## ADULT DAY CARE SOUTHWEST FOCAL POINT

### Nurses

Maria Silverberg, LPN  
Antonina Gaynor, LPN

Administrative Assistants: Anselma Moody

Receptionists: Melba Rodriguez

Activity Director: Emilia Mas

2-16 @ 4:00- pm ENGLISH SUPPORT GROUP

2- 23 @ 4:00- pm SPANISH SUPPORT GROUP

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**PODIATRIST IS AVAILABLE BY  
APPOINTMENTS  
PLEASE CONTACT THE NURSE.**

The Easter Seals mission is to provide exceptional services to ensure that all people with disabilities or special needs and their families have equal opportunities to live, learn, work and play in their communities. Easter Seals provides services to over 3,000 individuals and families throughout South Florida serving children and adults with disabilities such as autism, Alzheimer's disease, Down syndrome, spine bifida, mental retardation, learning disabilities and more.

## Field Trip

Wednesday Feb 15th

Chili's Restaurant

### Nursing Assistants

Mitka Valdés  
Joan Wilson  
Marie Philo-Cordis Chilaka  
Marie Lou Delva  
Linda Cadet  
Marguerite Vincent  
Marlen Valdés  
Diana Cera  
Mary Luz Hernández  
Ludgy Vergel  
Auracelly Zapata  
Marie Lamothe  
Lucy Kim  
Barrera Alicia  
Sofia Batchelor  
Marie Jambon  
Rosalia Diaz  
Flor Villavicencio  
Frances Vega  
Carline J. Pierre  
Lija Williams

## Upcoming Events

Thursday 10th  
Chocolate Fondue



Tuesday February 14th  
Saint Valentine s'

Friday February 17  
Celebrating President's Day



Thursday February 16  
African American Fashion Show

Tuesday February 28th  
Mardi Gras &  
BIRTHDAY BASH



### DAILY SCHEDULE

7:00 am-10:00 am

WELCOME TO  
DAYCARE!

(Breakfast & Morning Chat)

10:00 am

Morning  
Announcements

10:15 am

Daily Exercise  
10:30-12:00 Noon  
Morning Activities

CLOSES AT 6 p.m.

## HAPPY BIRTHDAY

### PARTICIPANTS

Lilett C. 2-7  
John F. 2-5  
Juliana G. 2-11  
Loucioois H 2-6  
Lola R. 2-3  
Jose R. 2-15  
Manuel R. 2-28  
Margaret R. 2-25  
Rose T. 2-7  
Ofelia V. 2-26  
Tabbie W. 2-15

### STAFF

Marie Lou Delva 2-2  
Diana Cera 2-11  
Alicia Barrera 2-16  
Joan Wilson 2-27

# FEBRUARY

## EASTER SEALS SOUTH FLORIDA - FEBRUARY, 2017 SOUTHWEST FOCAL POINT SENIOR CENTER-SUNSHINE



### Mon

9:30 Walking Club (R & S)

9:45 Salute the Flag/National Anthem

- Reality Orientation
  - Crochet Club/Martha/Pura, Maria.
  - Painting/Angela/Julia/Reading / Crossword
- Domino ,Benigno, Angel, Bernardo, Juliana, Angela

10:00- Exercises w/Music

- Laughter Yoga
- Reminiscence

10:30 Veggie Gardening w/Angel, and Aida

**TECHY SENIOR CLUB (IPAD)**

10:40 Non denomination Spiritual Time w/ Ameena, Eunice, and Victoria (Joan , staff) (English Group)

Brain Stimulation with Gary (Volunteer)

11:30- LUNCH TIME/ Word Search / Walking Club

- 1:00- Trivia W/Linda/Sister ( Volunteer )
- Bird Watching Club
- Communication (Spanish)

1:30-Arts & Crafts

- Table Games and Bingo with C

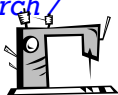
**TECHY SENIOR CLUB (IPAD)**

3:00- Communication Reading Time

- You Be the Judge

4:00 DINNER TIME

4:30-6:00 Communication and Memory Stimulation



### Tue

9:30 Walking Club (R&S)

9:45 Salute the Flag/National Anthem Reality Orientation

- Crochet Club/Martha/ Pura, Maria.
- Painting/ Angela/Julia/Reading / Crossword
- Sewing Class W/ & Ludgy

\*Domino ,Benigno, Angel, Bernardo, Juliana, Angela

10:00-Exercises W/ Music Laughter Yoga

Reminiscence with Emilia & Advisory Committee (First Tuesday of the month)

**TECHY SENIOR CLUB (IPAD)**  
Memory Enhancement

11:00 -Music Appreciation With Marie Lou

Brain Stimulation with Gary (Volunteer)

**11:30 LUNCHTIME**

12:30-Word search/Painting/ 12:25 Music with Marie Lou Reading/Walking Club

1:00- Music by Request w Jose V.

2:30- **TECHY SENIOR CLUB (IPAD)**

3:00-Arts & Crafts/Dominos , Cards What would you do?

4:30 Verbal Skills (S&R)

4:00 DINNER TIME

4:30-6:00 Communication and Memory Stimulation

### Wed

9:30 Walking Club (R&S)

9:45 Salute the Flag/National Anthem Reality Orientation

- Crochet Club/Painting/ Angela/ Julia/Reading / Crossword
- Domino ,Benigno, Angel, Bernardo, Juliana, Angela

10:00-Exercises W/ Music Laughter Yoga

Reminiscence

Gardening w/Jose, Angel & Benigno

10:30- **TECHY SENIOR CLUB (IPAD)**

11:00- Music with Marie Lou

10: ARTS AND HELATH WITH ORESTE Brain Stimulation with Gary (Volunteer)

11:30-LUNCH TIME /

Word search/ Walking Club

12:15- Sensory Stimulation

12:30-Reminiscence through Music

1:00- ENTERTAINMENT / MAIN HALL (WINSTON)

Trivia W/ Linda And Sister

Table Games and Bingo with Gil English Class Spanish group W/ Marilu H.

Music with Marie Lou

2:30- **TECHY SENIOR CLUB (IPAD)**

3:00- Arts & Crafts/Dominos , Cards, Making Judgment/You be the Judge

Memory Enhancement/ Memory Box

4:30 Short Stories

4:00 DINNER TIME

4:30-6:00 Communication and Memory Stimulation



### Thur

9:30 Walking Club (R&S)

9:45 Salute the Flag/National Anthem Reality Orientation

- Crochet Club/Martha/ Pura, Maria.
- Painting/ Angela/Julia/Reading
- Crossword
- Domino ,Benigno, Angel, Bernardo, Juliana, Angela

Exercises/Music/ Laughter and Yoga

10:30 **TECHY SENIOR CLUB (IPAD)**

10:45-Health Class w/Luis

Making Decisions (S)

What Would You Do?

Memory Enhancement

Brain Stimulation with Gary (Volunteer)

11:30-LUNCH TIME

Word Search (S)/Walking Club

Table Games and Bingo with Gil (S)

1:30 Bird Watching Club /Piano Playing and Singing with Benita y Olga

Spanish Class/ English Participants With Emilia

Non-Denomination Spiritual Time w/ Ameena, Monica, and Joan (staff)

(English Group)

Music with Marie Lou

2:00 Book Club

2:30- **TECHY SENIOR CLUB (IPAD)**

Arts & Crafts (S)

Music Appreciation

4:00 DINNER TIME

4:30-6:00 Communication and Memory Stimulation



9:30 Walking Club (R&S)

9:45 Salute the Flag/National Anthem Reality Orientation

- Crochet Club/ Pura, Maria.
- Painting/ Angela/Julia/Reading / Crossword
- Domino ,Benigno, Angel, Bernardo, Juliana, Angela

10:10 Exercises/Music Laughter and Yoga / Tai Chi

Social Friday/Music and

Tai Chi With Jane, Lidia

First Friday of the month

Dancing W/ Marie Lou Delva

10:30- **TECHY SENIOR CLUB (IPAD)**

11:00-Music with Marie Lou

Brain Stimulation with Gary (Volunteer)

11:30-LUNCH TIME

Word Search /Walking Club

1:00 Sing Along

Memory Enhancement:

Memory Box/Identifying Things

1:30: Bird Watchers

2:00-English Class Spanish group W/ Marilu H.

2:30- **TECHY SENIOR CLUB (IPAD)**

3:00 Sensory Stimulation: Identifying Colors and Painting

Reminiscence

Reading Short Stories

4:00 DINNER TIME

4:30-6:00 Communication and Memory Stimulation

### Fri

