

Monday

Tuesday

Wednesday

Thursday

Friday



**ELDERDAY**  
ADULT DAY HEALTH CARE  
COMMUNITY BRIDGES  
PUENTES DE LA COMUNIDAD

# ELDERDAY February 2025

501 Main St. Watsonville, CA 95076 831-458-3481



<p>10:00-Café y Compañía 11:00- TAI CHI with Iro 11:00-WOMEN'S GROUP 12:00-LUNCH 1:00-REMINISCING @RR 1:00- <b>LOTERIA</b> 1:45-Prize MALL Shopping</p>	<p>3 10:00-Fancy a CUPPA? 11:00-MEN'S GROUP 11:00-Crafting with Teresa 12:00-LUNCH 1:00-BIRD WATCHING @RR 1:00-TOTALMENTE TRIVIA (sp) 1:15-DRUMMING for FUN</p>	<p>4 10:00-COFFEE CLUTCH 11:00-TAI CHI with Iro 11:00-Manualidades con Teresa 12:00-LUNCH 1:00-CLASSIC CARS @RR 1:00- <b>BINGO</b> 1:45-Prize MALL Shopping</p>	<p>5 10:00-SNACK'N CHAT 11:00-PRAYER CIRCLE 11:00-Walking Group w/ Liliana 1:00-MUSICAL MEMORIES @RR 1:00-PRIZE MALL Shopping 1:00-Slots and Sprints Games 1:15-HAND SPA @GYM </p>	<p>6 <b>GRIDIRON GAMES</b> 7 10:00-MUGS in the MORNING 11:00-Coffee Club with Larisa 12:00-LUNCH 1:00-Soft Sounds with Will @RR 1:00-TOUCHDOWN THROWDOWN TAILGATE GAMES</p>
<p>10:00-SPILL the TEA 11:00- TAI CHI with Iro 11:00-GRUPO de MUJERES 12:00-LUNCH 1:00-Watercolor Art @RR 1:00- <b>BINGO</b> 1:45-Prize MALL Shopping</p>	<p>10 10:00-COFFEE &amp; COMPANY 11 11:00-Music Club with Juan Carlos 11:00-Prize MALL Shopping 12:00-LUNCH 1:00-Watercolor Art @RR 1:00-Wheel-of-Fortune 1:15-PACK YOUR PASSPORT </p>	<p>12 10:00-JAVA JOY! 11:00-TAI CHI with Iro 11:00-Crafting with Teresa 12:00-LUNCH 1:00-Coffee Club with Larisa 1:00-Scarf Dances @RR 1:00- <b>LOTERIA</b></p>	<p>13 10:00-TÉ-rapia SOCIAL 11:00-PRAYER CIRCLE 11:00-Walking Group 12:00-LUNCH 1:00-PARTICIPANT COUNCIL 1:00-TABLE TENNIS @RR 1:15-HOOPS!</p>	<p>14 <b>VALENTINE'S DAY</b> 10:00-Bes-TEAS In the Morning 10:45-Cupid's Arrow Hunt 11:30-Red Parade &amp; Prizes 12:00-LUNCH 1:00-Soft Sounds with Will @RR 1:00-VALENTINE'S DANCE &amp; FUN </p>
<p><b>CLOSED / CERRADO</b> 17  <b>HAPPY PRESIDENTS DAY</b> UNITED STATES OF AMERICA</p>	<p>18 10:00-BREW CREW 11:00-♠♥♦♠BLACKJACK TABLE♠♥♦♠ 11:00-Crafting with Teresa 12:00-LUNCH 1:00-Under the Sea Explorer @RR 1:00- <b>LOTERIA</b> 1:00-PRIZE MALL Shopping</p>	<p>19 10:00-Cafecito y Chismecito 11:00-TAI CHI with Iro 11:00-GARDENING GROUP 12:00-LUNCH 1:00-TABLE TENNIS @RR 1:00-Coffee Club with Larisa 1:00- <b>BINGO</b></p>	<p>20 10:00-Tempest in a TEApot 11:00-RELAXATION STATION 11:00-Manualidades con Teresa 12:00-LUNCH 1:00-MUSICAL MEMORIES @RR 1:00-Prize MALL Shopping 1:15-Music Club with Juan Carlos</p>	<p>21 10:00-COFFEE THERAPY 11:00-CATHOLIC MASS 11:00-TAI CHI with Iro 11:00-WOMEN'S GROUP 12:00-LUNCH 1:00-Soft Sounds with Will @RR 1:15-KARAOKE LOUNGE </p>
<p> 24 10:00-JAVA JUNCTION 11:00-TAI CHI with Iro 11:00-GRUPO de HOMBRES 12:00-LUNCH 1:00-Reminiscing @RR 1:00- <b>BINGO</b> 1:45-Prize MALL Shopping</p>	<p>25 10:00-Royal-TEA Treatment 11:00-Prize MALL Shopping 11:00-Crafting with Teresa 12:00-LUNCH 1:00-Flower Arranging @RR 1:00-TOTALLY TRIVIA (Eng) 1:15-CORNHOLE CHALLENGE</p>	<p>26 10:00-Excelen-TÉ Día 11:00-TAI CHI with Iro 11:00-Manualidades con Teresa 12:00-LUNCH 1:00-Classic TV Trivia @RR 1:00-Coffee Club with Larisa 1:00- <b>LOTERIA</b></p>	<p>27 10:00-KAWFEE TALK 11:00-PRAYER CIRCLE 11:00-Walking Group 12:00-LUNCH 1:00-Pool Noodle Hockey @RR 1:00-DANCE CLUB  1:15-HAND SPA @GYM </p>	<p>28 10:00-MUGS in the MORNING 11:00-GRUPO de MUJERES 11:00-BROADWAY FRIDAY 12:00-LUNCH 1:00-Soft Sounds with Will @RR 1:00-SELFCARE with CHRISTINE 1:45-BIRTHDAY CELEBRATION</p>

To Cancel Transportation to Elderday, Please Contact **LIFTLINE** (831) 688-9663 AS SOON AS POSSIBLE

# MENU



## FEBRUARY 2025 | ELDERDAY MEALS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Chicken Parmesan Broccoli Mixed Green Salad WW Noodles WW Roll/Butter 1 % Milk	<b>4</b> Picadillo w/ Beef Vegetables Romaine Salad Mexican Rice Corn Tortilla 1% Milk	<b>5</b> Sweet & Sour Shrimp Sesame Green beans Vegetable Chow Mein Brown Rice 1% Milk	<b>6</b> Lentil Soup Vegetable Pasta Salad Spinach Salad WW Roll/Butter 1% Milk	<b>7</b> Quiche Roasted Potatoes Romaine Salad WW Roll/Butter 1% Milk
<b>10</b> Shephard's Pie Green Salad w/ Peppers WW Roll/Butter Graham Crackers 1% Milk	<b>11</b> Vegetable Lasagna Broccoli Caesar Salad WW Roll/ Butter 1% Milk	<b>12</b> Sopa de Albondigas Cauliflower w/ Peppers Spinach Salad Cornbread 1% Milk	<b>13</b> Tuna Salad Garden Vegetable Soup Romaine Salad w/ Carrots WW Bread/ Butter WW Crackers 1% Milk	<b>14</b> Chicken Florentine Sliced Beets Tossed Green Salad Brown Rice Pilaf WW Roll/Butter 1% Milk
<b>17</b> President's Day Holiday Site Closed	<b>18</b> Meatloaf Mashed Potatoes Tossed Green Salad WW Roll/ Butter Graham Crackers 1% Milk	<b>19</b> Rigatoni Casserole Three Bean Salad Mixed Green Salad WW Roll/Butter 1% Milk	<b>20</b> Beef Fajitas Refried Beans Romaine Salad Spanish Rice FlourTortilla 1% Milk	<b>21</b> Vegetarian Chili Zuchinni Spinach Salad WW Cornbread 1% Milk
<b>24</b> BBQ Pork Mashed Potatoes Coleslaw WW Bread/Butter Graham Crackers 1% Milk	<b>25</b> Chicken Enchiladas Cauliflower w/ Peppers Fiesta Cabbage Salad Mexican Rice 1% Milk	<b>26</b> Baked Fish w/ Lemon Peas & Carrots Mixed Green Salad Dill Noodles WW Bread/Butter 1% Milk	<b>27</b> 3 Bean Minnestrone Pesto Pasta Salad Tossed Green Salad Galic Bread 1% Milk	<b>28</b> Turkey Pot Roast Roasted Potatoes Mixed Green Salad WW Roll/Butter SF Birthday Cake 1% Milk

**Offered substitutions : Turkey Sandwich on WW Bread, or Peanut Butter and Jelly Sandwich on WW Bread, or 1 cup Lentil Soup**