

ADHC INCLEMENT WEATHER POLICY

In the event of winter weather the voice mail at 459-7222 will be updated at 7:00am with a message if ADH will be closed.

It is up to each participant/caregiver to check whether we will be open for the day.

If the center remains open:

- ◆ If you choose not to attend, you must call ADH or Around the Sound to cancel your ride
- ◆ Buses will likely be delayed – please be patient
- ◆ Sidewalks/driveways/ramps need to be cleared to allow safe access
- ◆ If your location is on a hill or side street, buses may not be able to arrive safely
- ◆ Wheelchair service may be impacted
- ◆ Some locations may require caregiver assistance from door to bus
- ◆ Caregivers must remain at home until participants are picked up and be reachable throughout the day in case of early dismissal

If the center needs to close early: ADH will contact caregivers to notify of early dismissal, and a caregiver must be at the participant’s home to receive the participant.

Monday, **Feb. 17th** we will be
CLOSED
For Presidents’ Day

Make-Up Day Friendship Dance
Thursday Feb. 20th
2:30pm-6:30pm

Showcase is coming up and we are ready
to start practicing!!

WELCOME BACK KARI !!!



ADHC CONNECTION



LEAP YEAR

LIFE IS AN ADVENTURE MONTH

FOOD SERVICE PROF WEEK 3-7
Thank you Diana

PRESIDENTS’ DAY - 17th
CLOSED

AFRICAN AMERICAN HISTORY MONTH

CELEBRATION OF CHOCOLATE MONTH

BIRD FEEDERS MONTH

LOVE OF ANIMALS MONTH

HEART HEALTH MONTH

HAPPY VALENTINES MONTH
FEBUARY 14th



MultiCare 
Adult Day Health

MultiCare Adult Day Health Center
6442 S Yakima
Tacoma, WA 98408
253-459-7222
<http://www.multicare.org/home/adult-day-health>

| AM Daily Schedule: | |
|--------------------|----------------|
| 10:00 - 10:30 am | Meet and Greet |
| 10:45 - 11:15 am | OT Exercise |
| 12:15 - 1:00 pm | Lunch |
| 1:45 - 2:00 pm | Wrap it Up |

FEBRUARY 2020

| PM Daily Schedule: | |
|--------------------|----------------|
| 2:30 - 3:30 pm | Meet and Greet |
| 3:30 - 4:00 pm | OT Exercise |
| 4:45 - 5:30 pm | Dinner |
| 6:15 - 6:30 pm | Wrap it Up |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|--------|---------|-----------|----------|
|--------|---------|-----------|----------|

5





ADHC RULES & EXPECTATIONS

The following rules and expectations have been established to ensure the safety and well being of our participants and staff.

- ♦ Clothing: Clothes should be clean and fit properly. No halter tops or bare midriff are permitted. The length of shorts must be just above the knee.
- ♦ We encourage proper grooming and hygiene practices.
- ♦ Please wear comfortable, closed toed shoes appropriate for walking in the center. No flip flops, sandals, or crocs.
- ♦ You may bring your own water bottle or juice bottle. No soda, caffeinated or sugary drinks are allowed in the center.
- ♦ Do not BRING snacks, candy or food to the facility.
- ♦ No kissing, hugging or inappropriate touch is permitted. Socialization and friendships are encouraged at the center, but dating must take place outside the center.
- ♦ If you use a power wheelchair, please keep your speed low and use caution in the center.
- ♦ Be respectful of fellow participants and their abilities. We are here to be supportive and helpful to each other.
- ♦ Foul language and combative behavior is unacceptable.
- ♦ Please try to limit the use of cell phones while at the center. If you need to use your cell phone please move to the lobby or quiet room.
- ♦ Open group discussion of politics or religion is discouraged at the center.
- ♦ If you have any questions regarding the center rules, please contact your case manager.

DRUMMING / DRUMMING 3

AM PROGRAM
 11:00-12:00 Bell Choir-Quite Rm
 11:00-12:00 What Tales are These?- Big Room
 1:00-1:45 Drumming- Big Room

PM PROGRAM
 3:00-4:00 Drumming - Big Room
 4:00-5:00 What tales are these?- Big Room

HAND JIVE / UKES / HAND JIVE / ASL PRAC 4

AM PROGRAM
 11:00-12:00 Hand Jive - Big Room
 1:00-1:45 Ukes- Big Room

PM PROGRAM
 4:00-4:45 Story Time -Big Room
 5:30-6:15 ASL Practice- Big Room

BINGO / BINGO 5

11:15-12:00 Showcase- Big Room
 1:00-1:45 Bingo-Big Room

PM PROGRAM
 4:00-4:45 Bingo- Big Room
 5:30-6:15 Yoga- Big Room

VALENTINE CARDS / BINGO 6

AM PROGRAM
 11:15-12:00 Valentine Cards- Big Room
 1:00-1:45 Bingo - Big Room

DRUMMING / DRUMMING 10

AM PROGRAM
 11:00-12:00 Bell Choir—Quite Room
 11:00-12:00 Big Room— Yoga
 1:00-1:45 Drumming-Big Room

PM PROGRAM
 3:00-4:00 Drumming--Big Room
 4:15-5:00 Dance Practice-Big Room

MOVIE MATINEE / MOVIE MATINEE 11

AM PROGRAM
 11:00-12:00 Movie- Big Room
 1:00-1:45 Cont-Big Room

PM PROGRAM
 3:15-4:00 Movie- Big Room
 5:30-6:15 Cont- Big Room

CRAFT / CRAFT 12

AM PROGRAM
 11:15-12:00 CRAFT -Big Room
 1:00-1:45 Cont - Big Room

PM PROGRAM
 4:00-4:45 CRAFT -Big Room
 5:30-6:15 CRAFT-Big Room

GRAB A NAME GAME / BINGO 13

AM PROGRAM
 11:15-12:00 Grab a name- Big Room
 1:00-1:45 Bingo - Big Room

PRESIDENTS DAY CLOSED

COFFEE TASTING / WII GAMES 18

AM PROGRAM
 11:00-12:00 Coffee Tasting Big Room
 1:00-2:00 Showcase Practice-Big Room

PM PROGRAM
 3:45-4:45 Wii Practice-Big Room
 5:30-6:15 GG-Big Room

KARAOKE/ KARAOKE /SHOWCASE PRAC 19

AM PROGRAM
 11:00-12:00 Karaoke / Showcase Prac-Big Room
 1:00-2:00 CONT-Big Room

PM PROGRAM
 3:45-4:45 Karaoke / Showcase Prac-Big Room
 5:30-6:15 CONT--Big Room

HAND JIVE/ ASL/ BINGO 20

AM PROGRAM
 11:00-12:00 Showcase-Big Room
 1:00-2:00 Bingo -Big Room

MAKE-UP DAY FRIENDSHIP DAY DANCE
 2:30pm-6:30pm

DRUMMING / DRUMMING 24

AM PROGAM
 11:00-12:00 Bell Choir
 11:00-12:00 Bowling-Big Room
 1:00-2:00 Drumming-Big Room

PM PROGRAM
 3:00-4:00 Drumming-Big Room
 4:15-5:00 Showcase Prac-Big Room

SHOWCASE PRAC / UKES 25

AM PROGAM
 11:00-12:00 Showcase Prac-Big Room
 1:00-2:00 UKES-Big Room

PM PROGRAM
 3:00-4:00 Hand Jive-Big Room
 4:00-5:00 ASL Prac-Big Room

GETTING TO KNOW YOU / BOWLING 26

AM PROGRAM
 11:00-12:00 Getting to Know You-Big Room
 1:00-2:00 Showcase Prac-Big Room

PM PROGRAM
 4:00-4:45 Bowling-Big Room
 5:00-5:45 GG-Big Room

LEAP YEAR GAME / BINGO 27

AM PROGAM
 11:00-12:00 Leap Year Game-Big Room
 1:00-2:00 Bingo-Big Room

Thank you for choosing ADHC!