

2020 CALENDAR



Make healthy choices in 2020 and beyond!

A message from the providers at the Adult Down Syndrome Center

Happy New Year!

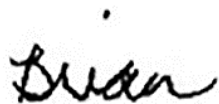
Thank you for deciding to promote your health in 2020 and beyond! We can make choices every day to be healthy. We can:



We hope you enjoy using this calendar to:

- Learn tips to be healthy
- Do activities to promote your health
- Set goals each month *and*
- Track your progress

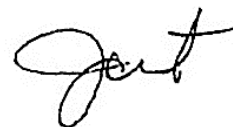
We look forward to hearing about how you promote your health in 2020 and beyond!



Brian Chicoine, MD



Erin Dominiak, MD



Janet Bilodeau, CNP



Katie Frank, PhD, OTR/L



Coloring is a good way to **feel relaxed**. What do you do to feel relaxed?
Dancing is a good way to **be active**. How do you stay active?



January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	
		GOALS				

Fruits and Veggies Word Search

Fruits and veggies are **healthy foods**. We should eat them every day.

U L O N F U Z H U T G R A P E S I P
V U S K D W A I U K P I G P O I P F
O P W C A R R O T S X M Y P C Y I B
C W A H I V E X Y M E V J Z Q Y N A
P E A C H E S F P E P P E R S A E N
I J C U C U M B E R S V H Y V P A A
B R O C C O L I B C M A C L M P P N
E P B O A W A T E R M E L O N L P A
O E U F A X J M W C J K B A B E L S
T Y B S V M M K H J U O J W D S E O
D C T T X E Z U G X T Y W Q J B E A
M R Z S U Q F O D U C E L E R Y A J

APPLES
BANANAS
BROCCOLI

CARROTS
CELERY
CUCUMBERS

GRAPES
PEACHES
PEPPERS

PINEAPPLE
SALAD
WATERMELON

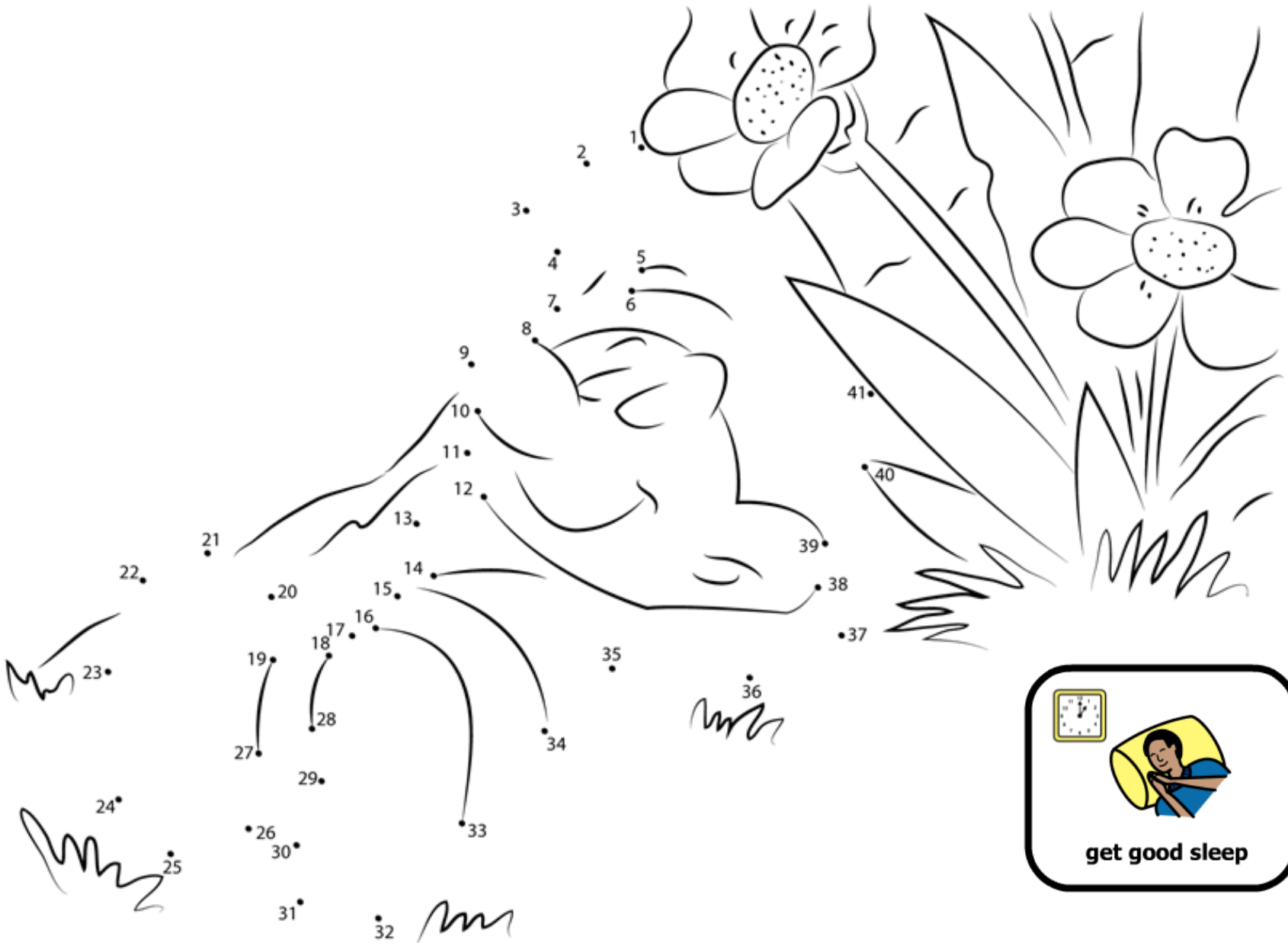


February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
		GOALS				

Connect the Dots

One way to stay healthy is to **get good sleep**. We should sleep 7-9 hours each night.



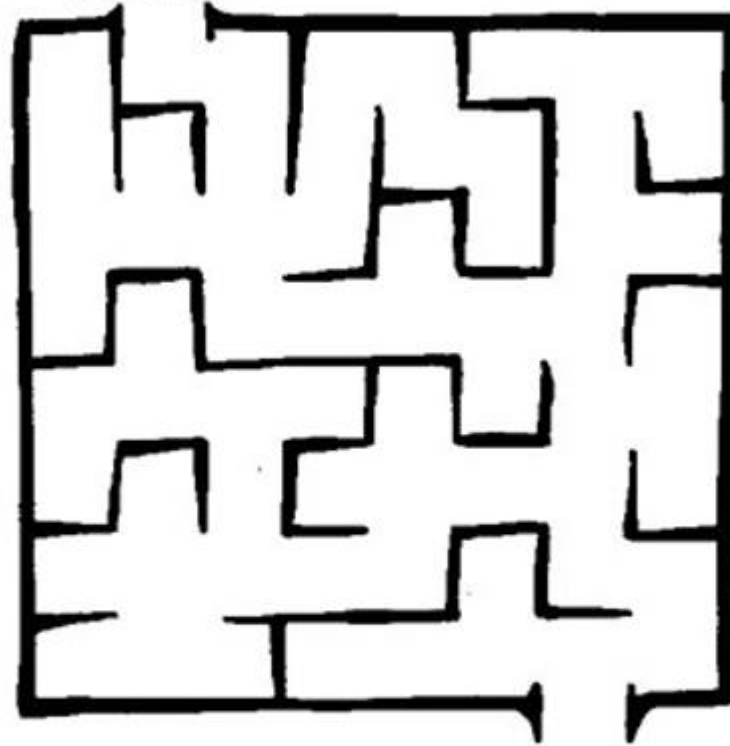
March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
		GOALS				



Leave the pop behind
and make your way to
healthier drink choices!

Start



★ WATER ★

April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		
		GOALS				

Which food is healthier?



**EGGS WITH
TOMATOES**

OR



POP TART



**CARROTS WITH
HUMMUS**

OR



**FRENCH
FRIES**



**SALAD WITH
GRILLED CHICKEN**

OR



**MEAT SUPREME
PIZZA**



**TURKEY
SANDWICH**

OR



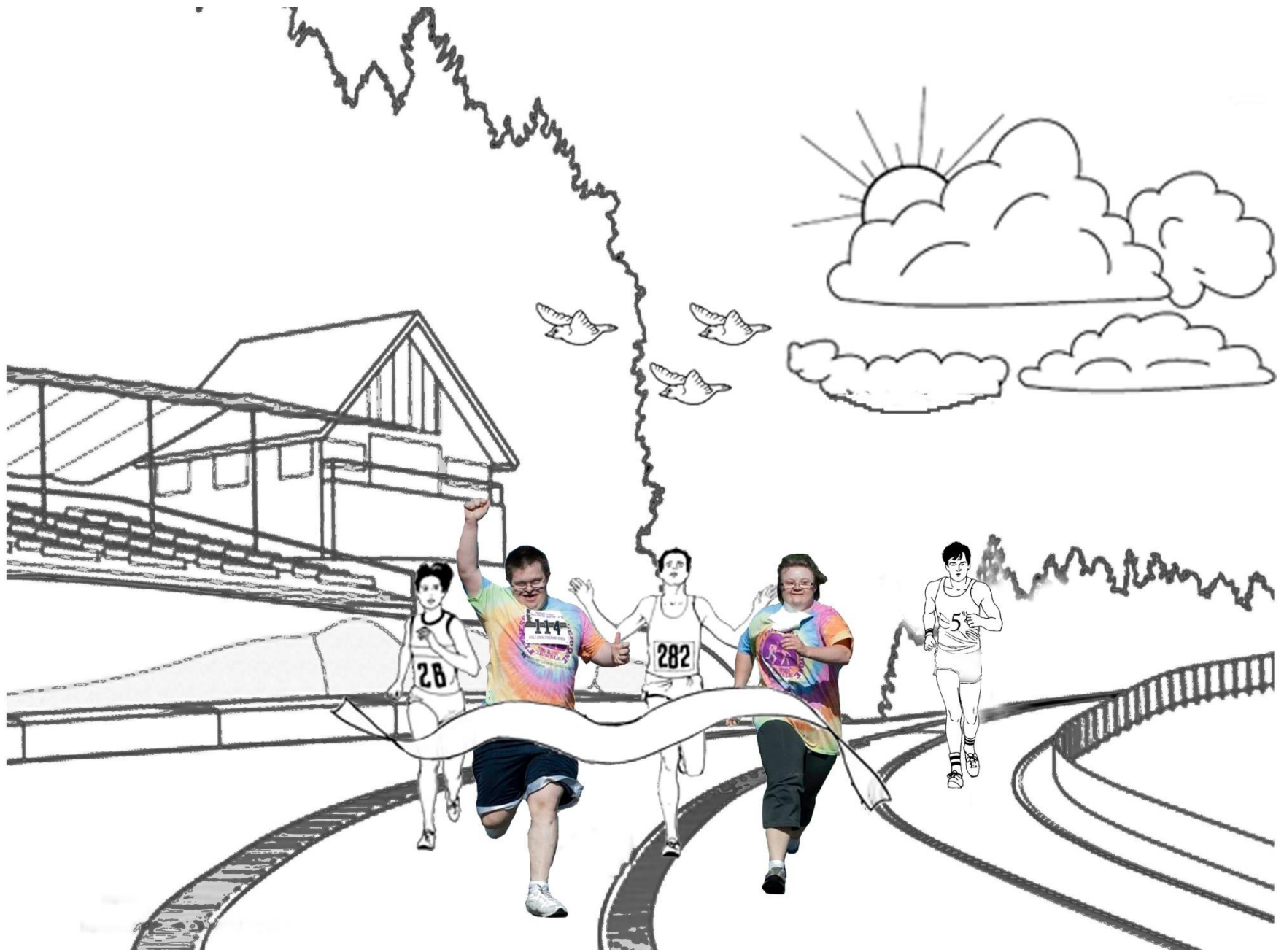
**MOZZARELLA
STICKS**



How can you make your meals and snacks healthier?
Try to make one healthy change every day!

May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31		GOALS				



Coloring is a good way to **feel relaxed**. What do you do to feel relaxed?
Running is a good way to **be active**. How do you stay active?



June 2020





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				
		GOALS				

DRINK WATER

HYDRATE TO BE GREAT!

How much water should we drink each day?

Circle the correct answer.

- A. 
- B. 
- C. 
- D. 



The answer is **C**. We should drink at least 64 oz. of water each day. That equals 8 small bottles of water (8 oz.) or 4 standard-size bottles of water (16 oz.).

July 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	
		GOALS				



Coloring is a good way to **feel relaxed**. What do you do to feel relaxed?
We can cook meals and snacks with **healthy foods**. What is a healthy food you like?



August 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1	
2	3	4	5	6	7	8	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30	31	GOALS					

GET GOOD SLEEP

Having a bedtime routine can help us **get good sleep**.

What do you do before you go to bed?

The pictures below show healthy activities you can do before you go to bed.

Circle the activities that you do.



brush teeth



wash face



go to
bathroom



write in
journal



pray



read



take deep
breaths



stretch

September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			
		GOALS				



www.MyActivityMak.com

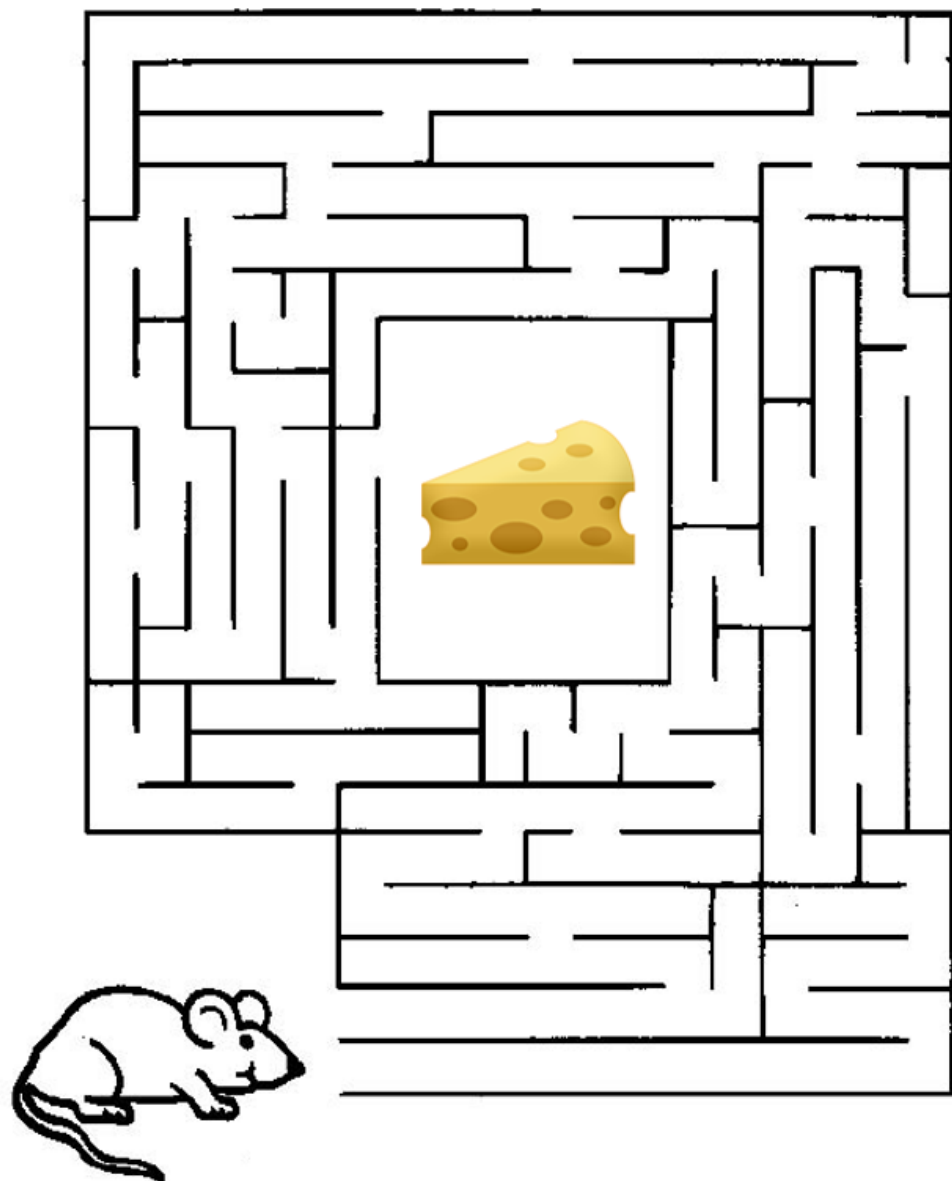


Coloring is a good way to **feel relaxed**. What do you do to feel relaxed?
Playing sports is a good way to **be active**. How do you stay active?



October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
		GOALS				



Help the mouse find the cheese!

Cheese is a healthy snack. Did you know that cheese is in both the dairy *and* protein food groups?

Can you think of other foods that belong in multiple food groups?



November 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					
		GOALS				

Physical Activity Word Search

There are many ways to **be active**. Find some ideas in the word search below.

R U N N I N G V Y G H W Z N I F H S
M S P E C I A L O L Y M P I C S R H
B C F W X N L U V A E G O J L K A O
C P Q A X E L L I P T I C A L S K V
V T U V Z S P O R T S Y O G A L E E
E X E R C I S E V I D E O S G V L L
R A I Y D C Q J H S M D C E O K E S
T E F X R Y F V U P Q Q A V R V A N
Q K C L I M B S T A I R S N O L V O
F Y C N I G M S F W T P G Y C I E W
H L I F T W E I G H T S V P P E S O
K F H W A L K T H E D O G U U E E S

CLIMB STAIRS
DANCE
ELLIPTICAL

EXERCISE VIDEOS
LIFT WEIGHTS
RAKE LEAVES

RUNNING
SHOVEL SNOW
SPECIAL OLYMPICS

SPORTS
WALK THE DOG
YOGA



December 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		
		GOALS				

Find more health and wellness resources on our website!

adsresources.advocatehealth.com

Stay in touch throughout the year. Follow us on Facebook!

www.facebook.com/adultdownsyndromecenter

Credits

- <http://www.goboardmaker.com/>
- <https://pixabay.com/>
- <https://www.pexels.com/>
- <http://liveloughrowe.com/wp-content/uploads/2015/08/Inspirational-Coloring-Page-and-Free-Printable-Live-Laugh-Rowe.pdf>
- <http://www.supercoloring.com/coloring-pages/concert-of-a-female-rock-band>
- <http://www.classroomdoodles.com/uploads/2/6/1/6/26162462/dance.pdf>
- <https://www.superteacherworksheets.com/generator-word-search.html>
- <http://www.connectthedots101.com/worksheet/11734-Jokey-Smurf-Sleeping-dot-to-dot>
- <https://www.allkidsnetwork.com/mazes/detail.asp?fil=easy-maze-fire.jpg>
- <https://www.cool2bkids.com/cloud-coloring-pages/>
- <http://www.supercoloring.com/coloring-pages/man-marathon-runner>
- <http://www.supercoloring.com/coloring-pages/race-track>
- <http://www.supercoloring.com/coloring-pages/woman-running-a-marathon>
- <http://www.supercoloring.com/coloring-pages/finishing-the-marathon>
- <https://mastheadprintstudio.com/bird-color-pages-printable-2/>
- <http://www.supercoloring.com/coloring-pages/kitchen-in-minimalist-style>
- <http://clipart-library.com/coloring-pages-of-clouds.html>
- <http://clipart-library.com/pictures-of-trees-to-color.html>
- <http://www.getcoloringpages.com/coloring/14396>
- <https://www.bestcoloringpagesforkids.com/wp-content/uploads/2016/10/baseball-coloring-pages-for-kids.gif>
- <https://www.allkidsnetwork.com/mazes/detail.asp?fil=maze-mouse-apple.jpg>

Thank you to Dan Frank for developing the coloring pages.