



Adult Care Center Activity Calendar



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					1
9:00					Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword
10:00					Intergenerational/ Game of Choice
11:00					Breakout Exercise & Wellness Groups
12:00- 1:45					Lunch & Breakout Group/Relaxation
2:00					Karaoke/ Crossword Puzzle
3:00					Refreshments
3:30					Art Appreciation/ Friday Frolic
4:30					Friday Frolic
	4	5	6	7	8
9:00	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Sock Day: Wear your special socks	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Chicken Soup for the Soul Stories/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Brownie Day
10:00	Music & Spirituality/ Puzzles & Word Find	Tea Party/ Expressive Art/ Puzzles & Word Find	Drum Circle/ Puzzles & Word Find	Old Time Music/ Puzzles & Word Find	Intergenerational/ Game of Choice
11:00	Breakout Exercise & Dana's Chair Yoga	Breakout Exercise & Wellness Groups	Penny Ante/ Headbandz with Kay	Breakout Exercise & Wellness Groups	Breakout Exercise & Cycling Group
12:00 -1:45	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation
2:00	Mary Kay Makeup Party	Chimes/ Bingo	Sewing Group/ Breakout Exercise & Wellness Group	Special Veterans Tribute	Karaoke/ Jenga Game
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30	Winter Activity Hangman/ Bean Bag Toss/ Connect 4	Name that Person/ 100 or Bust	Art Appreciation & Midweek Matinee	Trivia/ Uno Game/ Bean Bag Toss	Art Appreciation & Friday Frolic
4:30	Conversation Ball/ Q-Chord Group	Piano Appreciation/ Relaxing Conversation	Midweek matinee	Piano Appreciation/ Relaxing Conversation	Friday Frolic

	11	12	13	14	15
9:00	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Gingerbread House Day	Chicken Soup for the Soul Stories/ Participants Choice: Puzzles, Word Find/Crossword National Cocoa Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Ugly Christmas Sweater Day
10:00	Music & Spirituality/ Puzzles or Word Find	Tea Party/ Expressive Art/ Puzzles & Word Find	Drum Circle/ Puzzles & Word Find	Old Time Music/ Puzzles & Word Find	Intergenerational/ Game of Choice
11:00	Headbandz/ Bean Bag Toss	Breakout Exercise & Wellness Groups	Christmas Gift List/ Hangman/ Life Stories	Breakout Exercise & Wellness Groups	Penny Ante/ Rock & Relax Conversation
12:00- 1:45	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation
2:00	Breakout Exercise & Dana's Wellness Group	Chimes/ Bingo	Sewing/ Breakout Exercise & Wellness Group	Crossword Puzzle/ Expressive Art	Exercise (Music Ball)/ Dana's Wellness Group
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30	Karaoke/ 100 or Bust	Pictionary/ Q-Chord/ Target Toss	Art Appreciation & Midweek Matinee	Trivia/ Christmas Frame/ Connect 4	Art Appreciation/ Friday Frolic
4:30	Piano Bar & Relaxation/ Relaxing Conversation	Piano Bar & Relaxation/ Relaxing Conversation	Midweek Matinee	Piano Bar & Relaxation/ Relaxing Conversation	Friday Frolic
	18	19	20	21	22
9:00	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Hard Candy Day	Chicken Soup for the Soul Stories /Participants Choice: Puzzles, Word Find/Crossword Christmas Party and Happy Birthday!!	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Crossword Puzzle Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Happy Birthday Margaret! Happy Birthday Ada (tomorrow)!
10:00	Music & Spirituality/ Puzzles or Word Finding	Tea Party/ Expressive Art	Price is Right! / Puzzles & Word Find	Old Time Music/ Puzzles & Word Find	Intergenerational/ Game of Choice
11:00	Christmas Hangman/ Penny Ante	Breakout Exercise & Wellness Groups	Breakout Exercise & Wellness Group	Breakout Exercise & Wellness Group	Breakout Exercise & Wellness Group
12:00 -1:45	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation
2:00	Breakout Exercise & Wellness Group	Chimes/ Bingo	Drum Circle/ Sewing Group	Crossword Puzzles/ Expressive Art	Life Stories/ Penny Ante
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30	Christmas Music performance/ Bean Bag Toss	Trivia/ UNO Game/ Connect 4	Art Appreciation/ Midweek matinee	Trivia/ Name that Team/ Target Toss	Art Appreciation/ Friday Frolic
4:30	Conversation Ball/ Piano Appreciation	Q-Chord/ Relaxing Conversation	Midweek Matinee	Piano Appreciation/ Relaxing Conversation	Piano Appreciation/ Relaxing Conversation
	25	26	27	28	29
9:00	CLOSED 	CLOSED 	Chicken Soup for the Soul Stories /Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find, Crossword National Card Playing Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword
10:00			Drum Circle/ Puzzles & Word Find	Chimes/ Puzzles & Word Find	Intergenerational/ Game of Choice
11:00			Life Stories/ Hangman	Breakout Exercise & Wellness Group	Breakout Exercise & Dana's Chair Yoga
12:00 -1:45			Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation

2:00			Breakout Exercise & Wellness Group	Crossword Puzzle/ Expressive Art	Old Time Music/ Bingo Game
3:00			Refreshments	Refreshments	Refreshments
3:30			Art Appreciation/ Midweek Matinee	Trivia/ Manicures & Hand Massages/ Connect 4	Art Appreciation/ Friday Frolic
4:30			Midweek Matinee	Piano Appreciation/ Relaxing Conversation	Piano Appreciation/ Relaxing Conversation

December is....

- Bingo's Birthday Month
- National Tie Month
- National Write a Business Plan Month
- Operation Santa Paws
- Spiritual Literacy Month
- Tomato and Winter Squash Month
- Universal Human Rights Month
- Worldwide Food Service Safety Month



<p><u>Participants Choice</u></p> <p>Jigsaw Puzzles</p> <p>Crossword/Word Search</p> <p>Hand Massage</p> <p>Reminisce</p> <p>Indoor/Outdoor Walks (depending on temperature)</p> <p>Nail Care</p> <p>Music & Memory</p> <p>**Offered throughout the day to ensure person centered care**</p>	<p><u>Exercise & Wellness Groups:</u></p> <p>*2 choices are offered to participants on a daily basis*</p> <p>Core Focus: Body Blades</p> <p>Kinect Group: Selected games focus on eye-hand coordination & static/dynamic balance</p> <p>Upper Body: Weight lifting Medicine Balls Thera band Hand Grippers</p> <p>Wellness (Mind & Body): Tai Chi</p> <p>Lower Extremity: Virtual Cycling Club</p> <p>Active ROM: Parachute Fun band Armchair Exercise</p>
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