

**Adult Care Center  
Activity Calendar**



	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
9:00	<b>CLOSED</b>  <b>HAPPY</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Cream Puff Day</b>	Chicken Soup for the Soul Stories/ Participants Choice: Puzzles, Word Find/Crossword <b>Happy Birthday Paul!</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>Happy Birthday Millie!</b> <b>Happy Birthday Caroline!</b> <b>National Spaghetti Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>Happy Birthday Bertie!</b> <b>National Bird Day</b> <b>Happy Birthday Whitney (7<sup>th</sup>)</b>
10:00	<b>NEW</b>	Tea Party/ Expressive Art/ Puzzles & Word Find	Music & Spirituality/ Puzzles & Word Find	Drum Circle/ Puzzles & Word Find	Intergenerational/ Game of Choice
11:00	<b>YEAR</b>	Breakout Exercise & Wellness Groups	New Year Resolutions poem/ headbandz	Breakout Exercise & Wellness Groups	Breakout Exercise & Wellness Groups
12:00- 1:45	<b>2018</b>	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation
2:00		Chimes/ Penny Ante	Sewing Group/ Breakout Exercise & Wellness Group	Expressive Art/ Scrabble	Karaoke/ UNO
3:00		Refreshments	Refreshments	Refreshments	Refreshments
3:30		New Year Bingo	Art Appreciation & Midweek Matinee	Trivia/Target Toss/Q0Chord	Art Appreciation/ Friday Frolic
4:30		Piano Appreciation/ Relaxing Conversation	Midweek matinee	Piano Appreciation/ Relaxing Conversation	Friday Frolic
	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
9:00	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Bubble Bath Day</b> <b>Happy Birthday Elvis Presley</b>	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 <b>National Milk Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>Happy Birthday Dawn (13<sup>th</sup>)</b>
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	Crossword Puzzle with Anna/ Headbandz with Lois	Breakout Exercise & Wellness Groups	Pictionary/Penny Ante	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	Breakout Exercise & Wellness Group	Chimes/Bingo	Sewing Group/ Breakout Exercise & Wellness Group	Expressive Art	Make your New Year Wish! / Art Appreciation
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30	Sing with me in Karaoke/ Jenga	Hangman/ Manicures & Hand Massages	Art Appreciation & Midweek Matinee	Trivia/ Life Stories/ Connect 4	Friday Frolic
4:30	Tic-Tac-Toe Toss/ Conversation Ball	Music Appreciation/ Relaxing Conversation	Midweek matinee	Name That Tune/ Conversation Ball	Friday Frolic

	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
9:00	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>Happy Birthday Ione! Martin Luther King Jr. Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Religious Freedom Day</b>	Chicken Soup for the Soul Stories/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Winnie the Pooh Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Popcorn Day</b>
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	Crossword Puzzle w/ Bertie/ Hangman	Breakout Exercise & Wellness Groups	Bean Bag Toss/ Headbandz	Breakout Exercise & Wellness Groups	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 & Dana's Wellness Group	Chimes/ Bingo	Sewing/ Breakout Exercise & Wellness Group	Painting your own rock/ Scrabble	Karaoke with Copeland/ Puzzles
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30	Pictionary/ UNO/ Target Toss	Name That Animal/ Q-Chord/ Connect 4	Art Appreciation & Midweek Matinee	Trivia/ Penny Ante/ 100 or Bust	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
	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
9:00	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Pie Day</b>	Chicken Soup for the Soul Stories /Participants Choice: Puzzles, Word Find/Crossword <b>Birthday Party for January Babies Beer Can Appreciation Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Spouses Day</b>
10:00	Music & Spirituality/ Puzzles or Word Finding	Tea Party/ Expressive Art/Puzzles & Word Find	Old Time Music/ Puzzles & Word Find	Drum Circle/ Puzzles & Word Find	Intergenerational/ Game of Choice
11:00	Crossword Puzzle with Paul/ Headbadz with Alice	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	Sewing Group/Birthday Root Beer Social with Karaoke	For Fun with Cup Snowmen/ Scrabble	Jeopardy/Origami
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30	Hangman/ Bean Bag Toss	Pictionary/ Worship time with Whitney/ 100 or Bust	Art Appreciation/ Midweek Matinee	Trivia/ Life Stories/ Connect 4	Art Appreciation/ Friday Frolic
4:30	Conversation Ball/ Piano Appreciation	Q-Chord/ Relaxing Conversation	Midweek Matinee	Piano Appreciation/ Relaxing Conversation	Piano Appreciation/ Relaxing Conversation
	<b>29</b>	<b>30</b>	<b>31</b>		
9:00	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>Happy Birthday Alice National Puzzle Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Croissant Day</b>	Chicken Soup for the Soul Stories /Participants Choice: Puzzles, Word Find/Crossword		
10:00	Music & Spirituality/ Puzzles or Word Find	Tea Party/ Expressive Art/ Puzzles & Word Find	Drum Circle/ Puzzles & Word Find		
11:00	Crossword Puzzle with Mauretta/	Breakout Exercise & Wellness	Breakout Exercise & Wellness Groups		

	Hangman with Adela	Groups			
12:00 -1:45	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation		
2:00	Breakout Exercise & Dana's Wellness Group	Chimes/ Bingo	Sewing Group/ Price is Right		
3:00	Refreshments	Refreshments	Refreshments		
3:30	Karaoke/ 100 or Bust	Name that Person/ Bean Bag Toss	Art Appreciation/ Midweek Matinee		
4:30	Piano Bar & Relaxation/ Relaxing Conversation	Piano Bar & Relaxation/ Relaxing Conversation	Midweek Matinee		

January is....

- National Black Diamond Month
- National Blood Donor Month
- National Hobby Month
- National Hot Tea Month
- National Mentoring Month
- National Oatmeal Month
- National Slow Cooking Month
- National Soup Month
- National Sunday Supper Month



Paul – 3 <sup>rd</sup>	Dawn – 13 <sup>th</sup>
Millie – 4 <sup>th</sup>	Ione – 15 <sup>th</sup>
Caroline – 4 <sup>th</sup>	Alice – 29 <sup>th</sup>
Bertie – 5 <sup>th</sup>	
Whitney – 7 <sup>th</sup>	

<p><b><u>Participants Choice</u></b></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 &amp; Memory</p> <p>**Offered throughout the day to ensure person centered care**</p>	<p><b><u>Exercise &amp; Wellness Groups:</u></b></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 &amp; static/dynamic balance</p> <p>Upper Body: Weight lifting Medicine Balls Thera band Hand Grippers</p> <p>Wellness (Mind &amp; Body): Tai Chi Lower Extremity: Virtual Cycling Club</p> <p>Active ROM: Parachute Fun band Armchair Exercise</p>
---	--