


|             | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|-------------|--|---|---|--|---|
|             | 1  | 2   | 3   | 4  | 5   |
| 9:00-9:45   | <b>Happy New Year!</b><br><b>We are closed!</b>  | Morning News Hour/ Participants<br>Choice: Word search/Crossword<br><b>National Science Fiction Day</b> | Morning News Hour/ Participants<br>Choice: Word search/Crossword            | Morning News Hour/ Participants<br>Choice: Word search/Crossword<br><b>National Trivia Day</b> | Morning News Hour/ Participants<br>Choice: Word search/Crossword<br><b>Happy Birthday, Whitney (7th)!</b> |
| 10:00-10:45 |                   | Word Charts <sup>C, S</sup><br>One on one projects <sup>Pr.</sup>                                       | New Year Jeopardy <sup>C, S</sup><br>Expressive of Art <sup>S, C, Pr.</sup> | New Year Fill the Blank <sup>C, S</sup><br>Hedbanz <sup>S, C</sup>                             | New Year Drum Circle <sup>Pr., S, C</sup><br>One on one projects <sup>Pr.</sup>                           |
| 10:55-11:40 |  | Regular Exercise <sup>P, S</sup><br>Cycling <sup>P, S</sup>   | Regular Exercise <sup>P, S</sup><br>Cycling <sup>P, S</sup>                 | Crossword Puzzle <sup>C, S</sup><br>UNO <sup>S, C</sup>  | Hangman <sup>C, S</sup><br>Expressive of Art <sup>S, C, Pr.</sup>   |
| 12:00-1:55  |  | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup>   | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup>                   | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup>                                      | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup>   |
| 2:00-2:45   |  | Bean Bag Toss <sup>C, S, P</sup><br>Expressive of Art <sup>S, C, Pr.</sup>                              | Trivia <sup>C, S</sup><br>100 Or Bust <sup>C, S, P</sup>                    | Regular Exercise <sup>P, S</sup><br>Cycling <sup>P, S</sup>                                    | Regular Exercise <sup>P, S</sup><br>Cycling <sup>P, S</sup>   |
| 3:00        |  | Refreshments  | Refreshments  | Refreshments   | Refreshments  |
| 3:30-4:00   |  | Shake the memory <sup>C, S</sup><br>Bingo Game <sup>S, Pr.</sup>  | Midweek Movie Matinee <sup>R/</sup><br>One on one projects <sup>Pr.</sup>   | Connect 4 <sup>S, C</sup><br>Conversation Ball <sup>C, S</sup>                                 | Friday Frolic <sup>R</sup><br>One on one projects <sup>Pr.</sup>  |
| 4:00-4:30   |  | Relaxing Conversation <sup>R, S</sup><br>One on one projects <sup>Pr.</sup>                             | Midweek Movie Matinee <sup>R/</sup><br>One on one projects <sup>Pr.</sup>   | Bowling Game <sup>S, P</sup><br>One on one projects <sup>Pr.</sup>                             | Friday Frolic <sup>R</sup><br>One on one projects <sup>Pr.</sup>  |
|             | 8  | 9   | 10  | 11   | 12  |
| 9:00-9:45   | Morning News Hour/ Participants<br>Choice: Word search/Crossword<br><b>Happy Elvis Presley Day</b> | Morning News Hour/ Participants<br>Choice: Word search/Crossword<br><b>National Shop For Travel Day</b> | Morning News Hour/ Participants<br>Choice: Word search/Crossword            | Morning News Hour/ Participants<br>Choice: Word search/Crossword                               | Morning News Hour/ Participants<br>Choice: Word search/Crossword<br><b>Happy Birthday, Dawn (13th)!</b>   |
| 10:00-10:45 | Elvis Name That Tunes <sup>S, C</sup><br>One on one projects <sup>Pr.</sup>                        | Best 10 <sup>C, S</sup><br>Expressive of Art <sup>S, C, Pr.</sup>                                       | Chimes <sup>Pr., S, C</sup><br>Crossword Puzzle <sup>C</sup>                | Big Words & Small Words <sup>C, S</sup><br>Art/Craft <sup>S, C, Pr.</sup>                      | Expressive of Art <sup>S, C, Pr.</sup><br>Word Scramble <sup>C, S</sup>                                   |
| 10:55-11:40 | Elvis Hangmen <sup>S, C</sup><br>One on one projects <sup>Pr.</sup>                                | Crossword Puzzle <sup>C, S</sup><br>Bean Bag Toss <sup>C, S, P</sup>                                    | Regular Exercise <sup>P, S</sup><br>Cycling <sup>P, S</sup>                 | Crossword Puzzle <sup>C, S</sup><br>100 Or Bust <sup>S, C</sup>                                | Regular Exercise <sup>P, S</sup><br>Cycling <sup>P, S</sup>   |
| 12:00-1:55  | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup>  | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup>   | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup>                   | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup>                                      | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup>   |
| 2:00-2:45   | Regular Exercise <sup>P, S</sup><br>Cycling <sup>P, S</sup>  | Warm up Exercise <sup>P, S</sup><br>Table Hockey <sup>P, S</sup>  | Hagman <sup>C, S</sup><br>Expressive of Art <sup>S, C, Pr.</sup>            | Regular Exercise <sup>P, S</sup><br>Cycling <sup>P, S</sup>                                    | Drum Circle <sup>Pr., S, C</sup><br>Jeopardy <sup>S, C</sup>  |
| 3:00        | Refreshments   | Refreshments  | Refreshments  | Refreshments   | Refreshments  |
| 3:30-4:00   | Trivia <sup>C, S</sup><br>Spin the Wheel <sup>S, C</sup>   | Bingo Game <sup>S, Pr.</sup><br>Shake the memory <sup>C, S</sup>  | Midweek Movie Matinee <sup>R/</sup><br>One on one projects <sup>Pr.</sup>   | Magic Broom <sup>P, S</sup><br>Family Feud <sup>C, S</sup>                                     | Friday Frolic <sup>R</sup><br>One on one projects <sup>Pr.</sup>  |
| 4:10-4:30   | Pictionary <sup>S, C</sup><br>One on one projects <sup>Pr.</sup>                                   | Relaxing Piano Music <sup>R, S</sup><br>One on one projects <sup>Pr.</sup>                              | Midweek Movie Matinee <sup>R/</sup><br>One on one projects <sup>Pr.</sup>   | Relaxing Conversation <sup>S, C</sup><br>Wheels of Fortune <sup>S, C</sup>                     | Friday Frolic <sup>R</sup><br>One on one projects <sup>Pr.</sup>  |

|             | 15   | 16  | 17   | 18  | 19  |
|-------------|--|---|--|---|---|
| 9:00-9:45   | Morning News Hour/ Participants<br>Choice: Word search/Crossword<br><b>Martin Luther King, Jr. Day</b> | Morning News Hour/ Participants<br>Choice: Word search/Crossword                                    | Morning News Hour/ Participants<br>Choice: Word search/Crossword         | Morning News Hour/ Participants<br>Choice: Word search/Crossword            | Morning News Hour/ Participants<br>Choice: Word search/Crossword<br><b>National Popcorn Day</b>     |
| 10:00-10:45 | Name That Tunes <sup>S, Pr.</sup><br>Raise Up Hand <sup>S, C</sup>                                     | Word Charts <sup>C, S</sup><br>Art/Craft <sup>S, C, Pr.</sup>                                       | Wheels of Fortune <sup>S, C</sup><br>Watercolor <sup>Pr, C, S</sup>      | Chimes <sup>Pr., S, C</sup><br>One on one projects <sup>Pr.</sup>           | Expressive of Art <sup>S, C, Pr.</sup><br>Best 10 <sup>C, S</sup>                                   |
| 10:55-11:40 | Hangman: MLK Day <sup>C, S</sup><br>Conversation Ball <sup>C, S</sup>                                  | Crossword Puzzle <sup>C, S</sup><br>Target Toss <sup>C, S, P</sup>                                  | Regular Exercise <sup>P, S</sup><br>Cycling <sup>P, S</sup>              | Trivia <sup>C, S</sup><br>Pictionary <sup>C, S</sup>                        | Jeopardy <sup>C, S</sup><br>Conversation Ball <sup>C, S</sup>                                       |
| 12:00-1:55  | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup>  | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup>   | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup>                | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup>                   | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup>   |
| 2:00-2:45   | Regular Exercise <sup>P, S</sup><br>Cycling <sup>P, S</sup>  | Regular Exercise <sup>P, S</sup><br>Cycling <sup>P, S</sup>   | Bingo <sup>C, S</sup><br>Expressive of Art <sup>S, C, Pr.</sup>          | Regular Exercise <sup>P, S</sup><br>Cycling <sup>P, S</sup>                 | Regular Exercise <sup>P, S</sup><br>Cycling <sup>P, S</sup>   |
| 3:00        | Refreshments   | Refreshments  | Refreshments   | Refreshments  | Refreshments  |
| 3:30-4:00   | Ring & Cups <sup>C, S, Pr.</sup><br>Connect 4 <sup>S, C</sup>  | Balloon Crash <sup>S, C, Pr.</sup><br>Story Writing <sup>S, C</sup>                                 | Midweek Movie Matinee <sup>R</sup><br>One on one projects <sup>Pr.</sup> | Bowling <sup>S, Pr.</sup><br>Family Feud <sup>C, S</sup>                    | Friday Frolic <sup>R</sup><br>One on one projects <sup>Pr.</sup>                                    |
| 4:10-4:30   | Music Appreciation <sup>R, S</sup><br>One on one projects <sup>Pr.</sup>                               | Hedbanz <sup>R, S</sup><br>One on one projects <sup>Pr.</sup>                                       | Midweek Movie Matinee <sup>R</sup><br>One on one projects <sup>Pr.</sup> | Relaxing Conversation <sup>C, S</sup><br>One on one projects <sup>Pr.</sup> | Friday Frolic <sup>R</sup><br>One on one projects <sup>Pr.</sup>                                    |
|             | 22   | 23  | 24   | 25  | 26  |
| 9:00-9:45   | Morning News Hour/ Participants<br>Choice: Word search/Crossword<br><b>National Polka Dot Day</b>      | Morning News Hour/ Participants<br>Choice: Word search/Crossword<br><b>National Handwriting Day</b> | Morning News Hour/ Participants<br>Choice: Word search/Crossword         | Morning News Hour/ Participants<br>Choice: Word search/Crossword            | Morning News Hour/ Participants<br>Choice: Word search/Crossword<br><b>National Fun At Work Day</b> |
| 10:00-10:45 | Regular Exercise <sup>P, S</sup><br>Cycling <sup>P, S</sup>  | Expressive of Art <sup>S, C, Pr.</sup><br>Wheels of Fortune <sup>S, C</sup>                         | Art/Craft <sup>S, C, Pr.</sup><br>Conversation Ball <sup>S, C</sup>      | Bingo <sup>S, C</sup><br>One on one projects <sup>Pr.</sup>                 | Expressive of Art <sup>S, C, Pr.</sup><br>Jeopardy <sup>S, C</sup>                                  |
| 10:55-11:40 | Hedbanz <sup>S, C</sup><br>Hangman <sup>C, S</sup>   | Crossword Puzzle <sup>C, S</sup><br>Bean Bag Toss <sup>S, Pr.</sup>                                 | Regular Exercise <sup>P, S</sup><br>Cycling <sup>P, S</sup>              | Word Charts <sup>C, S</sup><br>One on one projects <sup>Pr.</sup>           | 100 Or Bust <sup>S, C</sup><br>Big Words & Small Words <sup>C, S</sup>                              |
| 12:00-1:55  | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup>  | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup>   | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup>                | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup>                   | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup>   |
| 2:00-2:45   | 100 Or Bust <sup>S, C</sup><br>Conversation ball <sup>S, C</sup>                                       | Regular Exercise <sup>P, S</sup><br>Cycling <sup>P, S</sup>   | Best 10 <sup>C, S</sup><br>One on one projects <sup>Pr.</sup>            | Regular Exercise <sup>P, S</sup><br>Cycling <sup>P, S</sup>                 | Regular Exercise <sup>P, S</sup><br>Cycling <sup>P, S</sup>   |
| 3:00        | Refreshments   | Refreshments  | Refreshments   | Refreshments  | Refreshments  |
| 3:30-4:00   | Pictionary <sup>C, S</sup><br>Family Feud <sup>C, S</sup>  | Lawn Darts <sup>C, P, S</sup><br>Word Scramble <sup>C, S</sup>                                      | Midweek Movie Matinee <sup>R</sup><br>One on one projects <sup>Pr.</sup> | Bowling Game <sup>S, C</sup><br>Connect 4 <sup>C, S</sup>                   | Friday Frolic <sup>R</sup><br>One on one projects <sup>Pr.</sup>                                    |
| 4:10-4:30   | Round table talk <sup>C, S, R</sup><br>One on one projects <sup>Pr.</sup>                              | Relaxing Piano Music <sup>R, S</sup><br>One on one projects <sup>Pr.</sup>                          | Midweek Movie Matinee <sup>R</sup><br>One on one projects <sup>Pr.</sup> | Words of Wisdom <sup>C, S</sup><br>One on one projects <sup>Pr.</sup>       | Friday Frolic <sup>R</sup><br>One on one projects <sup>Pr.</sup>                                    |

|             | 29   | 30  | 31   |  |  |
|-------------|--|---|--|--|--|
| 9:00-9:45   | Morning News Hour/ Participants<br>Choice: Word search/Crossword<br><b>National Puzzle Day</b> | Morning News Hour/ Participants<br>Choice: Word search/Crossword        | Morning News Hour/ Participants<br>Choice: Word search/Crossword<br><b>Inspire Your Heart With Art Day</b> |  |  |
| 10:00-10:45 | Regular Exercise <sup>P, S</sup><br>Cycling <sup>P, S</sup>                                    | Price is Right <sup>C, S</sup><br>One on one projects <sup>Pr.</sup>    | Bean Bag Toss <sup>S, C</sup><br>Art & Craft <sup>C, S, Pr.</sup>  |  |  |
| 10:55-11:40 | Word Chart <sup>C, S</sup><br>Hedbanz <sup>S, C</sup>  | Raise Up Hand <sup>S, C</sup><br>Art Appreciation <sup>S, C,</sup>      | Regular Exercise <sup>P, S</sup><br>Cycling <sup>P, S</sup>  |  |  |
| 12:00-1:55  | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup>                                      | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup>               | Lunch & Relaxation/<br>One on one projects <sup>Pr.</sup>  |  |  |
| 2:00-2:45   | Hangman <sup>S, C</sup><br>Expressive of Art <sup>S, C, Pr.</sup>                              | Regular Exercise <sup>P, S</sup><br>Cycling <sup>P, S</sup>             | Bingo <sup>S, C</sup><br>One on one projects <sup>Pr.</sup>  |  |  |
| 3:00        | Refreshments   | Refreshments  | Refreshments   |  |  |
| 3:30-4:00   | Bowling Game <sup>S, Pr.</sup><br>Shake a memory <sup>S, C</sup>                               | Trivia <sup>C, S</sup><br>Pictionary <sup>S, C</sup>                    | Midweek Movie Matinee <sup>R</sup><br>One on one projects <sup>Pr.</sup>                                   |  |  |
| 4:10-4:30   | Round table talk <sup>C, S, R</sup><br>One on one projects <sup>Pr.</sup>                      | Relax Piano Music <sup>R, S</sup><br>One on one projects <sup>Pr.</sup> | Midweek Movie Matinee <sup>R</sup><br>One on one projects <sup>Pr.</sup>                                   |  |  |

\*Alternative activities will be offered as requested

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| <p>January is...</p> <ul style="list-style-type: none"> <li>• National Hobby Month</li> <li>• National Oatmeal Month</li> <li>• National Blood Donor Month</li> </ul> | <ul style="list-style-type: none"> <li>• National Braille Literacy Month</li> <li>• National Hot Tea Month</li> <li>• World Health Esteem Month</li> </ul> |
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|--|---|
| <p><b><u>Personal Workshop</u></b></p> <p>Jigsaw Puzzles</p> <p>Crossword/Word Search</p> <p>Reminisce</p> <p>Coloring</p> <p>Indoor/Outdoor Walks (depending on temperature)</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 daily*</p> <p>Upper Body: Weight lifting<br/>Medicine Balls<br/>Theraband<br/>Hand Grippers</p> <p>Wellness (Mind &amp; Body): Chair Yoga<br/>Core Focus: Chair Pilates<br/>Lower Extremity: Virtual Cycling Club<br/>Active ROM: Parachute<br/>Fun band<br/>Armchair Exercise</p> |
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