



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2	3
9:00-9:45			Happy New Year! We are closed.	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:45				Story Writing ^{C,S} Deal or No Deal ^{C,S}	Best 10 ^{C,S} One on one projects ^{Pr.}
10:55-11:40				Bean Bag Toss ^{C,S,P} One on one projects ^{Pr.}	Snowman Toss ^{P,S} One on one projects ^{Pr.}
12:00-1:55				Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45				Warm up Exercise ^{P,S} Chair Volleyball ^{P,S}	Regular Exercise ^{P,S} Cycling ^{P,S}
3:00				Refreshments	Refreshments
3:30-4:00				Table Pin Ball ^{P,S} True or False Whack a Mole ^{P,S}	Friday Frolic ^R One on one projects ^{Pr.}
4:00-4:30				Relaxing Conversation ^{C,S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
	6	7	8	9	10
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Shortbread Day	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Whitney!	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Apricot Day	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:45	Winter A to Z ^{P,S} One on one projects ^{Pr.}	Magic Broom ^{P,S} Ping Pong Hole in One ^{P,S}	Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Rainbow Board ^{P, S, C} One on one projects ^{Pr.}	Chair Volleyball ^{P, S,} One on one projects ^{Pr.}
10:55-11:40	Regular Exercise ^{P, S} Cycling ^{P, S}	Karaoke ^{C, S} One on one projects ^{Pr.}	Hedbanz ^{S, C} Family Feud ^{S, C}	Wheel of Fortune ^{S, C} Best 10 ^{S, C}	Hungry Hungry Hippos ^{P, S,} Word Scramble ^{C, S}
12:00-1:55	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.} iPad Bowling ^{S, C}	Lunch & Relaxation/ One on one projects ^{Pr.} Obie Time ^{S, C}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45	Nerf Tower ^{C, S, P} One on one projects ^{Pr.}	Table Hockey ^{P, C.} One on one projects ^{Pr.}	Bingo ^{P, C.} One on one projects ^{Pr.}	Bowling ^{C, S} One on one projects ^{Pr.}	Best 10 ^{C, S,} Expressive Art ^{C, S}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Monday Movie Matinee ^R One on one projects ^{Pr.}	Winter Hangman ^{C, S} One on one projects ^{Pr.}	Lawn Darts ^{P, S,} One on one projects ^{Pr.}	Word Chart ^{P, S,} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Monday Movie Matinee ^R One on one projects ^{Pr.}	Relaxing Piano Playing ^{S, C,} One on one projects ^{Pr.}	Penny Ante ^{S, C} One on one projects ^{Pr.}	Left Right Center ^{C, P, S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}

	13	14	15	16	17
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Dawn!	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Hat Day	Morning News Hour/ Participants Choice: Word search/Crossword National Fig Newton Day	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:45	Noodle Baseball ^{P, S} Balloon Crash ^{P, S}	Spin the Wheel ^{C, S} One on one projects ^{S, C, Pr.}	Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Bible Trivia ^{C, S} Deal or No Deal ^{C, S}	Rainbow Toss ^{P, S, C} One on one projects ^{Pr.}
10:55-11:40	Best 10 ^{P, S} Jeopardy ^{C, S}	Name that Tunes ^{C, S} One on one projects ^{Pr.}	Pictionary ^{C, S} One on one projects ^{Pr.}	Pool Noodle Drop ^{P, S, C} One on one projects ^{Pr.}	Crossword Puzzle ^{C, S} Know Your Neighbor ^{C, S}
12:00-1:55	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.} UNO ^{S, C}	Lunch & Relaxation/ One on one projects ^{Pr.} Obie Time ^{S, C}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45	Regular Exercise ^{P, S} Cycling ^{P, S}	Cup Bulldozer ^{P, S} One on one projects ^{Pr.}	Life Stories ^{C, S} Uno Game ^{C, S}	Target Toss ^{C, P} Word Chart ^{C, S}	Family Feud ^{C, S} Which Came First? ^{C, S}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Monday Movie Matinee ^R / One on one projects ^{Pr.}	True or False Toss ^{C, S} One on one projects ^{Pr.}	Marble Racing ^{P, S} One on one projects ^{Pr.}	100 or Bust ^{P, S, C} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Monday Movie Matinee ^R / One on one projects ^{Pr.}	Hangman ^{C, S} One on one projects ^{Pr.}	Trivia ^{R, S} One on one projects ^{Pr.}	Story Writing ^{C, S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
	20	21	22	23	24
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword Martin Luther King Jr. Day	Morning News Hour/ Participants Choice: Word search/Crossword National Hugging Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Handwriting Day	Morning News Hour/ Participants Choice: Word search/Crossword National Peanut Butter Day
10:00-10:45	MLK Whack a Mole ^{C, S, P} One on one projects ^{Pr.}	Family Feud ^{C, S} One on one projects ^{S, C, Pr.}	Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Chimes ^{P, S, C} One on one projects ^{Pr.}	Expressive Art ^{C, S} Crossword Puzzle ^{C, S}
10:55-11:40	Noodle Baseball ^{C, S} One on one projects ^{Pr.}	Marble Racing ^{P, S} One on one projects ^{Pr.}	Hangman ^{C, S} Wheel of Fortune ^{C, S}	Hungry Hungry Hippos ^{P, S, C} One on one projects ^{Pr.}	Karaoke ^{P, S} One on one projects ^{Pr.}
12:00-1:55	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45	Regular Exercise ^{P, S} Cycling ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Bingo ^{C, S} Conversation ^{R, S}	Bingo Exercise ^{P, S} Tic Tac Toe Toss ^{P, S}	Jeopardy ^{C, S} One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Monday Movie Matinee ^R One on one projects ^{Pr.}	Chair Volleyball ^{P, S} Spin the Wheel ^{S, C}	Music with Michael ^{S, C} One on one projects ^{Pr.}	Noodle Stack Race ^{S, C, P} Expressive Art ^{C, S}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Monday Movie Matinee ^R One on one projects ^{Pr.}	Old Maid ^{C, S} One on one projects ^{Pr.}	Music with Michael ^{S, C} One on one projects ^{Pr.}	Trivia ^{R, S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}

	27	28	29	30	31
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Chocolate Cake Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Puzzle Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Backward Day
10:00-10:45	Pool Noodle Drop ^{P, S} One on one projects ^{Pr.}	Best 10 ^{C, S} One on one projects ^{Pr.}	Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Karaoke ^{P, S} One on one projects ^{Pr.}	Price is Right ^{C, S} One on one projects ^{Pr.}
10:55-11:40	Crossword Puzzle ^{C, S} Target Toss ^{P, S}	100 or Bust ^{P, S} Word Cookie ^{C, S}	Hangman ^{C, S} Spin the Wheel ^{S, C}	Hungry Hungry Hippos ^{P, S, C} One on one projects ^{Pr.}	Table Hockey ^{P, C} One on one projects ^{Pr.}
12:00-1:55	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.} Obie ^{S, C}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45	Chair Volleyball ^{P, S} Word Chart ^{C, S}	Art & Craft ^{C, S} One on one projects ^{Pr.}	Life Stories ^{C, S} Card Game ^{C, S}	Bingo Exercise ^{P, S} Connect 4 ^{P, S}	Jeopardy ^{C, S} Bingo ^{C, S}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Monday Movie Matinee ^R One on one projects ^{Pr.}	Wheel of Fortune ^{C, S} Spin the Wheel ^{P, S}	Karaoke ^{S, C} Pictionary ^{C, S}	Nerf Tower ^{S, C, P} Family Feud ^{C, S}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Monday Movie Matinee ^R One on one projects ^{Pr.}	Rainbow Board ^{P, C, S} One on one projects ^{Pr.}	Conversation Ball ^{R, S} One on one projects ^{Pr.}	Trivia ^{R, S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}

*Alternative activities will be offered as requested

<p>January is...</p> <ul style="list-style-type: none"> • National Soup Month • National Hobby Month • Military Hot Tea Month 	<ul style="list-style-type: none"> • National Blood Donor Month • National Sunday Supper Month • National Oatmeal Month
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<p><u>Personal Workshop</u></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 & 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 daily*</p> <p>Upper Body: Weight lifting Medicine Balls Theraband Hand Grippers</p> <p>Wellness (Mind & Body): Chair Yoga Core Focus: Chair Pilates</p> <p>Lower Extremity: Virtual Cycling Club Active ROM: Parachute Fun band Armchair Exercise</p>
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