


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1	2
9:00-9:45				Happy New Year! We are closed.	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:45					Karaoke ^{C, S} One on one projects ^{Pr.}
10:55-11:40					Winter Hangman ^{P, S} One on one projects ^{Pr.}
12:00-1:55					Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45					Regular Exercise ^{P, S} Cycling ^{P, S}
3:00					Refreshments
3:30-4:00					Friday Frolic ^R One on one projects ^{Pr.}
4:00-4:30					Friday Frolic ^R One on one projects ^{Pr.}
	5	6	7	8	9
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Thank God It's Monday Day	Morning News Hour/ Participants Choice: Word search/Crossword National Bean Day	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Whitney!	Morning News Hour/ Participants Choice: Word search/Crossword National Bubble Bath Day	Morning News Hour/ Participants Choice: Word search/Crossword National Static Electricity Day
10:00-10:45	Winter A to Z ^{C, S} Crossword Puzzle ^{S, C}	Story Writing ^{S, C} One on one projects ^{Pr.}	Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Rainbow Board ^{P, S, C} Art and Craft: Mitten Card ^{S, C}	Chair Volleyball ^{P, S,} Chimes ^{P, S, C}
10:55-11:40	Regular Exercise ^{P, S} Cycling ^{P, S}	Table Hockey ^{P, C,} Bean Bag Toss ^{Pr.}	Hedbanz ^{S, C} Family Feud ^{S, C}	Wheel of Fortune ^{S, C} One on one projects ^{Pr.}	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.}	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	Nerf Tower Conversation ^{C, S, P} One on one projects ^{Pr.}	Bingo Game ^{S, C} One on one projects ^{Pr.}	Hangman ^{P, S} One on one projects ^{Pr.}	Bowling ^{C, S} One on one projects ^{Pr.}	Best 10 ^{C, S,} One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Snowman Toss ^{C, S} One on one projects ^{Pr.}	Tuesday Movie Matinee ^R 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	Ring Toss ^{C, S, P} One on one projects ^{Pr.}	Tuesday Movie Matinee ^R 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.}

	12	13	14	15	16
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Pharmacist Day	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Dawn!	Morning News Hour/ Participants Choice: Word search/Crossword National Dress Up Your Pet Day	Morning News Hour/ Participants Choice: Word search/Crossword National Hat Day	Morning News Hour/ Participants Choice: Word search/Crossword National Fig Newton Day
10:00-10:45	Music Time ^{C, S} One on one projects ^{Pr.}	Story Writing ^{C, S} Crossword Puzzle ^{S, C}	Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Bible Trivia ^{C, S} Design Your Own Hat ^{C, S}	Rainbow Toss ^{P, S, C} Big Words Small Words ^{C, S}
10:55-11:40	Jeopardy ^{C, S} One on one projects ^{Pr.}	Name that Tunes ^{C, S} Marble Racing ^{P, S}	Pictionary ^{C, S} Connect 4 ^{S, C}	Pool Noodle Drop ^{P, S, C} Hangman ^{C, S}	Chimes ^{P, S, C} Know Your Neighbor ^{C, S}
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}	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	True or False Toss ^{C, S} One on one projects ^{Pr.}	Tuesday Movie Matinee ^{R/} One on one projects ^{Pr.}	Best 10 ^{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	Balloon Crash ^{P, S} One on one projects ^{Pr.}	Tuesday Movie Matinee ^{R/} One on one projects ^{Pr.}	Trivia ^{R, S} Frakle ^{S, C}	Spin the Wheel ^{C, S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
	19	20	21	22	23
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 Disc Jockey Day	Morning News Hour/ Participants Choice: Word search/Crossword National Hugging Day	Morning News Hour/ Participants Choice: Word search/Crossword National Polka Dot Day	Morning News Hour/ Participants Choice: Word search/Crossword National Pie Day
10:00-10:45	Music Time ^{C, S, P} One on one projects ^{Pr.}	Family Feud ^{C, S} Story Writing ^{C, S}	Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Chimes ^{P, S, C} One on one projects ^{Pr.}	Wheel of Fortune ^{C, S} Crossword Puzzle ^{C, S}
10:55-11:40	Word Scramble ^{S, C} 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}	Noodle Baseball ^{C, S} Art & Craft: Q-Tip Snowflake ^{S, C}	Chair Volleyball ^{P, S} Jeopardy ^{C, S}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Old Maid ^{C, S.} One on one projects ^{Pr.}	Tuesday Movie Matinee ^{R/} One on one projects ^{Pr.}	Music with Michael ^{S, C} One on one projects ^{Pr.}	Noodle Stack Race ^{S, C, P} Tic Tac Toe Toss ^{P, S}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Ring Toss ^{S, C} One on one projects ^{Pr.}	Tuesday Movie Matinee ^{R/} One on one projects ^{Pr.}	Music with Michael ^{S, C} One on one projects ^{Pr.}	Conversation/ Trivia ^{R, S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}

	26	27	28	29	30
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Spouses Day	Morning News Hour/ Participants Choice: Word search/Crossword National Chocolate Cake Day	Morning News Hour/ Participants Choice: Word search/Crossword National Blueberry Pancake Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Fun At Work Day
10:00-10:45	Music Time ^{P, S} One on one projects ^{Pr.}	Family Feud ^{C, S} Bean Bag Toss ^{C, S}	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} Exercise ^{P, S}
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	Chair Volleyball ^{P, S} Word Chart ^{C, S}	Art & Craft: Penguin ^{C, S} One on one projects ^{Pr.}	Life Stories ^{C, S} Card Game ^{C, S}	Exercise ^{P, S} Connect 4 ^{P, S}	Jeopardy ^{C, S} Bingo ^{C, S}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Wheel of Fortune ^{C, S} Spin the Wheel ^{P, S}	Tuesday Movie Matinee ^{R/} One on one projects ^{Pr.}	Best 10 ^{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	Rainbow Board ^{P, C, S} One on one projects ^{Pr.}	Tuesday Movie Matinee ^{R/} One on one projects ^{Pr.}	Conversation Ball ^{R, S} One on one projects ^{Pr.}	Card Game/ Trivia ^{C, S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}

*Alternative activities will be offered as requested

January is...

- National Soup Month
- National Hobby Month
- Military Hot Tea Month
- National Blood Donor Month
- National Sunday Supper Month
- National Oatmeal Month

Personal Workshop

Jigsaw Puzzles

Crossword/Word Search

Reminisce

Coloring

Indoor/Outdoor Walks (depending on temperature)

Music & Memory

Offered throughout the day to ensure person centered care

Exercise & Wellness Groups:

2 choices are offered to participants daily

Upper Body: Weight lifting
Medicine Balls
Theraband
Hand Grippers

Wellness (Mind & Body): Chair Yoga
Core Focus: Chair Pilates
Lower Extremity: Virtual Cycling Club
Active ROM: Parachute
Fun band
Armchair Exercise