

Adult Day Service Center January 2018 Activities Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CENTER CLOSED IN OBSERVANCE OF NEW YEARS DAY HOLIDAY	2 10:00-Science Fiction Movie & TV Facts 10:30-Balance /Strength Training - Don 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Around the World - Rachel 2:45-January in History	3 10:00-Chocolate Trivia Q & A 10:30-Naam Yoga - Berenice 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30- Entertainer Singer Ron Morrissey 2:45- Piano Concert by Knight-Weber Girls	4 10:00-Blender Facts 10:30-Balance /Strength Training - Don 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30- Music Therapy - Irby 2:45-Hand Massage / Manicures Puzzles & Ponderings	5 10:00-Whipped Cream Fun Facts 10:30-Naam Yoga - Thea 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30- Music & Mental Fitness - Bob 2:45-Brain Games
8 10:00-Elvis Presley Trivia & Facts 10:30-Naam Yoga - Thea <i>Or Reminiscence BR</i> 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Creative Arts: A Winter Scene 2:45-Colleague Football Trivia	9 10:00-Classic Rock Trivia 10:30-Balance /Strength Training - Don 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Around the World - Rachel 2:45-Brain Games	10 10:00- Pancake Breakfast - Eva  10:30-Naam Yoga - Berenice 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Bingo Game with Prizes 2:45-Martin Luther King, Jr. Biography	11 10:00-TV Premier All In the family Trivia 10:30-Balance /Strength Training - Don 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30- Nina & Friends Performance 2:45-Floor Games	12 10:00-Martin Luther King, Jr. Trivia 10:30-Naam Yoga - Thea 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30- Musician Singer Peter & Friend 2:45-Brain Games
15 CENTER CLOSED IN OBSERVANCE OF MARTIN LUTHER KING Jr. DAY HOLIDAY	16 10:00-Martin Luther King, Jr. Facts 10:30-Balance /Strength Training - Don 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Around the World - Rachel 2:45-Parachute Game	17 10:00-Let's Be Sociable Trivia 10:30-Naam Yoga - Berenice 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Winter Word Jumble Game 2:45-This Was the Year...1988	18 10:00-Winter Storm Trivia Q & A 10:30-Balance /Strength Training - Don 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30- Pet Therapy Lend-a-Paw - Lisa 2:45-Floor Games	19 10:00-January Birthday Multiple Choice 10:30-Naam Yoga - Thea 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30- Music & Mental Fitness - Bob 2:45-Brain Games
22 10:00-Snow Trivia Q & A 10:30-Naam Yoga - Thea <i>Or Reminiscence BR</i> 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Cook's Corner - Rosa 2:45-Bulletin Board Trivia	23 10:00-Pie Fun Facts 10:30-Balance /Strength Training - Don 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30- Music Therapy - Irby 2:45-Hand Massage / Manicures Puzzles & Ponderings	24 10:00-January Historic Events Facts 10:30-Naam Yoga - Berenice 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Bingo Game with Prizes 2:45-A Winter Solstice Symbols Trivia	25 10:00-Coffee Trivia & Facts 10:30-Balance /Strength Training -Don 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30- Nina & Friends Performance 2:45-Floor Games	26 10:00-Winter Olympics Trivia 10:30-Naam Yoga - Thea 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30- Musician Singer Peter & Friend 2:45-Brain Games
29 10:00-January Trivia Q & A 10:30-Naam Yoga - Thea <i>Or Reminiscence BR</i> 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Art-Memories in the Making 2:45-Rocky Mountain National Park Facts	30 10:00-NCAA Football Trivia 10:30-Balance /Strength Training -Don 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Around the World - Rachel 2:45-Fatherhood's Jokes	31 10:00-Trivia 10:30-Naam Yoga - Berenice 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30- Music Therapy - Irby 2:30-January Birthday Celebration 2:45-January Birthday Facts	Ongoing Daily Activities: 9:00-9:30-Current Events & Conversation 9:30-10:00-Morning Stretch 1:00-1:30-Outdoor Relaxation <i>Cranium Crunches</i> 4:00-6:00-Break-out Groups: Board games, puzzles, ongoing socialization	Lunch: 12:00-1:00 pm Afternoon snack: 2:30 Note: Activities subject to change without notice

Spanish Calendar see back

Highlights!

Dominoes with Mark & Ed
In the Blue Room



Around the World



Featuring Ethiopia & Australia!
Tuesdays at 1:30

Special Events

January Birthday Celebration
Wednesday, January 31 at 2:30



Special Events & More

Check the calendar for our performers, parties, and other special events to look out for, highlighted in bold on the calendar!

*Italics notes activities running concurrently.

Somos Amigos (ADSC)
Enero 2018 Calendario de Actividades

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
1 Nota: Las actividades sujetas a cambios sin previo aviso	2 10:00-La crónica cotidiana 10:30-Ejercicios - Maria 11:30-Que proyecto tienes para esta año 1:30-Juego de domino 2:30-Aperitivo / bocadillo 2:45-Masaje de manos	3	4 12:00-1:00 pm Almuerzo: 1:00-1:30 pm relajación en el patio	5 10:00-La crónica cotidiana 10:30-Ejercicios - Eva 11:30-Recordando a los reyes magos 1:30-La música y la aptitud mental - Bob 2:30-Aperitivo / bocadillo 2:45-Celebracion de día de reyes
8	9 10:00-La crónica cotidiana 10:30-Ejercicios con Maria 11:30-Chistes y refranes 1:30-Juego de cartas 2:30-Aperitivo / bocadillo 2:45-Juego de pelota	10	11	12 10:00-La crónica cotidiana 10:30-Ejercicios - Eva 11:30-Expresiones en ingles 1:30-Juego de boliche 2:30-Aperitivo / bocadillo 2:45-Trivialidades de enero
15	16 10:00-La crónica cotidiana 10:30-Ejercicios - Maria 11:30-Biografia de Martin Luther King, Jr. 1:30-Juego de bingo con premios 2:30-Aperitivo / bocadillo 2:45-Crucigramas	17	18	19 10:00-La crónica cotidiana 10:30-Ejercicios - Eva 11:30-Juegos mentales 1:30-La música y la aptitud mental - Bob 2:30-Aperitivo / bocadillo 2:45-Proverbios
22	23 10:00-La crónica cotidiana 10:30-Ejercicios - Maria 11:30-Deletrear palabras 1:30-Therapia de música con Irby 2:30-Aperitivo / bocadillo 2:45-Juego de rompecabezas	24	25	26 10:00-La crónica cotidiana 10:30-Ejercicios - Eva 11:30-Palabras opuestas 1:30-Apreciacion de música con Peter 2:30-Aperitivo / bocadillo 2:45-Curiosidades del futbol
29	30 10:00-La crónica cotidiana 10:30-Ejercicios con Maria 11:30-Identificar colores 1:30-Juego de escalera y serpiente 2:30-Aperitivo / bocadillo 2:45-Masaje de manos	31		

