


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>January 2019</b> Seasons Room Events		 Center Closed	1 Move it Trivia Resolutions Firsts <b>1:00 Roxanne Bible reading</b> <b>Individual time</b>	2 Ball toss Who made us laugh? Students activities Bubble wrap art class Nail care Snack time Fireside chat	3 <b>10:30 RAC dept. Fitness program</b> What am I ? Word game <b>1:00 Bible Study with Sue</b> 2:45 snack time	4 This institution is an equal opportunity provider	
<b>2019</b>	6 Jeopardy Warm up <b>1:00 yoga with Marianne</b> 2:00 collage make winter 2:45 snack time	7 Active Senior <b>10:30 Sandy visit</b> What am I ? Senior Science What's missing? Watercolors Snack time	8 50 + Quiz Use your brain Remember when? Word search Musical bingo Snack time	9 Fitness plus <b>10:30 Alan disc. group</b> <b>1:00 Lori Angels Homecare speaker</b> Students activities Snack time Circle disc.	10 Rock & roll Trivia Humor me <b>1:00 Karaoke George</b> Coffee hour Fireside chat Individual time	11 Please bring back any clothes sent home that are not yours. Thank You <b>ATTENTION</b>	
	13 Walkercise Who am I ? Memory lane <b>1:00 David Bible Study</b> Bingo Snack time Make a new friend	14 Bola flex <b>10:30 Sandy visit</b> Cranium crunches Wear a hat day <b>1:15 Rich on keyboard</b> Snack time Nutrition tips	15 Therastretch Trivia Spell it Cornhole game Snack time Fireside chat Individual time	16 Smile a while Quiz Creative musings <b>1:00 Triple E. Eddie</b> 2:00 students activities 2:45 snack time 3:00 social hour	17 <b>10:30 Ellen music therapy</b> <b>Honor Martin Luther King Day</b> Art class 5 second rule Snack time	18	19
	20 <b>Center Closed</b>	21 Bubble pop <b>10:30 Sandy visits</b> Trivia <b>Wear a hat day</b> <b>1:00 Sue Hymn Sing</b> 2:45 snack 3:00 nutrition tips	22 Snowballs Let it snow Memory work <b>1:00 Roxanne Bible Reading</b> 2:00 table game 3:00 individual time	23 Whoga <b>10:30 Alan disc. group</b> <b>1:00 RAC fitness</b> 2:00 skeeball game 2:30 snack 3:00 pop art 4:00 individual time	24 Bala flex DVD Reminisce <b>1:00 Elaine plays piano</b> Color bingo 2:45 snack time 3:00 make a friend	25	26
	27 Ball toss Puzzles on B.B. Soup anyone <b>1:00 Barbara plays piano</b> 2:00 table game 2:45 snack	28 Sit & fit <b>10:30 Sandy visits</b> bubble breakers <b>1:00 Karaoke George</b> 2:30 snack time 3:00 pair up 4:00 individual time	29 Chair exercise Word games Bring something to talk about <b>1:00 Roxanne Bible reading</b> Bingo	30 Balance train How would you handle this? <b>1:15 Steve on guitar</b> Nail care 2:45 snack 3:00 fireside chat	31 Activity Director Madeline Hakin	<b>2019</b>	