

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2020

DAY AND STAY PROGRAM



HAPPY NEW YEAR

Centre Closed

New Year's Day

Bird Day 2

10:00 What's New
10:15 Trivia Time
10:30 Making Bird Feeders
1:00 Exercises
1:30 Outburst
2:00 Current Events
2:30 Afternoon Trivia
3:30 Exercises with Weights
4:00 Card Games

All About Alaska 3

10:00 What's New
10:15 Alaska Trivia
10:30 Making Baked Alaska
1:00 Exercise
1:30 Traveling to Alaska
4:00 Can You Picture This?
6:00 Alaska Crossword
7:00 Bowling

10:00 What's New 4

10:15 Trivia Time
10:30 Canvas Art
1:00 Bust a Move
1:30 Bowling
4:00 Reminiscing with the Senses
6:00 Fun & Fitness
7:00 You Can Puzzle Too

10:00 Coffee Sunday 5
10:30 Baking Coffee Cake
1:00 Exercise
1:30 Pathways

Afternoon Program
Let's Chat
Number Montessori
Karaoke
Exercise

Bean Day 6

10:00 What's New
10:15 Bean Trivia & Facts
10:30 Making a Bean Salad
1:00 Exercise
1:30 Bean Word Probe

Afternoon Program
Let's Chat
Ole Exercises
Montessori
Music Bingo

10:00 What's New 7
10:15 Trivia Time
10:30 Drumming
1:00 Exercise
1:30 Spelling Bee

Afternoon Program
Let's Chat
Noodle Exercises
Snowman Montessori
Volleyball

Elvis Day 8

10:00 What's New
10:15 All About Elvis
10:30 Name That Elvis Song
1:00 Hip Swivel Exercises
1:30 Elvis Word Probe

Afternoon Program
Let's Chat
Ball Exercises
Music Montessori
Wheel of Fortune

10:00 What's New 9
10:15 Trivia Time
10:30 Music Bingo
1:00 Exercise
1:30 Target Toss

Snowflake Day
2:15 Safety When Out and About
3:30 Winter Exercises
4:00 Winter Trivia
4:15 Making Snowflakes

10:00 What's New 10
10:15 Trivia Time
10:30 Bells
1:00 Exercise
1:30 Swatterball
4:00 Can You Picture This?
6:00 Dice Roll
7:00 Pathways

10:00 What's New 11
10:15 Trivia Time
10:30 Bean Bag Toss
1:00 Exercise
1:30 Card Games
4:00 Penny Snatch
6:00 Baking
7:00 Bean Bag Toss

10:00 Morning Discussion 12
10:30 Finish the Drawing
1:00 Healthwise Exercise Video
1:30 Calendar Game

Afternoon Program
Let's Chat
Card Montessori
Swatterball
Exercise

10:00 What's New 13
10:15 Trivia Time
10:30 Winter Dice Roll
1:00 Exercise
1:30 Swatterball

Afternoon Program
Let's Chat
Music in Motion Exercises
Puzzle Montessori
Pathways

Celebrating Tea 14

10:00 What's New
10:15 Tea Trivia
10:30 Tea Sampling
1:00 Exercise
1:30 Tea Word Probe

Afternoon Program
Let's Chat
Scarf Exercises
Tea Tasting Montessori
Swatterball

10:00 What's New 15
10:15 Trivia Time
10:30 Making Cookies
1:00 Exercise
1:30 Dice Roll

Afternoon Program
Let's Chat
Exercise
Card Montessori
Target Toss

10:00 What's New 16
10:15 Trivia Time
10:30 Making Cookies
1:00 Exercise
1:30 Dice Roll

LEAD Program
2:15 Dementia Education
3:30 Ole Exercises
4:00 Karaoke

10:00 What's New 17
10:15 Trivia Time
10:30 Karaoke
1:00 Exercise
1:30 Bingo
4:00 Can You Picture This?
6:00 Random Trivia
7:00 Pathways

Snowman Day 18

10:00 What's New
10:15 Snowman Trivia
10:30 Building a Snowman
1:00 Move It! Move It!
1:30 Snowball Toss
4:00 Short Story
6:00 Target Toss
7:00 Ropin' & Wranglin' Games

Dolly Parton Day 19

10:00 Dolly Discussion
10:30 Shuffleboard
1:00 Whoga
1:30 Winter Bingo

Afternoon Program
Let's Chat
Name that Tune
Montessori
Parachute Exercises
Activity Professionals Week

10:00 What's New 20
10:15 Trivia Time
10:30 Karaoke
1:00 Exercise
1:30 Bingo

Afternoon Program
Lets' Chat
Exercises
Snowman Montessori
Karaoke
Martin Luther King Day

10:00 What's New 21
10:15 Trivia Time
10:30 Dice Roll
1:00 Exercise
1:30 Charades

Afternoon Program
Let's Chat
Ball Exercise
Word Montessori
Wheel of Fortune

10:00 What's New 22
10:15 Trivia Time
10:30 Art Morning
1:00 Exercise
1:30 Swatterball

Afternoon Program
Let's Chat
Poetry in Motion Exercises
Snowflake Montessori
Winter Word Bingo

Snowflake Day 23

10:00 What's New
10:15 Snowflake Trivia
10:30 Making Snowflakes
1:00 Noodle Exercises
1:30 Pictionary

LEAD Program
2:15 Fall Prevention
3:30 Ball Exercises
4:00 My friends and Me

10:00 What's New 24
10:15 Trivia Time
10:30 Crossword
1:00 Exercise
1:30 Charades
4:00 Can You Picture This?
6:00 Golf
7:00 Horse Races

Chinese New Year 25

10:00 What's New
10:15 Trivia Time
10:30 Paper Lanterns
1:00 Exercise
1:30 Tangram Puzzles
4:00 Swatterball
6:00 Music Bingo
7:00 Pathways
Chinese New Year

Texas Day 26

10:00 Texas Discussion
10:30 What is it?
1:00 Poetry in Motion
1:30 Texas Songs

Afternoon Program
Let's Chat
Baking Montessori
Sing Along
Poetry in Motion

Marshmallow Monday 27

10:00 What's New
10:15 Marshmallow Trivia
10:30 Baking with Marshmallows
1:00 Exercises
1:30 Marshmallow Toss

Afternoon Program
Let's Chat
Exercise
Marshmallow Montessori
Name That Tune
Australia Day (observed)

10:00 What's New 28
10:15 Trivia Time
10:30 Karaoke
1:00 Exercise
1:30 Bingo

Afternoon Program
Let's Chat
Music in Motion Exercises
Number Montessori
Bean Bag Toss

Oprah Day 29

10:00 What's New
10:15 All About Oprah
10:30 Oprah Slide Show
1:00 Exercise
1:30 Charades

Afternoon Program
Let's Chat
Noodle Exercises
Montessori
Bowling

Australia Day 30

10:00 What's New
10:15 Australia Facts
10:30 Dot Art
1:00 Exercise
1:30 Word Probe

LEAD Program
2:15 Memory Tips and Strategies
3:30 Parachute Exercises
4:00 Fish & Chips at Knights of Columbus

10:00 What's New 31
10:15 Trivia Time
10:30 Dice Roll
1:00 Exercise
1:30 Spelling Bee
4:00 Can You Picture This?
6:00 Card Games
7:00 Fun & Fitness

Type extra information here.