

Monday			Tuesday			Wednesday			Thursday			Friday		
9:00	News/Socializing	3	9:00	News/Socializing	4	9:00	News / Socializing	5	9:00	News / Socializing	6	9:00	News / Socializing	7
9:30	Cornhole		9:30	Trivia Tuesday		9:30	Games		9:30	Hangman Game		9:30	Balloon Volleyball	
10:30	Zumba & The Month Ahead		10:30	Bella Foundation & "Tea"		10:30	Zumba & Wacky Facts		10:30	Arms, Abs, & On This Day		10:30	Drum Fit & Sports Recap	
11:30	Lunch		11:30	Lunch		11:30	Lunch		11:30	Lunch		11:30	Lunch	
12:30	Music/Socializing		12:30	Music/Socializing		12:30	Music/Socializing		12:30	Music/Socializing		12:30	Music / Socializing	
1:00	Bingo		1:00	Cards for Kids		1:00	Devotional		1:00	Thank You! Poster Making		1:00	Popcorn Party	
2:00	Snacks / Music		2:00	Snacks/Music		2:00	Snacks / Music		2:00	Snacks / Music		2:00	Snacks / Music	
2:30	Vision Board/Activity Packet		2:30	Vision Board/Activity Packet		2:30	Vision Board/Activity Packet		2:30	Vision Board/Activity Packet		2:30	Vision Board/Activity Packet	
3:30	Mindfulness (Meditation)		3:30	Book Club		3:30	Wind Down (Bird Coloring)		3:30	Book Club		3:30	Feel Good Friday(Meditation)	
9:00	News/Socializing	10	9:00	News/Socializing	11	9:00	News / Socializing	12	9:00	News / Socializing	13	9:00	News / Socializing	14
9:30	Games		9:30	Trivia Tuesday		9:30	Cornhole		9:30	Games		9:30	Games	
10:30	Zumba & The Week Ahead		10:30	Arms, Legs, & "Tea Time"		10:30	Zumba & Wacky Facts		10:30	Arms, Abs, & On This Day		10:30	Drum Fit & Sports Recap	
11:30	Lunch		11:30	Lunch		11:30	Lunch		11:30	Lunch		11:30	Lunch	
12:30	Music/Socializing		12:30	Music/Socializing		12:30	Music/Socializing		12:30	Music/Socializing		12:30	Music / Socializing	
1:00	Bingo		1:00	"Togetherness Tree" Art		1:00	Devotional		1:00	Stress Ball Making		1:00	Popcorn Party	
2:00	Snacks / Music		2:00	Snacks / Music		2:00	Tea Party / Snacks / Music		2:00	Snacks / Music		2:00	Snacks / Music	
2:30	Group Mosaic/Activity Packet		2:30	Group Mosaic/Activity Packet		2:30	Group Mosaic/Activity Packet		2:30	Group Mosaic/Activity Packet		2:30	Group Mosaic/Activity Packet	
3:30	Mindfulness (Meditation)		3:30	Book Club		3:30	Wind Down(Emotion Color)		3:30	Book Club		3:30	Feel Good Friday(Meditation)	
9:00	News/Socializing	17	9:00	News/Socializing	18	9:00	News / Socializing	19	9:00	News / Socializing	20	9:00	News / Socializing	21
9:30	Hangman Game		9:30	Trivia Tuesday		9:30	Games		9:30	Cornhole		9:30	Balloon Volleyball	
10:30	Zumba & The Week Ahead		10:30	Arms, Legs, & "Tea Time"		10:30	Zumba & Wacky Facts		10:30	Arms, Abs, & On This Day		10:30	Drum Fit & Sports Recap	
11:30	Lunch		11:30	Lunch		11:30	Lunch		11:30	Lunch		11:30	Lunch	
12:30	Music/Socializing		12:30	News /Socializing		12:30	Music/Socializing		12:30	Music/Socializing		12:30	Music / Socializing	
1:00	Bingo		1:00	Catherine Fuller		1:00	Devotional		1:00	Watercolor Snowflakes		1:00	Popcorn Party	
2:00	Snacks / Music		2:00	Snacks / Music		2:00	Snacks / Music		2:00	Snacks / Music		2:00	Snacks / Music	
2:30	MLK Presentation		2:30	Photo Quote/Activity Packet		2:30	Photo Quote/Activity Packet		2:30	Photo Quote/Activity Packet		2:30	Photo Quote/Activity Packet	
3:30	Mindfulness (Meditation)		3:30	Book Club		3:30	Wind Down (Mandalas)		3:30	Book Club		3:30	Feel Good Friday(Meditation)	
9:00	News/Socializing	24	9:00	News/Socializing	25	9:00	News / Socializing	26	9:00	News / Socializing	27	9:00	News / Socializing	28
9:30	Games		9:30	Trivia Tuesday		9:30	Games		9:30	Games		9:30	Cornhole	
10:30	Zumba & The Week Ahead		10:30	Arms, Legs, & "Tea Time"		10:30	Zumba & Wacky Facts		10:30	Arms, Abs, & On This Day		10:30	Drum Fit & Sports Recap	
11:30	Lunch		11:30	Lunch		11:30	Lunch		11:30	Lunch		11:30	Lunch	
12:30	Music/Socializing		12:30	Music/Socializing		12:30	Music/Socializing		12:30	Music/Socializing		12:30	Music / Socializing	
1:00	Bingo		1:00	Sensory Paint Bag Making		1:00	Devotional		1:00	"Name Characteristics" Art		1:00	Popcorn Party	
2:00	Snacks / Music		2:00	Snacks / Music		2:00	Snacks / Music		2:00	Snacks / Music		2:00	Snacks / Music	
2:30	DLC Painting/Activity Packet		2:30	DLC Painting/Activity Packet		2:30	Vision Board/Activity Packet		2:30	Vision Board/Activity Packet		2:30	Vision Board/Activity Packet	
3:30	Mindfulness (Meditation)		3:30	Book Club		3:30	Wind Down (Quote Coloring)		3:30	Book Club		3:30	Feel Good Friday(Meditation)	
9:00	News/Socializing	31												
9:30	Games													
10:30	Zumba & The Week Ahead													
11:30	Lunch													
12:30	Music/Socializing													
1:00	Bingo													
2:00	Birthdays Party / Snacks													
2:30	Group Art / Activity Packet													
3:30	Mindfulness (Meditation)													
Special Events			Birthdays			Outings			Participant of the Month					
4th	Bella Foundation		3rd	Guillermo!		4th, 25th	Goodwill Scavenger Hunt		Guillermo!					
12th	Tea Party		15th	Raul!		6th, 13th	Library Research- MLK		Guillermo always brings a smiling face and helpful hand to the center: helping to take out trash, clean, and always making sure other participants are having a happy day!					
17th	MLK Jr. Day & Presentation					11th	OKC Art Museum							
18th	Catherine Fuller					17th	MLK Ceremony/Parade							
31st	January Birthdays Party					20th	Oklahoma Railway Museum							
						27th	Edmond Museum Treasure Hunt							