DAILY LIVING C E N T E R S ADULT DAY SERVICES	Edn	10nd Center Activities Activities and Outings a	Calendar January 20 are Subject to Change*)24
Monday	Tuesday	Wednesday	Thursday	Friday
CLOSED FOR NEW YEARS DAY Happy New Year!!!	9:00 News/Socializing 9:30 Reminiscing with Elders 10:30 Yoga & Today's History 11:30 Lunch 12:30 Book Club & Tech Time 1:00 Bingo 2:30 Snacks / Music 3:00 Group Puzzles 4:00 You-Choose Activities	9:00 News / Socializing 9:30 Volleyball & Sorry 10:30 Nerf Guns & Go Fish 11:30 Lunch 12:30 Music/Socializing/Tech Time 1:00 Devotional 2:30 Snacks / Music 3:00 Group Puzzles 4:00 Wind Down Coloring	9:00 News / Socializing 9:30 Karaoke Dance Party 10:30 Boxing & Deep Thoughts 11:30 Lunch 12:30 Book Club & Tech Time 1:00 Bingo 2:30 Snacks / Music 3:00 Group Puzzles 4:00 You-Choose Activities	9:00 News / Socializing 9:30 Cornhole & Uno 10:30 Drum Fit & Sports Recap 11:30 Lunch 12:30 Music/Socializing/Tech Time 1:00 Popcorn Party 2:30 Snacks / Music 3:00 Group Puzzles 4:00 Feel Good Friday- Games!
9:00 News/Socializing 9:30 Basketball & Hangman 10:30 Zumba & The Week Ahead 11:30 Lunch 12:30 Music/Socializing/Tech Time 1:00 Bingo 2:30 Snacks / Music 3:00 Color Whats On Your Mind 4:00 Mindfulness- Puzzles	9:00 News/Socializing 9:30 Bella Foundation 10:30 Yoga & Today's History 11:30 Lunch 12:30 Book Club & Tech Time 1:00 Wood Art Class 2:30 Snacks / Music 3:00 Group Puzzles 4:00 You-Choose Activities	9:00 News / Socializing 9:30 Volleyball & Sorry 10:00 Nerf Guns & Go Fish 11:30 Lunch 12:30 Music/Socializing/Tech Time 1:00 Devotional 2:30 Snacks / Music 3:00 Group Puzzles 4:00 Wind Down Coloring	9:00 News / Socializing 9:30 Karaoke Dance Party 10:30 Boxing & Deep Thoughts 11:30 Lunch 12:30 Book Club & Tech Time 1:00 Bingo 2:30 Snacks / Music 3:00 Group Puzzles 4:00 You-Choose Activities	9:00 News / Socializing 9:30 Cornhole & Trouble 10:30 Drum Fit & Sports Recap 11:30 Lunch 12:30 Music/Socializing/Tech Time 1:00 Popcorn Party 2:30 Snacks / Music 3:00 Group Puzzles 4:00 Feel Good Friday- Games!
Closed Martin Luther King Jr. Day	9:00 News/Socializing Bella Foundation 10:30 Yoga & Today's History 11:30 Lunch 12:30 Book Club & Tech Time 1:00 Cathrine Fuller Music 2:30 Snacks / Music 3:00 Cross-Word 4:00 You-Choose Activities	9:00 News / Socializing Nerf Guns & Go Fish 10:30 Zumba & Wacky Facts 11:30 Lunch 12:30 Music/Socializing/Tech Time 1:00 Devotional 2:30 Snacks / Music 3:00 Small Group Games 4:00 Wind Down Coloring	9:00 News / Socializing 9:30 Bowling & Uno 10:30 Boxing & Deep Thoughts 11:30 Lunch 12:30 Book Club & Tech Time 1:00 Bingo 2:30 Snacks / Music 3:00 Chill Out- winter stories 4:00 You-Choose Activities	9:00 News / Socializing UCO /Fair Games UCO /Fair Games Drum Fit & Sports Recap Lunch Socializing/Tech Time Popcorn Party 2:30 Snacks / Music Socializing/Tech Time Clean Up 4:00 Feel Good Friday- Games!
9:00 News/Socializing 9:30 Volleyball & Hangman 10:30 Zumba & The Week Ahead 11:30 Lunch 12:30 Music/Socializing/Tech Time 1:00 Bingo 2:30 Snacks / Music 3:00 Board Games 4:00 Mindfulness - Puzzles 9:00 News/Socializing 9:30 Volleyball & Hangman 10:30 Zumba & The Week Ahead 11:30 Lunch 12:30 Music/Socializing/Tech Time 1:00 Bingo 2:30 Snacks / Music 3:00 Board Games 4:00 Mindfulness - Puzzles	9:00 News/Socializing 9:30 Letter to Solders 10:30 Yoga & Today's History 11:30 Lunch 12:30 Book Club & Tech Time 1:00 Bingo 2:30 Snacks / Music 3:00 Board Games 4:00 You-Choose Activities 9:00 News/Socializing 9:30 Bowling & Trivia 10:30 Yoga & Today's History 11:30 Lunch 12:30 Book Club & Tech Time 1:00 Letter to Solders 2:30 Snacks/Music 3:00 Small Group 4:00 You-Choose Activities	9:00 News / Socializing 9:30 Cooking class 10:30 Zumba & Wacky Facts 11:30 Lunch 12:30 Music/Socializing/Tech Time 1:00 Devotional 2:30 Snacks / Music 3:00 Board Games 4:00 Wind Down Coloring 9:00 News / Socializing 9:30 Volleyball & Uno 10:30 Zumba & Wacky Facts 11:30 Lunch 12:30 Music/Socializing/Tech Time 1:00 Devotional 2:30 Snacks / Music 3:00 Whats On Your Mind 4:00 Wind Down Coloring	9:00 News / Socializing 9:30 Karaoke Dance Part 10:30 Boxing & Deep Thoughts 11:30 Lunch 1:00 Christmas Bingo 2:30 Snacks / Music 3:00 Group Puzzles 4:00 You-Choose Activities	9:00 News / Socializing 9:30 UCO / Fair Gmaes 10:30 Drum Fit & Sports Recap 11:30 Lunch 12:30 Music/Socializing/Tech Time 1:00 Stroke Awarness Talk 2:30 Snacks / Music 3:00 Clean Up 4:00 Feel Good Friday- Games!
9-Jan Bella Foundation 16-Jan Cathrine Fuller 23-Jan Stroke Awarness Talk	27-jan Barry F 10-jan Daphne E. 11-jan Della Gitgood 4-jan Don J 3-jan Guillermo RL. 25-jan Elaine A	8-Jan 17-Jan 22-Jan 31-Jan 8-Jan Cood Stuff Shopping Senior Luncheon CiCi's Senior Luncheon CiCi's	Participant of the Month DesaRey Quintana DesaRey enjoys Art & craft projects as well as Fieldtrips She is new to the center & has enjoyed making new friend	