

# January 2022.

## Senior Day Services Activity Calendar

Monday		Tuesday		Wednesday		Thursday		Friday	
3		4		5		6		7	
9:00		9:00	Coffee & Social Hr	9:00	Coffee & Social Hr	9:00	Coffee & Social Hr		
10:00		10:00	Table Games	10:00	Table Games	10:00	Table Games		
10:30		10:30	Music Activity	10:30	Music Activity	10:30	Music Activity		
11:00		11:00	Brain Games	11:00	Brain Games	11:00	Brain Games		
11:30		11:30	Seated Aerobics	11:30	Seated Aerobics	11:30	Seated Aerobics		
Noon	<b>Closed for the Holidays</b>	Noon	<b>Lunch</b>	Noon	<b>Lunch</b>	Noon	<b>Lunch</b>		
12:30		12:30	Drumming/Walking	12:30	Drumming/Walking	12:30	Drumming/Walking		
1:00		1:00	Movement Activity	1:00	Live Music	1:00	Movement Activity		
1:30		1:30	<b>Snack</b>	1:30	<b>Snack</b>	1:30	<b>Snack</b>		
2:00		2:00	Craft	2:00	Craft	2:00	Craft		
2:30		2:30	Trivia/Reminiscing	2:30	Trivia/Reminiscing	2:30	Trivia/Reminiscing		
3:00		3:00	Clean-up	3:00	Clean-up	3:00	Clean-up		
10		11		12		13		14	
9:00	Coffee & Social Hr	9:00	Coffee & Social Hr	9:00	Coffee & Social Hr	9:00	Coffee & Social Hr		
10:00	Table Games	10:00	Table Games	10:00	Table Games	10:00	Table Games		
10:30	Music Activity	10:30	Rock Steady Boxing	10:30	Music Activity	10:30	Movement Activity		
11:00	Brain Games	11:00	Brain Games	11:00	Brain Games	11:00	Brain Games		
11:30	Seated Aerobics	11:30	Seated Aerobics	11:30	Seated Aerobics	11:30	Seated Aerobics		
Noon	<b>Lunch</b>	Noon	<b>Lunch</b>	Noon	<b>Lunch</b>	Noon	<b>Lunch</b>		
12:30	Drumming/Walking	12:30	Drumming/Walking	12:30	Drumming/Walking	12:30	Drumming/Walking		
1:00	Movement Activity	1:00	Movement Activity	1:00	Live Music	1:00	Movement Activity		
1:30	<b>Snack</b>	1:30	<b>Snack</b>	1:30	<b>Snack</b>	1:30	<b>Snack</b>		
2:00	Crafts	2:00	Crafts	2:00	Crafts	2:00	Crafts		
2:30	Group Game	2:30	Group Game	2:30	Group Game	2:30	Group Game		
3:00	Clean-up	3:00	Clean-up	3:00	Clean-up	3:00	Clean-up		
17		18		19		20		21	
9:00		9:00	Coffee & Social Hr	9:00	Coffee & Social Hr	9:00	Coffee & Social Hr	9:00	Coffee & Social Hr
10:00		10:00	Table Games	10:00	Table Games	10:00	Table Games	10:00	Table Games
10:30		10:30	Rock Steady Boxing	10:30		10:30		10:30	
11:00		11:00	Speech Therapy	11:00	Brain Games	11:00	Brain Games	11:00	Brain Games
11:30		11:30	Seated Aerobics	11:30	Seated Aerobics	11:30	Seated Aerobics	11:30	Seated Aerobics
Noon	<b>Closed for MLK Day</b>	Noon	<b>Lunch</b>	Noon	<b>Lunch</b>	Noon	<b>Lunch</b>	Noon	<b>Lunch</b>
12:30		12:30	Drumming/Walking	12:30	Drumming/Walking	12:30	Drumming/Walking	12:30	Drumming/Walking
1:00		1:00	Crafts	1:00	Live Music	1:00	Movement Activity	1:00	Movement Activity
1:30		1:30	<b>Snack</b>	1:30	<b>Snack</b>	1:30	<b>Snack</b>	1:30	<b>Snack</b>
2:00		2:00	Crafts	2:00	Crafts	2:00	Crafts	2:00	Crafts
2:30		2:30	Group Game	2:30	Group Game	2:30	Group Game	2:30	Group Game
3:00		3:00	Clean-up	3:00	Clean-up	3:00	Clean-up	3:00	Clean-up
24		25		26		27		28	
9:00	Coffee & Social Hr	9:00	Coffee & Social Hr	9:00	Coffee & Social Hr	9:00	Coffee & Social Hr	9:00	Coffee & Social Hr
10:00	Table Games	10:00	Table Games	10:00	Table Games	10:00	Table Games	10:00	Table Games
10:30	Music Activity	10:30	Rock Steady Boxing	10:30	Music Activity	10:30	Music Activity	10:30	Music Activity
11:00	Brain Games	11:00	Speech Therapy	11:00	Brain Games	11:00	Brain Games	11:00	Brain Games
11:30	Seated Aerobics	11:30	Seated Aerobics	11:30	Seated Aerobics	11:30	Seated Aerobics	11:30	Seated Aerobics
Noon	<b>Lunch</b>	Noon	<b>Lunch</b>	Noon	<b>Lunch</b>	Noon	<b>Lunch</b>	Noon	<b>Lunch</b>
12:30	Drumming/Walking	12:30	Drumming/Walking	12:30	Drumming/Walking	12:30	Drumming/Walking	12:30	Drumming/Walking
1:00	Movement Activity	1:00	Movement Activity	1:00	Movement Activity	1:00	Movement Activity	1:00	Movement Activity
1:30	<b>Snack</b>	1:30	<b>Snack</b>	1:30	<b>Snack</b>	1:30	<b>Snack</b>	1:30	<b>Snack</b>
2:00	Crafts	2:00	Crafts	2:00	Crafts	2:00	Crafts	2:00	Crafts
2:30	Group Game	2:30	Group Game	2:30	Group Game	2:30	Group Game	2:30	Group Game
3:00	Clean-up	3:00	Clean-up	3:00	Clean-up	3:00	Clean-up	3:00	Clean-up
31		1		2		3		4	
9:00	Coffee & Social Hr	9:00	Coffee & Social Hr	9:00	Coffee & Social Hr	9:00	Coffee & Social Hr	9:00	Coffee & Social Hr
10:00	Table Games	10:00	Table Games	10:00	Table Games	10:00	Table Games	10:00	Table Games
10:30	Music Activity	10:30	Rock Steady Boxing	10:30	Music Activity	10:30	Music Activity	10:30	Music Activity
11:00	Brain Games	11:00	Speech Therapy	11:00	Brain Games	11:00	Brain Games	11:00	Brain Games
11:30	Seated Aerobics	11:30	Seated Aerobics	11:30	Seated Aerobics	11:30	Seated Aerobics	11:30	Seated Aerobics
Noon	<b>Lunch</b>	Noon	<b>Lunch</b>	Noon	<b>Lunch</b>	Noon	<b>Lunch</b>	Noon	<b>Lunch</b>
12:30	Drumming/Walking	12:30	Drumming/Walking	12:30	Drumming/Walking	12:30	Drumming/Walking	12:30	Drumming/Walking
1:00	Movement Activity	1:00	Movement Activity	1:00	Live Music	1:00	Movement Activity	1:00	Movement Activity
1:30	<b>Snack</b>	1:30	<b>Snack</b>	1:30	<b>Snack</b>	1:30	<b>Snack</b>	1:30	<b>Snack</b>
2:00	Crafts	2:00	Crafts	2:00	Crafts	2:00	Crafts	2:00	Crafts
2:30	Group Game	2:30	Group Game	2:30	Group Game	2:30	Group Game	2:30	Group Game
3:00	Clean-up	3:00	Clean-up	3:00	Clean-up	3:00	Clean-up	3:00	Clean-up