Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED  	**2** CLOSED 	**3** C: New Years Trivia and Jokes P: Upper Body Stretch C/A: **Spirituality with Pastor Paul** or Sweet Memories Sing Along *LUNCH* C: New Years Create a Word or Guess in 10 P: Target Darts E: Retro Videos C: Conversation Cards	**4** C: January Trivia P: Healthy Bodies C: Invention or Imagination or Finishing Lines *LUNCH* C: **Music with Merry and Leo** P: Corn Hole C: The Price is Right C: Pondering Prompts	**5** C: Elder Trivia P: Resistance Band Exercise C/A: Word Ladder or Happy Days Sing Along *LUNCH* C: Three Letters or Clue Trivia P: Basketball C: Journey Through the 20th Century C: Mind Joggers
8 E: Sock it to Me P: Arm Aerobics E: **Spirituality with Pastor Paul** or Elvis Trivia *LUNCH* A: **Paint Class w/ Merry & Leo** or Elvis Sing Along P: Ladder Golf A: Music Through the Decades C: Name that Memory 	**9** C: Elder Trivia P: Can Weights C: Word Connections or Musical Toss *LUNCH* C: ABC Word Challenge or Sharpen Your Senses P: Bean Bag Bocce A: Sizzling 70's Songs with Suzie Q C: Have You Ever?	**10** C: Big Band Interactive Trivia P: Core Exercise C: Bible Study or Metaphors *LUNCH* C: How Do They Make That? or Seasons Choral P: Battle Buckets E: Remembering Going Dancing C: Country Life Trivia	**11** A: Family Memory Lane P: Upper Body Stretch C: Advice Columns or Twister Trivia *LUNCH* C: Travelogue- Newfoundland or Musical Toss P: Hoop Toss E: I Hear Memories C: Finish the Phrase	**12** C: School Days Trivia P: Bean Bag Exercise A: Name that 60's Tune or Finishing Lines *LUNCH* C:Jeopardy or Melting Pot P: Basketball E: Popcorn and a Movie C: Alphabetics
15 C: Fact or Fiction P: Ball Exercise A: Suzie Q Hymns and Harmony or Martin Luther King Jr. Trivia *LUNCH* C: Famous Faces or Name Ten P: Bean Bag Toss A: Sing, Dance, Reminisce C: Memories and Musings	**16** C: Down Memory Lane P: Upper Body Stretch E: Name that State or Music Trivia *LUNCH* C: Observation Challenge or Finishing Lyrics P: Bowling A: Seasons Choral C: Pastimes	**17** C: Fascinating Facts P: Dance Aerobics C/E: Bible Study or **Pet Therapy with Duke** *LUNCH* C: Silly Sentences or Sweet Memories Sing Along P: Ring Toss E: Remembering Family Sundays C: Humorama	**18** C: Random Trivia P: Bean Bag Exercise C: Words in Words or Name That Tune *LUNCH* E/C: Ted Talk or Trivia Treasury P: Noodle Ball A: Inventive Songs C: Kids Say the Darndest Things	**19** E: Brain Boosters P: Healthy Bodies C/A: Art Appreciation or Shake Awake Your Taste *LUNCH* C: Which Happened First? Or Musical Wheel of Fortune P: Texas Horseshoes A: Musical Connections C: Book of Firsts
22 C: Good Old Days P: **Chair Yoga with Keri** E: **Spirituality with Pastor Paul** or Quizmania *LUNCH* C: iPad Chain of Thought or A to Z Trivia P: Disc Golf A: Guess the Movie by the Song C: Conversation Cards	**23** C: Little Known Facts P: Arm Aerobics C: Jumbo Crossword or Elder Trivia *LUNCH* P: Disc Golf C/A: Guess Who I Am Or Musical Twister C: Brain Drain A: Art Appreciation	**24** C: Category Trivia P: Bean Bag Exercise C: Bible Study or Guinness Book of World Records *LUNCH* C/A: What Would You Do? or Select a Song P: Shuffle Putt C: Pasta, Plant, or Fast Car C: Yes, I Have	**25** C: Winter Reminiscing P: Cardio Drumming or Snowflake Mix C: Snowman Mystery Word or Can You Picture This? *LUNCH* A/C: **Native American Flutes** or Snowflake Science P: Snowball Fight C: Arctic Animals C: Winter Weather Trivia	**26** C: Snow and Winter Trivia P: Can Weights or Snowman Craft C: FROST Bingo or Movie Magic Sing Along *LUNCH* C/A: Winter Create a Word or Do You Hear What I Hear? P: Snowman Toss C: Wonders of Winter C: Everyday Life Trivia
29 A: Sentimental Journey Sing Along P: Core Exercise C: **Spirituality with Pastor Paul** or Word Teasers *LUNCH* C/A: Word Wonders or Name that TV Theme Song P: Football Toss C: Yesterdays Photos P: Zig Zag Zoom	**30** C: Classic TV Commercials P: Dance Aerobics C/A: Blank Slate or Seasons Choral *LUNCH* C/A: Discover America- West Virginia or Picture the Song P: Top Toss C: Old Wives Tales C: Our Moments	**31** C: Toss n Talk Ball P: Arm Aerobics C: Bible Study or Six Words *LUNCH* C/A: Tribond or Traveling Tunes P: Bottle Ring Toss C: Mind Stretchers C: Choices	 	

Program Key: P- Physical, A- Creative Arts/Music, C- Cognitive, E- Environmental/Sensory, O- Occupational/Life Skills
Program Schedule: 9:00AM, 10:00 AM, 11:00AM, 12:45PM, 1:45PM, 2:45PM, 3:45PM

Birthdays: Ken C- 1/2, Dave B- 1/17, Linda A- 1/24, Lois P- 1/27, Annette K- 1/28, Hank L- 1/29