

Monday

Tuesday

Wednesday

Thursday

Friday

 <p>January 2019 St. Camillus Adult Day Health Center</p>	<p>Happy New Year!</p>		<p>1 Morning Chat / Easy listening music Daily Chronicles, Small group activity Table top games New Year Traditions Disc. Lunch / Easy listening music Table top games Small group activity Dart League Reindeer Ring Toss Snack and beverage PM Stretch</p>	<p>2 Morning Chat / Easy listening music Daily Chronicles, Small group activity Pokeno Table top games Lunch / Easy listening music Table top games Chair Yoga/ Balloon Exercise Small group activity Snack and beverage PM Stretch</p>	<p>3 Morning Chat / Easy listening music Daily Chronicles, Small group activity Table top games Pop Art Lunch / Easy listening music Hangman Table top games, Small group activity Snack and beverage PM Stretch</p>
<p>7 Morning Chat / Easy listening music Daily Chronicles, Small group activity Snowflakes craft Lunch / Easy listening music Eat, Wear or Drive? Game Table top games, Small group activity Snack and beverage PM Stretch</p>	<p>8 Morning Chat / Easy listening music Daily Chronicles, Small group activity Communion Service Water Color Painting Table top games Lunch / Easy listening music Small group activity Bingo Table top games Snack and beverage PM Stretch</p>	<p>9 Morning Chat / Easy listening music Daily Chronicles, Small group activity Table top games Seasonal Canvas Painting Lunch / Easy listening music Chair Yoga/ Ball Toss Dart League Table top games Small group activity Snack and beverage PM Stretch</p>	<p>10 Morning Chat / Easy listening music Daily Chronicles, Small group activity Table top games Bookmarks Craft Lunch / Easy listening music Pokeno Small group activity Table top games Chair Yoga/ Ball Toss Snack and beverage</p>	<p>11 Morning Chat / Easy listening music Daily Chronicles, Small group activity Table top games Icicles Garland Lunch / Easy listening music Trivia Table top games, Small group activity Snack and beverage PM Stretch</p>	
<p>14 Morning Chat / Easy listening music, Daily Chronicles, Small group activity Table top games Discovering Latvia (Trav. Disc.) Lunch / Easy listening music Water Color Painting Table top games, Small group activity Snack and beverage PM Stretch</p>	<p>15 Morning Chat / Easy listening music, Daily Chronicles, Small group activity Table top games Snowfall Painting Lunch / Easy listening music Bingo Table top games, Small group activity Snack and beverage PM Stretch</p>	<p>16 Morning Chat / Easy listening music, Daily Chronicles, Small group activity Table top games Cranium Crunches Lunch / Easy listening music Dart League Family Feud Table top games Small group activity Snack and beverage PM Stretch</p>	<p>17 Morning Chat / Easy listening music, Daily Chronicles, Small group activity Table top games, Pokeno Lunch / Easy listening music Chair Yoga/ Ball Toss Table top games, Small group activity Snack and beverage PM Stretch</p>	<p>18 Morning Chat / Easy listening music, Daily Chronicles, Small group activity Zodiac Sun catchers Table top games Lunch / Easy listening music Remembering Campbell's Soup (Reminisce Group) Small group activity Snack and beverage PM Stretch</p>	
<p>21 Morning Chat / Easy listening music, Daily Chronicles, Small group activity MLK Plaque Lunch / Easy listening music Participant Council Meeting Sing Along Table top games, Small group activity Snack and beverage PM Stretch</p>	<p>22 Morning Chat / Easy listening music, Daily Chronicles, Small group activity Table top games Pokeno Lunch / Easy listening music Chair Yoga/ Ball Toss Table top games, Small group activity Snack and beverage PM Stretch</p>	<p>23 Morning Chat / Easy listening music, Daily Chronicles, Small group activity Table top games Snowman Craft Daily Humor Lunch / Easy listening music Dart League Lawrence Welk & Champagne Music Disc. Small group activity Snack and beverage</p>	<p>24 Morning Chat / Easy listening music, Daily Chronicles, Small group activity Bubble Wrap Art Lunch / Easy listening music Bingo Table top games, Small group activity Snack and beverage PM Stretch</p>	<p>25 Morning Chat / Easy listening music, Daily Chronicles, Small group activity What Am I? Table top games Lunch / Easy listening music Water Color Painting Small group activity Snack and beverage PM Stretch</p>	
<p>28 Morning Chat / Easy listening music Daily Chronicles, Small group activity Table top games Communion Service Trivia/Brain Teasers Lunch / Easy listening music Movie (TBD) Table top games, Small group activity Snack and beverage PM Stretch</p>	<p>29 Morning Chat / Easy listening music Daily Chronicles, Small group activity Water Color Painting Table top games Lunch / Easy listening music Table top games Bingo Small group activity Snack and beverage PM Stretch</p>	<p>30 Morning Chat / Easy listening music Daily Chronicles, Small group activity Table top games Paper Quilled Snowflakes Lunch / Easy listening music Dart League Chair Yoga/ Balloon Exercise Small group activity Snack and beverage PM Stretch</p>	<p>31 Morning Chat / Easy listening music Daily Chronicles, Small group activity Mittens Craft Lunch / Easy listening music Pokeno Table top games, Small group activity Snack and beverage PM Stretch</p>		

Activities and trips are subject to change. Please contact Rebecca Lane or Kim Austin, Activity Coordinators with any questions. Morning Roll & Stroll and PM Stretch offered daily