


Monday	Tuesday	Wednesday	Thursday	Friday
10:00 <b>January Trivia</b> <b>2</b> 11:00 <b>Chair Aerobics</b> 12:00 <b>Happy Noon Year Party!</b> 1:00 <b>Up 2 You</b> or <b>Book Club</b> 2:00 <b>Brush to Canvas</b> 3:00 <b>Afternoon Nutrition Break</b> 3:30 <b>New Year Word Mine Game</b> 4:30 <b>Helping Hands</b>	9:00 <b>Pet Therapy with Batman the Guinea Pig</b> <b>3</b> 10:00 <b>Char's Book Talk</b> 11:00 <b>Exercise</b> 12:00 <b>Lunch &amp; Learn</b> 1:00 <b>Up 2 You</b> 2:00 <b>Paper Mache Snowmen</b> 3:00 <b>Afternoon Nutrition Break</b> 3:30 <b>Penny Ante</b> 4:30 <b>Helping Hands</b>	<b>Beauty Shop Open</b> <b>4</b> 10:00 <b>Who Am I?</b> 11:00 <b>Chair Aerobics</b> 12:00 <b>Lunch &amp; Learn</b> 1:00 <b>Up 2 You</b> or <b>Story Telling</b> 2:00 <b>Volleyballon</b> 3:00 <b>Afternoon Nutrition Break</b> 3:30 <b>Uno Card Game</b> 4:30 <b>Helping Hands</b>	10:00 <b>Nurse's Note</b> <b>5</b> 11:00 <b>Chair Aerobics</b> 12:00 <b>Lunch &amp; Learn</b> 1:00 <b>Up 2 You</b> or <b>Book Club</b> 2:00 <b>Baseball</b> 3:00 <b>Afternoon Nutrition Break</b> 3:30 <b>Ball Trivia</b> 4:30 <b>Helping Hands</b>	10:00 <b>Nurse's Note</b> <b>6</b> 11:00 <b>Exercise</b> 12:00 <b>Lunch &amp; Learn</b> 1:00 <b>Up 2 You</b> or <b>Movie Matinee</b> 3:00 <b>Afternoon Nutrition Break</b> 3:30 <b>Name 10</b> 4:30 <b>Helping Hands</b>
10:00 <b>Poets &amp; Penguins</b> <b>9</b> 11:00 <b>Chair Aerobics</b> 12:00 <b>Lunch &amp; Learn</b> 1:00 <b>Up 2 You</b> or <b>Story Telling</b> 2:00 <b>Volleyballon</b> 3:00 <b>Afternoon Nutrition Break</b> 3:30 <b>Horsercing</b> 4:30 <b>Helping Hands</b>	<b>Happy Birthday, Stan!</b> <b>10</b> 9:00 <b>In The Kitchen: Cake</b> 10:00 <b>Portage Senior Center Band Practice</b> 10:00 <b>Char's Book Talk &amp; Project</b> 11:00 <b>Exercise</b> 12:00 <b>Lunch &amp; Learn</b> 1:00 <b>Up 2 You</b> 2:00 <b>Making Soap Snowflakes</b> 3:00 <b>Afternoon Nutrition Break</b> 3:30 <b>Shake a Memory</b> 4:30 <b>Helping Hands</b>	<b>Beauty Shop Open</b> <b>11</b> 9:00 <b>Pet Therapy with Thor the Greyhound</b> 10:00 <b>Nurse's Note</b> 11:00 <b>Chair Aerobics</b> 12:00 <b>Lunch &amp; Learn</b> 1:00 <b>Up 2 You</b> or <b>Book Club</b> 2:00 <b>Manicures</b> or <b>Wii Games</b> 3:00 <b>Afternoon Nutrition Break</b> 3:30 <b>Bean Bag Toss</b> 4:30 <b>Helping Hands</b>	<b>Happy Birthday, Julia!</b> <b>12</b> 9:00 <b>In The Kitchen: Cake</b> 10:00 <b>Nurse's Note</b> 11:00 <b>Chair Aerobics</b> 12:00 <b>Lunch &amp; Learn</b> 1:00 <b>Sing-a-Long</b> 2:00 <b>Up 2 You</b> 3:00 <b>Afternoon Nutrition Break</b> 3:30 <b>Football Words with Lisa</b> 4:30 <b>Helping Hands</b>	10:00 <b>Trivia</b> <b>13</b> 11:00 <b>Songs for the Soul</b> 12:00 <b>Lunch &amp; Learn</b> 1:00 <b>Up 2 You</b> or <b>Book Club</b> 2:00 <b>Smile Collage</b> 3:00 <b>Afternoon Nutrition Break</b> 3:30 <b>Toss It</b> 4:30 <b>Helping Hands</b>
<b>Happy Birthday, Roy!</b> <b>16</b> 9:30 <b>In The Kitchen: Cake</b> 10:00 <b>Wisdom Words for M.L.K. Day</b> 11:00 <b>Chair Aerobics</b> 12:00 <b>Lunch &amp; Learn</b> 1:00 <b>Up 2 You</b> or <b>Book Club</b> 2:00 <b>Bowling</b> 3:00 <b>Afternoon Nutrition Break</b> 3:30 <b>Four of a Kind</b> 4:30 <b>Helping Hands</b>	10:00 <b>Char's Book Talk</b> <b>17</b> 11:00 <b>Exercise</b> 12:00 <b>Lunch &amp; Learn</b> 1:00 <b>Up 2 You</b> 2:00 <b>Tea for Two</b> 3:00 <b>Afternoon Nutrition Break</b> 3:30 <b>Yahtzee</b> 4:30 <b>Helping Hands</b>	<b>Beauty Shop Open</b> <b>18</b> 10:00 <b>Nurse's Note</b> 11:00 <b>Chair Aerobics</b> 12:00 <b>Lunch &amp; Learn</b> 1:00 <b>Up 2 You</b> or <b>Book Club</b> 2:00 <b>Bingo</b> 3:00 <b>Afternoon Nutrition Break</b> 3:30 <b>Mish-Mash Trivia</b> 4:30 <b>Helping Hands</b>	10:00 <b>Nurse's Note</b> <b>19</b> 11:00 <b>Portage Senior Center Choir</b> 12:00 <b>Lunch &amp; Learn</b> 1:00 <b>Sing-a-Long</b> 1:30 <b>Movie Matinee</b> 3:00 <b>Afternoon Nutrition Break</b> 3:30 <b>Volleyballon</b> 4:30 <b>Helping Hands</b>	<b>Happy Birthday, Yvonne!</b> <b>20</b> 9:00 <b>Pet Therapy with Batman the Guinea Pig</b> 9:30 <b>In The Kitchen: Cake</b> 10:00 <b>Mixed up Antonyms</b> 11:00 <b>Chair Aerobics</b> 12:00 <b>Lunch &amp; Learn</b> 1:00 <b>Up 2 You</b> or <b>Story Telling</b> 2:00 <b>Native American Flute Demonstration</b> 3:00 <b>Afternoon Nutrition Break</b> 3:30 <b>Pitch It</b> 4:30 <b>Helping Hands</b>
10:00 <b>Carnation Creation</b> <b>23</b> 11:00 <b>Chair Aerobics</b> 12:00 <b>Lunch &amp; Learn</b> 1:00 <b>Up 2 You</b> or <b>Book Club</b> 2:00 <b>Facts about Kitty Cats</b> 3:00 <b>Afternoon Nutrition Break</b> 3:30 <b>Mind Joggers</b> 4:30 <b>Helping Hands</b>	10:00 <b>Char's Book Talk &amp; Project</b> <b>24</b> 11:00 <b>Exercise with Mary</b> 12:00 <b>Lunch &amp; Learn</b> 1:00 <b>Up 2 You</b> 2:00 <b>Glass Bottle Leathering</b> 3:00 <b>Afternoon Nutrition Break</b> 3:30 <b>You Be The Judge</b> 4:30 <b>Helping Hands</b>	<b>Beauty Shop Open</b> <b>25</b> 10:00 <b>Nurse's Note</b> 11:00 <b>Volleyballon</b> 12:00 <b>Lunch &amp; Learn</b> 1:00 <b>Movie Matinee</b> 3:00 <b>Bob Holderbaum Country Music Performance</b> 3:30 <b>Refreshments &amp; Fellowship</b> 4:30 <b>Helping Hands</b>	9:00 <b>Pet Therapy with Thor the Greyhound</b> <b>26</b> 10:00 <b>Nurse's Note</b> 11:00 <b>Story Telling</b> 12:00 <b>Lunch &amp; Learn</b> 1:00 <b>Sing-a-Long</b> 2:00 <b>Up 2 You</b> 3:00 <b>Afternoon Nutrition Break</b> 3:30 <b>Winter Is</b> 4:30 <b>Helping Hands</b>	10:00 <b>Who Am I?</b> <b>27</b> 11:00 <b>Chair Aerobics</b> 12:00 <b>Lunch &amp; Learn</b> 1:00 <b>Up 2 You</b> or <b>Book Club</b> 2:00 <b>Manicures</b> or <b>Wii Games</b> 3:00 <b>Afternoon Nutrition Break</b> 3:30 <b>Hot Potato</b> 4:30 <b>Helping Hands</b>
9:00 <b>Pet Therapy with Batman the Guinea Pig</b> <b>30</b> 10:00 <b>Trivia</b> 11:00 <b>Chair Aerobics</b> 12:00 <b>Lunch &amp; Learn</b> 1:00 <b>Up 2 You</b> or <b>Book Club</b> 2:00 <b>Wood Working</b> 3:00 <b>Afternoon Nutrition Break</b> 3:30 <b>Uno Card Game</b> 4:30 <b>Helping Hands</b>	10:00 <b>Making Stone Soup</b> <b>31</b> 11:00 <b>Exercise</b> 12:00 <b>Lunch &amp; Learn</b> 1:00 <b>Up 2 You</b> 2:00 <b>February Place Cards</b> 3:00 <b>Afternoon Nutrition Break</b> 3:30 <b>Horsercing</b> 4:30 <b>Helping Hands</b>	 <h1>January 2012</h1> <h2>Adult Day Services at Oakland Centre Activity Calendar</h2>		

Daily AM Activities include: 7:30 *Chitchat* & *Preparations* 8:30 *News & Notes* 9:30 *Coffee Break & Daily Dose of Hope* \*Color Code for Activity Program Focus: **Emotional Wellbeing & Creative Arts & Music**, **Environmental & Sensory Stimulation**, **Cognitive Stimulation**, **Life Skills & Hobbies**, **Physical Movement**, **Social Interaction & Spirituality**\* Activity Programs may change and there's always room for spontaneity!