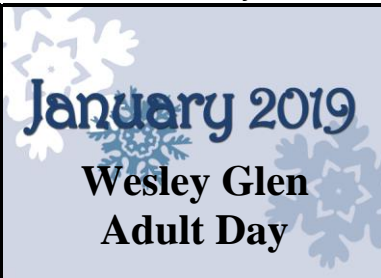



Monday	Tuesday	Wednesday	Thursday	Friday	
		1 10:00 New Year's Coloring 11:00 Reminisce: 2018 1:00 Sing A Long 2:00 Chair Volleyball (A) 3:30 Snack & Chat 4:00 Journaling	2 10:00 New Year Interviews 11:00 Exercise W/Susie 1:00 Music and Manicures 2:30 Columbus Folk Music Society (DR) 3:30 Snack & Chat	3 10:00 Toilet Paper Roll Craft: Snowmen 11:00 Jenga 1:00 Music Madness 1:30 Movie & Popcorn 2:30 Rest & Relax 3:30 Snack & Chat	
	7 10:00 Coloring 11:00 Melody Monday 1:00 Craft 2:30 Rest & Relax 3:30 Snack & Chat 4:00 Paint to Canvas	8 10:00 Game: Who Made Us Laugh? 11:00 Library visit 1:00 Read and Relax 2:30 Rest & Relax 3:30 Snack & Chat 4:00 Open Activity	9 10:00 Blanket Workshop 11:00 Snowman Snack 1:00 Bingo 2:30 Music with Rick and Sue Hildebrand (DR) 3:30 Snack & Chat 4:00 Finish the Phrase	10 10:00 Good Morning America and Coffee 11:00 Exercise W/Susie 1:00 Music and Manicures 2:30 Rest & Relax 3:30 Snack & Chat 4:00 Wheel of Fortune	11 10:00 Painting 11:00 Read and Relax 1:00 Noodle Ball 1:30 Movie & Popcorn 2:30 Rest & Relax 3:30 Snack & Chat 4:00 Movie
	14 10:00 Coloring 11:00 Melody Monday 1:00 Game: Outburst 2:30 Rest & Relax 3:30 Snack & Chat 4:00 Name that Tune	15 10:00 What's New 2019 11:00 Mug Making 1:00 Parachute Game 2:30 Rest & Relax 3:30 Snack & Chat 4:00 Movie and Popcorn	16 10:00 Word Puzzles 11:00 Sing A Long 1:00 Bingo 2:30 Rest & Relax 3:30 Snack & Chat 4:00 Jeopardy	17 10:00 January collage 11:00 Exercise W/Susie 1:00 Music and Manicures 2:30 Folk Music with John Volkmir (AR) 3:30 Snack & Chat 4:00 Read and Relax	18 10:00 Today's News 11:00 Library Visit 1:00 Read and Relax 1:30 Movie & Hot Chocolate 2:30 Rest & Relax 3:30 Snack & Chat
	21 10:00 Coloring 11:00 Melody Monday 1:00 Craft 2:30 Piano with Don Coe(A) 3:30 Snack & Chat 4:00 Word Puzzles	22 10:00 Line painting 11:00 Light and Lively CD 1:00 Board games 1:30 Hot Fudge Sundaes 2:30 Rest & Relax 3:30 Snack & Chat 4:00 Wheel of Fortune	23 10:00 Word Puzzles 11:00 Picture Day 1:00 DIY Hats 2:30 Music with Chris and Dan (DR) 3:30 Snack & Chat 4:00 Feel Good Stories	24 10:00 Fun with Fruit 11:00 Exercise W/Susie 1:00 Music and Manicures 2:30 Rest & Relax 3:30 Snack & Chat 4:00 Open Activity	25 10:00 Painting 11:00 Ball Toss 1:00 Conversation Ball 1:30 Movie & Popcorn 2:30 Rest & Relax 3:30 Snack & Chat 4:00 Name that Tune
	28 10:00 Coloring 11:00 Melody Monday 1:00 Parachute Game 2:30 Rest & Relax 3:30 Snack & Chat 4:00 Jeopardy	29 10:00 Word Puzzles 11:00 Blanket Workshop 1:00 Sing A Long 2:30 Rest & Relax 3:30 Snack & Chat 4:00 Name that Tune	30 10:00 Reminiscing 11:00 Color sheet 1:00 Bingo 2:30 Rest & Relax 3:30 Snack & Chat 4:00 Finish the Phrase	31 10:00 Reminisce: Winter 11:00 Exercise W/Susie 1:00 Music and Manicures 2:30 Rest & Relax 3:30 Snack & Chat 4:00 Jenga	 <p> Key WC: Wellness Center DR: Health Center Dining Room AR: Health Center Activities Room A: Auditorium </p>

Calendar available at <http://www.wesleyglen.com/activity-calendars>

January 2018
Wesley Glen Adult Day Center
Daily Schedule

6:30-10:00 Gathering

10:00-11:00 Warm Up activities

11:00-12:00 Group Activity

12:00-1:00 Lunch and Leisure

1:30-2:30 Group Activity

2:30- 3:30 Rest and Relax

3:30-4:00 Afternoon Snack

4:00- 6:00 Wind Down activities

Gathering and Warm Up: Coffee, morning snack, and daily news available, time to rest and relax

Warm Up: Miscellaneous cognitive, social, and creative activities, time to rest and relax

Group Activities: Programs categorized by Cognitive, Community, Creative, Expressive, Grooming, Intergenerational, Physical, Social, Spiritual/Religious, Therapeutic, and Work/Service scopes

Wind Down: Miscellaneous small group activities, time to rest and relax



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