

January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>When should you buy a bird?</p>		<p>1 ADH IS CLOSED</p> 	<p>2 Music Therapy Peer Topic Time Telling</p>	<p>3 Fruitcake Toss Day - Play Indoor Sports Write Poetry</p>	<p>4 Clinic Day Free Choice Activities</p> 	<p>5 <i>Bird Day</i></p> 
<p>6 <i>Cuddle Up Day</i></p> 	<p>7 Zumba Class Old Rock Day - Music Appreciation</p>	<p>8  Around the Nation Lesson with Mrs. Rose - North Dakota</p>	<p>9 Stair Climbing Money & Nutrition Groups</p> 	<p>10 Sit & Be Fit House Plant Day - Learn How to Care for Them</p>	<p>11 Swimming Group Free Choice Activities</p> 	<p>12 <i>Pharmacist Day</i></p> 
<p>13 <i>Dream Come True Day</i></p> 	<p>14 Storytellers Hip Hop Dance Math Sheets</p>	<p>15  Hat Day (Wear/Bring in Your Fav Hat) Peer Topic</p>	<p>16 Music Therapy Discover Mystical Creatures for Dragon Day</p>	<p>17 Throw Paper Planes for Ditch Resolutions Day Time Telling</p>	<p>18 Swimming Group Free Choice Activities</p> 	<p>19 <i>Popcorn Day</i></p> 
<p>20 <i>Cheese Lover Day</i></p> 	<p>21 Martin Luther King Jr. Day - Listen to His Speeches</p> 	<p>22 Tae Bo Class Penny Ante Bingo</p>	<p>23 Handwriting Day - Practice Letters Books on Tape</p>	<p>24 Musical Chairs Compliment Day - Say Nice Things to Peers</p>	<p>25 Swimming Group Free Choice Activities</p> 	<p>26 <i>Spouse's Day</i> Caregivers "Cash" in Your Respite for a Night Out</p>
<p>27 <i>Chocolate Cake Day</i></p> 	<p>28 Yoga Class Kazoo Day - Record Your Own Music</p>	<p>29 Parachute Circle Time Piece Together Diff Puzzles</p>	<p>30 Rich Simmons Exercise Number & Letter Flash Cards</p>	<p>31 Backward Day (Wear Your Clothes Backwards or Inside Out)</p>	<p>WHEN IT'S GOING CHEEP!</p>	

Easter Seals
Cardinal Hill
Adult Day Health

Caregiver Support Group -
Jan 8 from 5:00p-5:30p @
Adult Day about "Open
Forum - Please Share Any
Concerns, Comments, or
Thoughts with Staff"

**HAPPY
NEW
YEAR**

