

JANUARY 2023

OLD GLORY DAYS ADULT DAY CENTER

Mon	Tue	Wed	Thu	Fri
2 9:00 Puzzles and music 10:00 Stretch and movement 10:15 Name That Tune 11:00 Balloon Volley 1:30 Uno 3:00 Snack/You be the judge	3 9:00 Coloring and music 10:00 Stretch and movement 10:15 Password 11:00 Golf 1:30 Bingo 3:00 Snack/Would you rather	4 National Trivia Day 9:00 Puzzles and music 10:00 Stretch and movement 10:15 Trivia 11:00 Ring Toss 1:30 Bottoms up 3:00 Snack/Game of things	5 National Bird Day 9:00 Coloring and music 10:00 Stretch and movement 10:15 Chair exercises 11:00 Bird seed pinecones 1:30 Pokeno 3:00 Snack/Taboo	6 9:00 Puzzles and music 10:00 Stretch and movement 10:15 Snowflake suncatchers 11:00 Bean bag toss 1:30 Bingo 3:00 Snack/Buzz Words
9 9:00 Coloring and music 10:00 Stretch and movement 10:15 Chair exercises 11:00 Family Feud 1:30 Bottoms up 3:00 Snack/Riddles	10 9:00 Puzzles and music 10:00 Stretch and movement 10:15 Jeopardy 11:00 Ring Toss 1:30 Bingo 3:00 Snack/Name 5	11 9:00 Coloring and music 10:00 Stretch and movement 10:15 Have you ever 11:00 Twister bean bag 1:30 Pokeno 3:00 Snack/Outburst	12 9:00 Puzzles and music 10:00 Stretch and movement 10:15 Winter word train 11:00 Cup Pong 1:30 Bottoms up 3:00 Snack/Concentration	13 9:00 Coloring and music 10:00 Stretch and movement 10:15 Horse Races 11:00 Darts 1:30 Bingo 3:00 Snack/Taboo
16 Martin Luther King Jr Day 9:00 Puzzles and music 10:00 Stretch and movement 10:15 Table bowling 11:00 Snowman craft 1:30 Pokeno 3:00 Snack/MLK Jr Facts/Trivia	17 9:00 Coloring and music 10:00 Stretch and movement 10:15 Winter Hangman 11:00 Bean bag box top toss 1:30 Bingo 3:00 Snack/Game of Things	18 9:00 Puzzles and music 10:00 Stretch and movement 10:15 Fact or Crap 11:00 Ring Toss 1:30 Uno 3:00 Snack/Name 5	19 9:00 Coloring and music 10:00 Stretch and movement 10:15 Password 11:00 Golf 1:30 Bottoms up 3:00 Snack/You be the judge	20 9:00 Puzzles and music 10:00 Stretch and movement 10:15 Price is Right 11:00 Balloon Volley 1:30 Bingo 3:00 Snack/Riddles
23 9:00 Coloring and music 10:00 Stretch and movement 10:15 Chair exercises 11:00 Have you ever 1:30 Bottoms up 3:00 Snack/Outburst	24 Ntnl Peanut Butter Day 9:00 Puzzles and music 10:00 Stretch and movement 10:15 Ring Toss 11:00 No bake recipe 1:30 Bingo 3:00 Snack/Taboo	25 9:00 Coloring and music 10:00 Stretch and movement 10:15 Family Feud 11:00 Darts 1:30 Pokeno 3:00 Snack/Would you rather	26 9:00 Puzzles and music 10:00 Stretch and movement 10:15 Chair exercises 11:00 Name That Tune 1:30 Uno 3:00 Snack/Fact or Crap	27 Ntnl Chocolate Cake Day 9:00 Coloring and music 10:00 Stretch and movement 10:15 Twister bean bag 11:00 No bake recipe 1:30 Bingo 3:00 Snack/Buzz Words
30 9:00 Puzzles and music 10:00 Stretch and movement 10:15 Golf 11:00 Scrap paper hearts 1:30 Uno 3:00 Snack/Name 5	31 Ntnl Hot Chocolate Day 9:00 Color and music 10:00 Stretch and movement 10:15 Hot chocolate bar 11:00 Table Bowling 1:30 Bingo 3:00 Snack/Trivia	HAPPY BIRTHDAY! DOUG: 1/17 ELAINE: 1/23		