

JANUARY

2012

Senior Calendar A Program of Glendale Adult Day Health Services



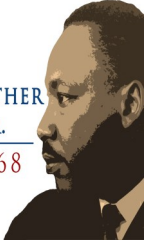
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Center Closed</p> 	<p>3</p> <p>9:00 ROM/Skip-Bo 10:00 Black Jack/New Years Jokes 10:30 AZ History/New Years Day Coloring 1:00 Participant Council/ Sensory 2:30 ROM/Table Games 3:00 Let's talk Pie Ap.4/Dominos 3:30 Loteria/Free Choice 4:00 Large Puzzles/Toss Up</p>	<p>4</p> <p>9:00 ROM/What's in the Box? 10:00 Free Choice/Basket of Tricks/Sorting Colors 10:30 New Year Resolutions /Veteran's Group 1:00 Participant Council/Table Ball 1:30 Music Therapy (FR) 2:30 ROM/Table Games 3:00 Reminiscing Cars /Bunko 3:30 Brain Fitness/Hand Exercise 4:00 Puzzles/Free Choice</p>	<p>5</p> <p>9:00 ROM/Black Jack 10:30 Group Crossword Puzzle/Ladies Group 1:00 Crazy Hats Chat/Word Search/Magazine Hunt 2:30 Group ROM/Rabbit Toss 3:00 Table Ball/Dollar Game 3:30 Beading/Pretty Nails 4:00 Hand Massage</p>	<p>6</p> <p>9:00 ROM/Kings in the Corner 10:00 Pet Therapy: Windy/Trivia/Intergeneration w/ Bob 10:30 "Hoot" Bible Study/Food Alphabet 1:00 Baseball/Table Games 2:30 Table Games/Theme basket 3:00 Radio Word Search /Magazine Hunt 3:30 Up 2 Y/ Card Game 4:00 Penny Ante/Table Ball</p>
<p>9</p> <p>9:00 ROM/ Cards with Bob 10:00 Mind Twisters/1,001 Smiles 10:30 Trivia Day /Math Challenge 1:00 Audrey's Angels/Magazine Hunt 2:30 Lawn Darts/Table Games 3:00 Reasons to give a Hug /Rabbit Toss 3:30 Penny Ante/Pokeno 4:00 Sorting Colors/Checkers</p> <p>Client Choice Outing</p>	<p>10</p> <p>9:00 ROM/Tool Time 10:00 Sewing (f)/20 Questions 10:30 AZ History/Math Challenge 1:00 Simon Says/ Table Bowling 2:30 Group ROM/ 3:00 Elvis Presley Trivia /Word Bingo/ Card Matching Game 3:30 Tic-Tac-Toe/Sensory Game 4:00 Puzzles/Magazine Hunt</p>	<p>11</p> <p>9:00 ROM/Crazy Eight 10:00 Mind Joggers/ Amelia Earhart <i>mf</i> 10:30 Michelle and Her Trumpet 1:00 Senior Moments/Picture Bingo 1:30 Music Therapy (FR) 2:30 Balloon Toss/Table Games 3:00 Folding Frenzy/Aroma Therapy 3:30 Yahtzee/Penny Game 4:00 Dominos/Bunko</p> <p>Amelia Earhart Day!</p> 	<p>12</p> <p>9:00 Three Pin Bowling/Checkers 10:00 Dance Therapy (FR) / His Dream Lives On/ Coloring 10:30 The Price is Right/Dice Game 1:00 Stitch 'n Time/Discussion Ball 2:30 Pokeno/Cloth Pin Activity 3:00 Molding Clay/Kitchen Tool Time 3:30 Beading/Reminiscing 4:00 Participant Choice</p> <p>Bitzee Mamas</p>	<p>13</p> <p>9:00 ROM/Skip-Bo 10:00 Pet Therapy: Windy/Trivia/Intergeneration w/ Bob/MLK Crossword 10:30 Creating Words of a Phrase/Remembering Radio 1:00 Celebrate MLK mf/Music w/ Terri (FR) 2:30 Flying Saucer/Penny Game 3:00 Oatmeal Soap /Pokeno 3:30 Hand Massage/Word Search 4:00 Table Games</p>
<p>16 Center Closed</p>  <p>MARTIN LUTHER KING, JR. 1929-1968</p>	<p>17</p> <p>9:00 ROM/Giant Checkers 10:00 Sewing w/ Terri/His Dream Lives On 10:30 Civil Rights <i>mf</i>/Men's Group 1:00 Senior Moments/Tool Time 2:30 Table Balloon Volleyball/AZ History (f)/ 3:00 It's "Snow" Secret/Memories/Up 2 U 3:30 Folding Frenzy/Rabbit Toss 4:00 Up 2 U/Toss Up</p>	<p>18</p> <p>9:00 ROM/Poker 10:00 Trivia/Pokeno 10:30 Spelling Bee/ Card Game 1:00 Documentary Video/Coloring 1:30 Music Therapy (FR) 2:30 Group ROM/Tactile 3:00 Guess that Song Tittle/Bunko 3:30 Dominos 4:00 Table Games/Memories</p>	<p>19</p> <p>9:00 Three Pin Bowling/ Crazy Eight 10:30 Carol on the Keys/Veteran's Group (FR) 1:00 Stitch 'n time/Show and Tell 2:30 ROM/Table Games 3:00 Brain Fitness/Poetry 3:30 Table Hot Potato/Scribble 4:00 Independent Reading/ Card Game/Sorting</p> <p>Show and Tell</p>	<p>20</p> <p>9:00 ROM/ Cards with Bob 10:00 Pet Therapy: Windy/Intergeneration w/ Bob/20 Questions 10:30 Tool Time/Top 10 1:00 Bible Study w Pastor Bob (FR)/The Price is Right 2:30 ROM/Chinese Fan 3:00 Winter Reminiscing/ Card Matching Game/Table Ball 3:30 Kitchen Tool Sensory/Poker 4:00 Picture Books/Up 2 U</p> <p>Bowling</p> 
<p>23</p> <p>9:00 ROM/Skip-Bo 10:00 The Dragon & the Dog /Culture Appreciation:China 10:30 Auction Game/New Year Red Packets 1:00 Crafts w/ Maggie/Mixed Up Chinese Zodiac 2:30 Ball Toss/Table Games/Chinese Puzzles 3:00 Westerns /Poetry 3:30 Hand Exercises/Kings in the Corner 4:00 Free Choice</p> <p>CHINESE NEW YEAR</p> 	<p>24</p> <p>9:00 ROM/Tool Time 10:00 Bible Study w/ Pastor Bob (FR)/Client Choice 10:30 Three Letter Word/Table Games 1:00 Relaxation Technique Ball/Loteria 2:30 Group ROM/Great American Pie 3:00 Aroma Therapy/Dollar Game 3:30 Reality Orientation/Animal Bingo 4:00 Sorting Colors</p>	<p>25</p> <p>9:00 ROM/Cards with Bob 10:00 Mind Joggers/Veteran's Group 10:30 Hangman/ Aesop Fables 1:00 Charades/ Fabulous Nails 1:30 Music Therapy (FR) 2:30 Who Shares your January Birthday? / Needle Work 3:00 Spanish Numbers/Sensory Stimuli/ 3:30 Food Collage 4:00 Folding Frenzy/Rabbit Toss</p> <p>Chinese Cultural Center</p>	<p>26</p> <p>9:00 ROM/Skip-Bo 10:00 Dance Therapy (FR) /Hollywood Hat Trivia 10:30 Brain Quest/Math Challenge 1:00 Hat Chat/Friendship Room w/Terri 2:30 Ring Toss/Seek and Find 3:00 Words of Dr. Martin Luther King Jr. (Word Search)/Short Story 3:30 Yahtzee/Penny Game 4:00 Dominos/Bunko</p> <p>HAT DAY</p> 	<p>27</p> <p>9:00 ROM/Tool Time 10:00 Pet Therapy: Windy/Intergeneration w/ Bob 10:30 Health Talk w/ Dr. Helegeson (FR)/ Personal Rocks /First Class Trivia <i>mf</i> 1:00 Monthly Movie/Toss Up 2:30 Table Balloon Toss/Memory Cards 3:00 My Mother's Soup/Bunko 3:30 Discussion Group/Memories 4:00 Hand Massage</p>
<p>30</p> <p>9:00 ROM/Skip-Bo 10:00 Fabric Arts/Culture Appreciation 10:30 Celebrating Breakfast /Hand Exercises 1:00 ROM/Friendship Room w/ Terri 2:30 Remembering Cary Grant / LCR 3:00 Mold Clay/Kitchen Tool Time 3:30 Beading/Reminiscing</p>	<p>31</p> <p>9:00 ROM/Chicken Soup 10:00 Memory Stim/Sensory Stim 10:30 Guess the Melon Weight/ Cooking Group 1:00 AZ History/Pokeno 2:30 ROM/Brain Fitness 3:00 Geography Bee/Share your State 3:30 Penny Ante/Checkers 4:00 Sorting Colors</p> <p>China Rainbow Bring-In</p>	<p>January Facts</p> <p><i>calendar facts</i></p> <p>Zodiac:Capricorn & Aquarius Flower: Carnation Birthstone: Garnet</p>  <p>Monthly Birthdays</p> <p><i>monthly birthdays</i></p> <p>Edith...9th Yvonne...10th JD...11th Carol N...13th Luis...17th James B...17th Rosaria...19th Ruth Ann...20th Augustine...22nd Evelyn...24th</p> <p>Everyday Activities</p> <p>7:30-Table Games/Up 2 U 9:30 -AM Snack 11:00-Current Events 11:30-Exercise 12:00-Lunch 1:45-Rest & Relax 2:15-PM Snack 4:30-Table Games/Up 2 U</p> <p>Year of The Dragon</p>  <p><i>*All activities subject to change. Changes will be posted*</i></p>		

JANUARY



Young Adults

A Program of Glendale Adult Day Health Services

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Center Closed</p> <p>Happy New Year!</p>	<p>3 9:00 Book it! / Table Games / Jazz it Up 10:00 Group Exercise / Journal: resolutions 10:30 New Year Jokes / Dice game 1:00 Participant Council 1:30 Jenga</p>	<p>4 9:00 Book it! / Table Games / Jazz it Up 10:00 Sweatn to oldies / Journal: resolutions 10:30 Stitch in Time (FR) / Veteran's Group (SB) / American Pie 1:00 Participant Council 1:30 Pick up Stix</p>	<p>5 9:00 Book it! / Table Games / Jazz it Up 10:00 Yoga / Journal 10:30 New Year Trivia / Create YAG 2012 Calendar Name 1:00 Pizza Muffins / Men's Group 1:30 True or False</p>	<p>6 9:00 Book it! / Table Games / Jazz it Up 10:00 Pet Therapy: Windy / Group Exercise 10:30 Putting Past in Order / Ladies Group 1:00 Hot Potato / First Class Trivia 1:30 Tool Time</p>
<p>9 9:00 Book it! / Table Games / Jazz it Up 10:00 Exercise / Journal 10:30 "Hoot" Bible Study / Mind Games 1:00 Getting to Know you Bingo 1:30 Puzzles</p>	<p>10 9:00 Book it! / Table Games / Jazz it Up 10:00 Sweatn to Oldies / Journal 10:30 Bingo 1:00 ROM / IDIOMS 1:30 Doodle Time</p> <p style="text-align: center;">Library</p>	<p>11 9:00 Book it! / Table Games / Jazz it Up 10:00 Exercise / Journal 10:30 Michelle and her Trum-pet (SB) / Stitch in Time (FR) / 1:00 ROM / Amelia Earhart Facts 1:30 Toss Up Amelia Earhart Day!</p> 	<p>12 9:00 Book it! / Table Games / Jazz it Up 10:00 Group Exercise / Journal 11:00 Dance Therapy (FR) / Yahtzee 10:30 Civil Rights / New Years Day 1:00 ROM / Observation & Memory 1:30 Rearranging Resolutions</p>	<p>13 9:00 Book it! / Table Games / Jazz it Up 10:00 Pet Therapy: Windy / Yoga / Intergeneration Group w / Bob (SB) 10:30 Celebrate MLK <i>mf</i> 1:00 ROM / Word Game 1:30 MLK Crossword <i>mf</i></p> <p style="text-align: center;">Bowling</p> 
<p>16 Center Closed</p> <p>MARTIN LUTHER KING, JR. 1929-1968</p> 	<p>17 9:00 Book it! / Table Games / Jazz it Up 10:00 Exercise / Journal 10:30 Dragon Center-piece / 1:00 Monthly Movie 1:30 MLK Word search <i>mf</i></p>	<p>18 9:00 Book it! / Table Games / Jazz it Up 10:00 Pt. Leadership Exercise / Journal 10:30 Stitch in Time (FR) / Quiet Pantomime 1:00 ROM / Crafts w / Maggie 1:30 Reading</p> <p style="text-align: center;">Panda Express Bring-In</p>	<p>19 9:00 Book it! / Table Games / Jazz it Up 10:00 Group Exercise / Journal 10:30 Veteran's Group (FR) / Family Feud / Dragon Center-piece 1:00 ROM / Left-brain Right-brain Test 1:30 Tool Time</p>	<p>20 9:00 Book it! / Table Games / Jazz it Up 10:00 Exercise / Pet Therapy: Windy / Journal Intergeneration w / Bob 10:30 Bingo 1:00 Bible Study w / Pastor Bob (FR) / ROM 1:30 Reading</p>
<p>23 CHINESE NEW YEAR</p> <p>9:00 Book it! / Table Games / Jazz it Up 10:00 Exercise / Journal 10:30 New Year Red Packets 1:00 ROM / Mixed up Chinese Zodiac 1:30 The Dragon & Dog</p> <p style="text-align: center;">Chinese Cultural Center</p>	<p>24 9:00 Book it! / Table Games / Jazz it Up 10:00 Group Exercise / Reading / Bible Study w / Pastor Bob (FR) 10:30 Rubber Balls / Journal 1:00 ROM / Word Chart 1:30 Anagram</p>	<p>25 9:00 Book it! / Table Games / Jazz it Up 10:00 Yoga / Veteran's Group (SB) / Journal 10:30 Bingo 1:00 ROM / Deserted Island 1:30 Men's Group / Ladies Group</p>	<p>26 HAT DAY</p> <p>9:00 Book it! / Table Games / Jazz it Up 10:00 Group Exercise / Journal 10:30 Hat Chat / Yahtzee 11:00 Dance Therapy (FR) 1:00 ROM / Hollywood Hat Trivia 1:30 Hangman</p> <p style="text-align: center;">Fuddruckers</p>	<p>27 9:00 Book it! / Table Games / Jazz it Up 10:00 Pet Therapy: Windy / Group Exercise / Journal / Intergeneration w / Bob (SB) 10:30 Health Talk w / Dr. Helgeson (FR) / 20 Questions 1:00 ROM / Celebrate Breakfast 1:30 Dice Game</p>
<p>30 9:00 Book it! / Table Games / Jazz it Up 10:00 Exercise / Journal 10:30 Pen Pals-PhxADHS / Toss Up 1:00 ROM / Magazine Scavenger Hunt 1:30 Double Talk</p>	<p>31 9:00 Book it! / Table Games / Jazz it Up 10:00 Group Exercise / Reading 10:30 Get to Know You Ball / Ping Pong Pizza 1:00 ROM / Price is Right 1:30 Misfits</p>	<p>January Birthdays: Robert R...13th Joyce...26th</p> <p>January Facts: Zodiac Sign: Capricorn & Aquarius Stone: Garnet Flower: Carnation</p>	<p>Daily AM Activities: 8:30 Socializing w / Peers 9:30 Snack 11:00 Calendar Plan / Newsletter 11:30 Lunch Prep</p> <p>Daily PM Activities: Noon Lunch 12:30 Current Events 2:00 Snack 2:30 Clean Up & Dish Mania 2:45 Senior Building</p>	<p>T-Time Daily: 9:00am, 11:00am (Thurs-10:45), 12:30pm, & 3:00pm</p> <p>Pool & Cards Daily: 11am-11:30am & 2:00pm-2:30pm</p>

