



January 2012

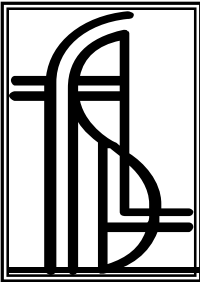
Moons & Stars
Phoenix Adult Day Health
Services: A Program of the
Foundation for Senior
Living



Mon	Tue	Wed	Thu	Fri
2 Happy New Year! Center Closed	3 New Years Resolutions Punch Tasting Bubble Blowing	4 Scent Detective Table Bowling	5 Tissue Paper Art Balloon Toss	6 Sensory Hands Brush & Touch
9 Hand Soaks Memory Tea Monday	10 Clay Sculpting Sensory Boxes	11 Amelia Earhart Story Armchair Travel	12 Sing-a-long Sponge Painting	13 Remembering MLK Songs of the 60s
16 Martin Luther King Jr Day Center Closed	17 Making Lemonade Range of Motion	18 Reminiscing Fine Motor Skills Madness Basketball	19 Walking Group Relaxation & Easy Listening	20 History of National Pie Day Pie Tasting
23 All about Chinese New Year Paper Lanterns	24 Year of the Dragon Dragon Art	25 Chinese New Year Fans Sounds of the East	26 Parachute Hand Massages	27 Body Beats Football Toss
30 Simple Stretches Cowboy Poetry Reading & History	31 Making Music Dancing Machines	<u>Happy Birthday!</u> Mark M. 1/4 George T. 1/16 Daniel F. 1/11 Margie E. 1/12 Mark K. 1/17 Leo C. 1/18 Mary Lou M. 1/25 Wallace B. 1/26 Esther J. 1/26 John J. 1/27	<u>Daily Activities</u> Snack & Social Hour 8:30-9:15 Koffee Lounge/Up 2 You 9:30 Sensory Integration 9:30-10:00 Current Events/Spanish Group (M, W,F)/Sensory Integration 10:00-10:30 Exercise/Exercise Therapy (M&R) 12:15-1:15 Lunch & Relaxation 2:30 Crossword 3:00-3:30 PM Snack/Social Hr/Rest & Relaxation Ice Cream Sale Every Friday	




Mon	Tue	Wed	Thu	Fri
<p>2</p> <p align="center">Center Closed</p> 	<p>3</p> <p align="center">Rose Parade</p> <p>10:30 Handmade Flowers / Bake a Pot Pie 11:30 Decorating for Parade/ Movie Trivia 1:15 Rose Parade/Soccer 2:30 New Years Trivia / Story Time 3:30 Greeting Card Placemats/ New Year's Word Quiz 4:30 New York, New York Video</p>	<p>4</p> <p align="center">National Pasta Day</p> <p>10:30 Spaghetti Cook-off/Golf 11:30 History of Spaghetti/ New Years Quiz 1:15 Ladder Ball/Sing Along 2:30 Remembering Ellis Island/ Operation 3:30 Snowball Drop Pokemo 4:30 Grimm's Fairy Tales</p>	<p>5</p> <p align="center">Three Kings Day</p> <p>10:30 Bull's Eye/Thank You Notes 11:30 The Season of Epiphany/ Day Of The King 1:15 Lawn Darts/Puff Art 2:30 Frost Categories/Uno 3:30 Holiday Jars /Drum Creations 4:30 Name That Bird Tune and Bird History</p>	<p>6</p> <p align="center">Tool Time Day Dress Up</p> <p>10:30 <u>Outing:New York West Bakery & Pastry Shop \$5</u>/Elvis Movie 11:30 Name that Tool 1:15 Men's Group /Sock Toss 2:30 Tool Time Word Puzzle/Rock 'n' Roll Word Game 3:30 All Shook Up with Elvis/Cuff Bracelets 4:30 Grammy Winners & Discussion</p>
<p>9</p> <p>10:30 Rhythm Band/Basketball 11:30 Issac Asimov Discussion/ How Many Basketball Player Can You Name? 1:15 Audrey's Angels Entertains/ Crafts with Maggie 2:30 A Bit of Nostalgia/Mothballs in My Attic 3:30 Snowball Bowling/LCR 4:30 Half & Half Game</p>	<p>10</p> <p>10:30 Men's Cooking Group: Hot Pastrami Sandwich/Badminton 11:30 Sporty Puzzles & Trivia/Mash Trivia 1:15 Intergenerational Program with Children's Hospital/Penny Pitch 2:30 Do Something with It/Painting Nails 3:30 Leap Scotch/Jean Pocket Organizer 4:30 Animal Collages</p>	<p>11</p> <p>10:30 Wii Challenge/Washer Toss 11:30 Double Talk/Traditions 1:15 Commuter Darts/Ring Toss 2:30 January IQ/Person Place Thing 3:30 Writing Thank-you Letters/ Horseshoes 4:30 Famous People and Faces</p>	<p>12</p> <p>10:30 <u>Outing: Dollar Store \$</u>/Tailgate Toss 11:30 Candle Creation 1:15 Car Races/Water Color 2:30 Home Remedies/January Birthdays 3:30 Dominoes & Card Games/Walls of The World 4:30 Cat Quips</p>	<p>13</p> <p>10:30 Frisbee Toss/Chinese New Year Chocolate Candy 11:30 Frisbee Facts or Fiction/Hunting Trivia 1:15 <u>Entertainment: Pipe Dream Productions</u>/Black History Trivia 2:30 MLK Trivia & Discussion/This Was The Year 3:30 Doves of Peace Craft/Yarn Art 4:30 Rubber Duckie Toss & Song</p>
<p>16</p> <p align="center">Center Closed</p> 	<p>17</p> <p>10:30 Chinese New Year Bingo/ Dragon Dance 11:30 Lets Meet James Earl Jones/ Music Trivia 1:15 Horseshoes/Donut Making 2:30 Daily Dose of Confusions/ Fishing 3:30 Year of the Dragon Centerpieces/ New Year's Folklore 4:30 Sponge Painting T-Shirts</p>	<p>18</p> <p>10:30 <u>Outing: Chinese Cultural Center \$9</u>/Octagon 11:30 Glimpses of A Man 1:15 Toss & Add/S'more Cookies 2:30 Trivia Time/Reminiscing 3:30 Paint By Numbers/Fun with Hats 4:30 Facial Expressions and Conversation</p>	<p>19</p> <p>10:30 Easy Mocha Pie/Ladder Ball 11:30 Talking Louis Braille/Where Am I? 1:15 Toss Across/Watercolor 2:30 Our First Dog Discussion/ LCR 3:30 Chinese Tabletop Lanterns/ Weights & Bands 4:30 Fortune Cookie Creative Writing Program</p>	<p>20</p> <p align="center">Penguin Day </p> <p>10:30 Mosaic Penguins/Making Pizza 11:30 Discussing Penguins/Heart Healthy 1:15 Penguin Bowling/Penguin Bottles 2:30 First Class Trivia/Rhythm Band Playing 3:30 Sparkling Snow Pinecone Door Hanger/Uno 4:30 Happy Hour: Hot Buttered Rum & Sing Along</p>
<p>23</p> <p>10:30 Movie Day: Field of Dreams/ M.L.K. Birth Day 11:30 Reel to Reel/Create A Speech 1:15 Chinese New Year Bingo/ Badminton 2:30 Dragon Categories/Strength Your Mind 3:30 Origami Gift Packets/ Fan Fare 4:30 The Dragon & The Dog Short Stories & Discussion</p> 	<p>24</p> <p align="center">National Compliment Day</p> <p>10:30 <u>Denny's Lunch Outing \$9</u>/Soccer 11:30 Remembering Charlie Chan/ Famous Chinese Artist 1:15 Laughter Yoga with Karen/ Chop-Pick-Up Sticks 2:30 A Dragons Tale/ Rice Creation 3:30 Chinese Bamboo Brush Painting/ Strength Training 4:30 Homemade Chinese Fortune Cookies</p>	<p>25</p> <p>10:30 Lettuce Wraps/Monopoly 11:30 Soup Personality Test 1:15 Chopstick Drop/Car Races 2:30 Dragons in Chinatown/ Dragon Footprint 3:30 Chinese Lanterns & Fans/ Oriental Wind Socks 4:30 Match the Zodiac Animal</p>	<p>26</p> <p>10:30 Sewing & Embroidery Group/Parachute 11:30 Tea Words/Oriental Music 1:15 Dragon Toss Up/Dragon Tins 2:30 What Am I?/Dragons Eye 3:30 Stamping Club/Working with Wicky Sticks 4:30 Chinese Jigsaw Puzzles</p>	<p>27</p> <p>10:30 <u>Wes Ricks Entertains</u>/ Bread Making 11:30 Mozart Effect 1:15 Snowball Basketball 2:30 Book Review: Murder on the Orient Express/Snowman Reminiscing & Discussion 3:30 Activity Bingo/Hop Scotch 4:30 Garlic Hummus Cooking & Taste Testing</p>
<p>30</p> <p>10:30 Cooking Group: Oatmeal Cookies/Baseball 11:30 Di Maggio Chatter/Famous Home Run Hitters 1:15 Croquet/Making Croissants 2:30 Puzzles & Pondering/Take Me Out To The Ball Game 3:30 Oatmeal Soap/Ball Toss 4:30 Coffee Break & Discussion</p>	<p>31</p> <p align="center">Birthday Party</p> <p>10:30 Sounds of America/Tic Tac Toe 11:30 Remember Zane Grey/Guess Who 1:15 <u>John Smith Entertains & Birthday Party</u>/Color Pages 2:30 Bean Bag Brain Toss/Hacky Sack 3:30 Chopstick Relay/Paper Marbling Art 4:30 Literary Tea</p> 	<p>Activities Professionals Week 1/22-1/28 Oatmeal Month International Printing Week 1/16-1/22 Dress Up Your Pet Day 1/14</p>	<p align="center"><u>Daily Activities</u></p> <p>7:30-8:30 Snack & Social Hour 8:30-9:15 Koffee Lounge/Up 2 You 9:30 Sensory Integration 9:30-10:00 Current Events/ Spanish Group (M, W, F)/Sensory Integration 10:00-10:30 Exercise/Exercise Therapy (M & R) 12:15-1:15 Lunch & Relaxation 2:30 Crossword 3:00-3:30 PM Snack/Social Hr./Rest & Relaxation Ice Cream Sale Every Friday</p>	



YAP
Young
Adult
Program

January 2012

All activities are subject to change. All changes will be posted.

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>New Years Holiday Center Closed</p>	<p>3 \$5</p> <p>Horseshoes Outing: Culver's Dominoes Word Scramble</p> 	<p>4</p> <p>Frisbee Toss Participant Council Wii RLC Game</p>	<p>5</p> <p>Commuter Darts Movie & Popcorn Board Games Wreaths</p> <p>Can Food Drive January 5-19</p>	<p>6</p> <p>Volleyball Sweet Pops Stories w/ Christy Pokeno w/ Charles</p>
<p>9</p> <p>Basketball Audrey's Angels Baked Snowflakes Wii</p> 	<p>10</p> <p>Shuffleboard Van Wash Pom Pom Polar Bears Life Stories</p>	<p>11</p> <p>Tic Tac Toss Crafts w/ Maggie Word Pyramid Happiness Quotient</p>	<p>12</p> <p>Bull's Eye MLK Documentary Crazy 8's Character Traits</p>	<p>13 \$6</p> <p>Bean Bag Toss Outing: Swapmart Bingo w/ Charles Soup Trivia</p>
<p>16</p> <p>M. A. King Holiday Center Closed</p>	<p>17</p> <p>Football Toss Pictionary Dr. Hegelson Hot Cocoa Sale James Earl Jones?</p>	<p>18</p> <p>Van Wash Health Talk: Asthma Wii Children's Hospital</p>	<p>19 \$12</p> <p>Ring Toss Outing: Chinese Cultural Center Glitter Snowflakes Trivial Pursuit</p> <p>Last Day of Food Drive</p>	<p>20</p> <p>Lawn Darts Hangman Smart Mouth Peanuts Bingo w/ Charles</p>
<p>23</p> <p>Golf Election Nominations Due Finish the Story Presidential Video</p> 	<p>24</p> <p>Ladder Ball "Snowball" treats Elections Speeches Yahtzee</p>	<p>25 \$5</p> <p>Car Races Outing: Goodwill Election Speeches Scattergories</p>	<p>26</p> <p>Badminton Cooking Stew YAP Elections Survival Cards</p> 	<p>27</p> <p>Van Wash Cooking cornbread YAP Elections Instrumental Jingo/ with Charles</p> <p>\$ 4 Stew & Cornbread</p>
<p>30</p> <p>Washer Toss Outing: Music Therapy ASU free Chinese New Year/ Chocolate Candy</p>	<p>31</p> <p>Van Wash Penny Pitch Making Cupcakes Apples 2 Apples</p>	<p>Hairdresser Appointments Available at the Center January 9th</p> 	<p>YAP Birthdays: Robert 1-25 Dale 1-28 Carol 1-30 Ronald 1-31</p>	<p>DAILY ACTIVITIES 7:30-8:30 Snacks 9:15-9:30 Coffee 10:00-10:30 Exercise 12:15-1:15 Lunch 2:30 Crossword 3:30 Pm Snacks Social Hour</p>