Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00 Relaxation Station 10:00 Bingo & Exercise 2:00 Daily Chronicles 2:30 Cheese & Sparkling Juice 3:30 Eyeglass Cleaning 4:30 Mail Delivery	9:00 Relaxation Station 9:45 Hit the Hot Chocolate Toss 10:30 New Year's Trivia 2:30 Chocolate Dipped Pretzels Sticks 3:30 Fill in the Blank New Year's Version 4:30 Mail Delivery	9:00 Relaxation Station 9:45 Rice Socks 10:30 Hymn Singing with Esther 2:30 Popcorn & Peppermint Milkshakes 3:30 Book Nook 4:30 Mail Delivery	9:00 Relaxation Station 10:00 Bingo & Exercise 2:30 White Chocolate Peanut Butter Cookies 3:30 UNO 4:30 Mail Delivery	9:00 Relaxation Station 9:45 Penguin Knockdown 10:30 Laughing Penguins Jokes and Trivia 2:30 Cool Whip Candy 3:30 Music with Jessica June Rose 4:30 Mail Delivery	9:00 Relaxation Station 6 10:00 Church Service with Northside Church 3:30 Chex Mix 4:00 Snowman Toss Game
Self- Guided 7 Devotionals, Magazines, Puzzles, & Coloring Pages 9:00 Relaxation Station 10:00 World Outreach Church Service on TV	9:00 Relaxation Station 9:30 Shake It Up Balloon Bop 10:00 Elvis Impersonator 2:00 Daily Chronicles 2:30 Elvis Shake 3:30 Afternoon at the Spa 4:30 Mail Delivery	9:00 Relaxation Station 10:00 Bingo & Exercise 2:30 Hershey's Pie in a Cup 3:30 Polar Bear Color & Cover 4:30 Mail Delivery	9:00 Relaxation Station 9:45 Snow Paint Snowman 10:30 Hymn Singing with Esther 11:30 Lunch with Friends 2:30 Popcorn & Milkshakes 3:30 Winter Would You Rather 4:30 Mail Delivery	9:00 Relaxation 11 Station 10:00 Bingo & Exercise 10:00 Pet Therapy 2:30 Oreo Fluff 3:30 Chicken Foot Dominoes Game 4:30 Mail Delivery	9:00 Relaxation 12 Station 9:45 Feel & Find 10:30 Which Came First? Trivia 2:30 Snack Buffet 3:30 Music Therapy with Sarah 4:30 Mail Delivery	9:00 Relaxation 13 Station 9:45 Roll & Stretch 10:00 Word Ladder 10:30 What's Your Snowman Name? 3:30 Cheese Stick Snowmen 4:00 Save the Snowman
Self- Guided Devotionals, Magazines, Puzzles, & Coloring Pages 9:00 Relaxation Station 10:00 Church Service with Donnie Frensley	9:00 Relaxation Station 10:00 Bingo & Exercise 2:00 Daily Chronicles 2:30 Snowman Pudding Cups 3:30 Eyeglass Cleaning 4:30 Mail Delivery	9:00 Relaxation 16 Station 9:45 Snowball Volley Ball 10:30 Oh Baby! Trivia 2:30 Chocolate Peanut Butter No Bakes 3:30 Clue Board Game 4:30 Mail Delivery	9:00 Relaxation 17 Station 9:45 Textured Snow Art 10:30 Hymn Singing with Esther 2:30 Popcorn & Milkshakes 3:30 Book Nook 4:30 Mail Delivery	9:00 Relaxation Station 10:00 Bingo & Exercise 2:30 Hot Cocoa Dump Cake 3:30 Golf Card Game 4:30 Mail Delivery	9:00 Relaxation 19 Station 9:45 Penguin Fishing Game 10:20 Guess the Winter Phrase 2:30 Cheesy Tots 3:30 Music with Lana Mason 4:30 Mail Delivery	9:00 Relaxation 20 Station 10:00 Church Service with Northside Church 3:30 Puff Popcorn 4:00 Mitten Movements Game
Self- Guided 21 Devotionals, Magazines, Puzzles, & Coloring Pages 9:00 Relaxation Station 10:00 World Outreach Church Service on TV 3:30 World Outreach Newman Church Group	9:00 Relaxation Station 10:00 Bingo & Exercise 2:00 Daily Chronicles 2:30 Winter Waffles 3:30 Manicures 4:30 Mail Delivery	9:00 Relaxation 23 Station 9:45 Pick Your Pie Exercise 10:30 Name that Pie Trivia 3:00 National Pie Day 3:30 Pie Word Search 4:30 Mail Delivery	9:00 Relaxation Station 9:45 Melting Snow Man Craft 10:30 Hymn Singing with Esther 2:30 Popcorn & Milkshakes 3:30 Cocoa & Chat Family Event 4:30 Mail Delivery	9:00 Relaxation Station 10:00 Bingo & Exercise 10:00 Pet Therapy 2:30 Cookie Snack Tray 3:00 Resident Council Meeting 4:30 Mail Delivery	9:00 Relaxation 26 Station 9:45 Tabletop Snowman Bowling 10:20 Travel to Alaska 2:30 Snack Buffet 3:30 Music with Danny Martin 4:30 Mail Delivery	9:00 Relaxation 27 Station 9:45 Let's Get Moving 10:00 What Am I? 10:30 Match the Pairs 3:30 Polar Bear Donuts 4:00 Roll & Cover Snowman
Self- Guided 28 Devotionals, Magazines, Puzzles, & Coloring Pages 9:00 Relaxation Station 10:00 World Outreach Church Service on TV	9:00 Relaxation Station 10:00 Bingo & Exercise 2:00 Daily Chronicles 2:30 Popcorn & Punch 3:00 Movie in Motion 4:30 Mail Delivery	9:00 Relaxation 30 Station 9:45 Balloon Volleyball 10:30 January Trivia 2:30 Marshmallow Cereal Treats 3:30 Stack a Snowman 4:30 Mail Delivery	9:00 Relaxation 31 Station 9:45 Winter Scarf Project 10:30 Hymn Singing with Esther 2:30 Popcorn & Milkshakes 3:30 Book Nook 4:30 Mail Delivery	JANUARY 2024 HAPPY NEW YEAR		

AdamsPlace Continuing Care Wellness Coordinator: Sara Beth Graves *Calendar is Subject to Change