

Empower for Elders

January 2018

Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 NO PROGRAM	2 10am Bean Bag 11am Color Pictures 12pm Lunch 1pm Brain Quest	3 10am Current Events 11am Board Games 12pm Lunch 1pm Movie	4 10am Balloon Ball 11am Trivia 12pm Lunch 1pm Visit to Canada	5 10am Exercise 11am Word Games 12pm Lunch 1pm Card Game
8 10am Music Therapy 11am The News 12pm Lunch 1pm Writing Stories	9 10am Nutrition 11am Knitting 12pm Lunch 1pm Crafts/ Michelle	10 10am Arm Exercise 11am Book Reading 12pm Lunch 1pm Review Health	11 10am Math and You 11am Puzzles 12pm Lunch 1pm Current Events	12 10am Poetry 11am Visit to Iran 12pm Lunch 1pm Crafts
15 NO PROGRAM	16 10am Sensory 11am The News 12pm Lunch 1pm Sit and be Fit	17 10am Firedrill Review 11am Music Therapy 12pm Lunch 1pm Crossword	18 10am Sports 11am The Weather 12pm Lunch 1pm Current Events	19 10am Meditation 11am Exercise 12pm Lunch 1pm Bingo/ Candi
22 10am Chair Exercise 11am Local News 12pm Lunch 1pm Crafts	23 10am Trains 11am Sing Along 12pm Lunch 1pm Wii Game	24 10am Ring Toss 11am Leg Exercise 12pm Lunch 1pm Languages	25 10am Balloon Tennis 11am Nail Care 12pm Lunch 1pm Movie/Popcorn	26 10am Magazines 11am Word Games 12pm Lunch 1pm Karaoke
29 10am Eating Well 11am News 12pm Lunch	30 10am Small Talk 11am Music Sensory 12pm Lunch	31 10am Coffee/ Chat 11am Magazines 12pm Lunch		

1pm Coffee/Chat	1pm Small Things	1pm Crafts		