

Gurwin Social Adult Day Health Program – January 2020 Activities Calendar

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>"All Activities are Subject to Change" Question about Activities Contact Pauline Hazzard 631 715 2412 Breakfast-9:30am Lunch -12noon Free Time-1:00pm Snack Time-3:30pm</p> 	<p> Random Acts of Kindness Wednesdays For the month of January!</p>	<p>CLOSED \ CERRAO 1</p> <p></p>	<p>10AM-Family Feud 2 11AM-Group Exercise 1:30PM-Art 2:30PM-Charity Knitting</p> 	<p>10AM- Indoor Gardening 3 11AM-Bingo 1:30PM-Spa Day 2:30PM-Scrabble Tournament</p> 
<p>10AM-Rummikub Game 6 11AM-Group Exercise 1:30PM-News & Views/Dorothy&Marylou 2:30PM-Charity Knitty/Phonics</p>  <p>Water cups set up/Millicent/Zoila</p>	<p>10AM-Glass Painting 7 11PM-Air Hockey 1:30pm-Chair Exercise 2:30PM-Memory Game</p>  <p>Watering Plants/Giovanni</p>	<p>10AM- Spelling Bee 8 11AM –Volunteers Act of Kindess/Trip 1:30PM-Seniors Jazzercise 2:30PM- Charity Knitting/Crochet</p>  <p>Bible Verses 10:30am-11am/Dario</p>	<p>10AM-Blood Pressure Clinic/Sharon 9 11AM-Chair Volleyball 1:30PM-Arts & Crafts 2:30PM-Indoor Gardening</p> 	<p>10AM-Music Instrument Circle 10 11AM- Sing Along 1:30PM- Men Spa Day 2:30PM-Basic Computer Class/Marylou</p>  <p>Caregiver Alzheimer's Support Group 9:30am</p>
<p>10AM-Stretch & Strengthen 13 11AM-Scrabble Tournament 1:30PM-Who wants to be an American Idol 2:30PM- Memory Game</p>  <p>Water Cups set up/Sharon/Ellen Breakfast set up/ Fania</p>	<p>10AM-Spelling Bee 14 11AM-Indoor Walking Group &Art Gallery 1:30PM- Phonics 2:30PM-Sensory Stimulation Light</p> 	<p>10AM-Art 15 11Am-Senior's Zumba 1:30PM-Volunteers Act of Kindness/Trip 2:30PM-Toss & Talk About...</p>  <p>Bible Verses 10:30pm-11am/Dario</p>	<p>10AM-Senior's Brain Teaser 16 11AM-Yoga/Michelle 1:30PM-Arts & Crafts 2:30PM-Indoor Miniature Golfing</p> 	<p>10AM-Baking /Muffins 17 11AM- Woman Spa Day 1:30PM- Coffee/News & Views/Dorothy 2:30PM-Scrabble Tournament</p>  <p>Social bucks Coffee Day!</p>
<p>10AM-Group Exercise 20 11AM-MLK Fun Facts/MLK Crosswords 1:30PM-Trivia/ MLK 2:30PM-Indoor Gardening</p>  <p>Martin Luther King Jr. Day</p>	<p>10AM-Bowling for Dollars 21 11AM-Aromatherapy stimulation 1:30PM-Indoor tennis 2:30PM-Winter Indoor scavenger hunt</p>  <p>Winter Hat Day</p>	<p>10AM- Table Game 22 11AM-Volunteers Act of Kindness/Trip 1:30PM-Sing Along 2:30PM-Group Exercise</p>  <p>Bible Verses 10:30am-11am/Dario</p>	<p>10AM-Family Feud 23 11AM-Seniors Jazzercise 1:30PM-Jewelry Beading 2:30PM-Rummikub/Scrabble</p>  <p>Watering Plants/Jacqueline</p>	<p>10AM-Nail Manicure 24 11AM-Phonics 1:30PM- Yoga/Michelle 2:30PM-Indoor Green House Gardening</p>  <p>Caregiver Alzheimer's Support Group 9:30am</p>
<p>10AM-Art 27 11am-Sit & be Fit 1:30PM-Air Hockey 2:30PM-Charity Knitting</p>  <p>Water Cups Set up/ Nancy/Emma</p>	<p>10AM-Toss & Talk About... 28 11AM-Chair Exercise 1:00PM-Memory Game 2:30PM- Seniors Volleyball</p>  <p>Quiet Book Games Memory Match Name Tags set up/Ana</p>	<p>10AM-Phonics/Word Search 29 11AM-Sing Along 1:30PM-Volunteers Act of Kindness/Trip 2:30PM-Indoor Gardening</p>  <p>Bible Verses 10:30am-11am/Dario</p>	<p>10AM- Table Ping Pong 30 11AM-Charity Knitting 1:30PM-Aromatherapy Stimulation 2:30PM-Garden Stimulation</p> 	<p>10AM-Table Talk/New Year Resolutions 31 11AM- Super Bowl Kick off Games 1:30PM- Nail Manicure 2:30PM- Checkers</p>  <p>Wear Your Favorite NFL & AFC Team Shirt!</p>