

January 2024 "Sensibilities"

GURWIN ADULT DAY HEALTH PROGRAM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<u>Let's Celebrate!</u> 1/1: New Years! 1/15: Martin Luther King Jr Day	1. Happy New Year! Snowflake Beading Socializing w/ friends New Year's Prize 	2. January Coloring Sensory stimulation Bowling Tournament	3. Group meditation Individual activities January Scavenger Hunt	4. 11am Communion Morning Movie Sensory stimulation Drum Circle	5. Oneg Shabbat 11am PT Exercise Aromatherapy Prize 	
	8. Bible Study Individual Activities 	9. Morning Workout Arts and Crafts Match the shapes!	10. Table Games w/ Friends Adult Coloring Adaptive Volleyball	11. 11am Communion Alphabet Coloring Book Individual Activities Music With Conrad	12. Oneg Shabbat 11am PT Exercise Mind Games Prize 	
	15. Pizza Craft Group Coloring 	16. Yoga with Janet Board Games Video Games	17. Penguin Craft Creative Coloring Chair Yoga	18. 11am Communion Musical Memories Table games w/Friends Corn Hole Toss	19. Oneg Shabbat 11am PT Exercise Puzzles Prize 	
	22. Symmetry Picture drawing Table Games 	23. Birthday Party with Dave Patrick! Individual Activities Winter Hat craft	24. Bam Ball Puzzles Nursery Rhymes w/Ms. Rachel	25. 11am Communion January Beading Happy Music Hour Afternoon Cinema	26. Oneg Shabbat 11am PT Exercise Music Discussion Prize 	
	29. Pool Noodle Games Individual activities 	30. Group Exercise Sensory Stimulation Story Telling	31. Trace The Word! Creative Coloring Member Council Meeting		All Activities are subject to change" *Other activities available upon request see TR staff!!!!	**Patio is open to the use of all if weather permitting! **
						