



December 2020

CIRCLE CENTER ADULT DAY SERVICES
4900 WEST MARSHALL STREET
LARGE ACTIVITY ROOM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1) 8:00 Coffee and Conversation (R, S) 8:30 Who What, Where, & When (C, R) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Music Appreciation (C, R) 11:30 Lunch 12:30 Remember When? (C, R) 1:30 Snack 2:00 R.O.M. (P) 3:00 Relax and Create (R, PR, CR)</p>	<p>2) 8:00 Coffee and Conversation (R, S) 8:30 Word Puzzles (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Participant Support Group (R, S) 11:30 Lunch 12:30 Memories through Painting (R, PR, CR) 1:30 Snack 2:00 Weight Lifting (P) 3:00 Fill in the Blank (C)</p>	<p>3) 8:00 Coffee and Conversation (R, S) 8:30 Matching Games (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Nurtured with Nature (N) 11:30 Lunch 12:30 Card Sharks (C) 1:30 Snack 2:00 R.O. M. (P) 3:00 Jeopardy (C)</p>	<p>4) 8:00 Coffee and Conversation (R, S) 8:30 Name 5 (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 What's in the Bag (C, R) 11:30 Lunch 12:30 Are We There Yet? (R) 1:30 Snack 2:00 Music and Movement (CR, P) 3:00 Cranium Crunches (C)</p>
<p>7) 8:00 Coffee and Conversation (R, S) 8:30 Junk Drawer Detective (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 This Week in History (C, R) 11:30 Lunch 12:30 Tell Me A Story (C, CR, R) 1:30 Snack 2:00 Weight Lifting (P) 3:00 Shake Loose a Memory (C, R)</p>	<p>8) 8:00 Coffee and Conversation (R, S) 8:30 Who What, Where, & When (C, R) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Music Appreciation (C, R) 11:30 Lunch 12:30 Remember When? (C, R) 1:30 Snack 2:00 R.O.M. (P) 3:00 Relax and Create (R, PR, CR)</p>	<p>9) 8:00 Coffee and Conversation (R, S) 8:30 Word Puzzles (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Participant Support Group (R, S) 11:30 Lunch 12:30 Memories through Painting (R, PR, CR) 1:30 Snack 2:00 Weight Lifting (P) 3:00 Fill in the Blank (C)</p>	<p>10) 8:00 Coffee and Conversation (R, S) 8:30 Matching Games (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Nurtured with Nature (N) 11:30 Lunch 12:30 Card Sharks (C) 1:30 Snack 2:00 R.O. M. (P) 3:00 Jeopardy (C)</p>	<p>11) 8:00 Coffee and Conversation (R, S) 8:30 Name 5 (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 What's in the Bag (C, R) 11:30 Lunch 12:30 Are We There Yet? (R) 1:30 Snack 2:00 Music and Movement (CR, P) 3:00 Cranium Crunches (C)</p>
<p>14) 8:00 Coffee and Conversation (R, S) 8:45 Junk Drawer Detective (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 This Week in History (C, R) 12:00 Lunch 1:00 Tell Me A Story (C, CR, R) 2:00 Snack 2:30 Weight Lifting (P) 3:15 Shake Loose a Memory (C, R)</p>	<p>15) 8:00 Relax and Create (R, PR, CR) 8:45 Who What, Where, & When (C, R) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Music Appreciation (C, R) 12:00 Lunch 1:00 Remember When? (C, R) 2:00 Snack 2:30 R.O.M. (P) 3:15 Table Talk (R, S)</p>	<p>16) 8:00 Coffee and Conversation (R, S) 8:45 Word Puzzles (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Participant Support Group (R, S) 12:00 Lunch 1:00 Memories through Painting (R, PR, CR) 2:00 Snack 2:30 Weight Lifting (P) 3:15 Fill in the Blank (C)</p>	<p>17) 8:00 Coffee and Conversation (R, S) 8:45 Matching Games (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Nurtured with Nature (N) 12:00 Lunch 1:00 Card Sharks (C) 2:00 Snack 2:30 R.O. M. (P) 3:15 Jeopardy (C)</p>	<p>18) 8:00 Coffee and Conversation (R, S) 8:45 Name 5 (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 What's in the Bag (C, R) 12:00 Lunch 1:00 Are We There Yet? (R) 2:00 Snack 2:30 Music and Movement (CR, P) 3:15 Cranium Crunches (C)</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>21) Tacky Holiday Sweater Day!</p> <p>8:00 Coffee and Conversation (R, S) 8:45 Junk Drawer Detective (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 This Week in History (C, R) 12:00 Lunch 1:00 Tell Me A Story (C, CR, R) 2:00 Snack 2:30 Weight Lifting (P) 3:15 Shake Loose a Memory (C, R)</p>	<p>22) Wear Pajamas Day!</p> <p>8:00 Relax and Create (R, PR, CR) 8:45 Who What, Where, & When (C, R) 9:30 R.O.M. (P) 10:00 Snack 10:30 Music Appreciation (C, R) 12:00 Lunch 1:00 Remember When? (C, R) 2:00 Snack 2:30 "The Polar Express" Social (S)</p> 	<p>23) Wear Green and Red Day!</p> <p>8:00 Coffee and Conversation (R, S) 8:45 Word Puzzles (C) 9:30 Weight Lifting (P) 10:00 Snack 10:30 Participant Support Group (R, S) 12:00 Lunch 1:00 Memories through Painting (R, PR, CR) 2:00 Snack 2:30 "How the Grinch Stole Christmas Social (S)</p> 	<p>24)</p> <p>Closed for Holiday</p>	<p>25)</p> <p>Closed for Holiday</p>
<p>28)</p> <p>8:00 Coffee and Conversation (R, S) 8:30 Junk Drawer Detective (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 This Week in History (C, R) 11:30 Lunch 12:30 Tell Me A Story (C, CR, R) 1:30 Snack 2:00 Weight Lifting (P) 3:00 Shake Loose a Memory (C, R)</p>	<p>29)</p> <p>8:00 Relax and Create (R, PR, CR) 8:45 Who What, Where, & When (C, R) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Music Appreciation (C, R) 12:00 Lunch 1:00 Remember When? (C, R) 2:00 Snack 2:30 R.O.M. (P) 3:15 Table Talk (R, S)</p>	<p>30)</p> <p>8:00 Coffee and Conversation (R, S) 8:45 Word Puzzles (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Participant Support Group (R, S) 12:00 Lunch 1:00 Memories through Painting (R, PR, CR) 2:00 Snack 2:30 Weight Lifting (P) 3:15 Fill in the Blank (C)</p>	<p>31)</p> <p>8:00 Coffee and Conversation (R, S) 8:45 Matching Games (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Nurtured with Nature (N) 12:00 Lunch 1:00 Card Sharks (C) 2:00 Snack 2:30 R.O. M. (P) 3:15 Jeopardy (C)</p>	<p>Activity Domains:</p> <p>Physical (P) Cognitive (C) Outdoor (O) Creative (CR) Reflective (R) Productive (PR) Social (S) Nature (N)</p>

NON-DISCRIMINATION STATEMENT: In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Participants are encouraged to choose recreational programs of interest, consistent with their plan of care, and make suggestions of other activities they would enjoy. Activities are subject to change and changes will be posted.

One to One activities are also available at any time and include the following: Reading, Montessori, puzzles, conversation, walking, coloring, iPad activities, games/cards and spiritual/devotional activities.