

December 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>Activity Domains:</p> <p>Physical (P) Cognitive (C) Outdoor (O) Creative (CR) Reflective (R) Productive (PR) Social (S) Nature (N)</p>	<p>1)</p> <p>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 Memories through Painting (R, PR, CR) 11:30 Lunch 12:30 R.O.M. (P) 1:30 Snack 2:00 Tell Me A Story (C, CR, R) 3:00 Cranium Crunches (C)</p>	<p>2)</p> <p>8:00 Coffee and Conversation (R, S) 8:30 Name 5 (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Nurtured with Nature (N) 11:30 Lunch 12:30 Let's Move! (CR, P) 1:30 Snack 2:00 Are We There Yet? (R) 3:00 Cranium Crunches (C)</p>
<p>5)</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 Weight Lifting (P) 1:30 Snack 2:00 Remember When? (C, R) 3:00 Cranium Crunches (C)</p>	<p>6)</p> <p>8:00 Coffee and Conversation (R, S) 8:30 Matching Games (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 What's in the Bag? (C, R) 11:30 Lunch 12:30 R.O. M. (P) 1:30 Snack 2:00 Game Time Fun (C) 3:00 Cranium Crunches (C)</p>	<p>7)</p> <p>8:00 Coffee and Conversation (R, S) 8:30 Word Puzzles (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Music Appreciation (C, R) 11:30 Lunch 12:30 Participant Support Group (R, S) 1:30 Snack 2:00 Weight Lifting (P) 3:00 Cranium Crunches (C)</p>	<p>8)</p> <p>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 Memories through Painting (R, PR, CR) 11:30 Lunch 12:30 R.O.M. (P) 1:30 Snack 2:00 Tell Me A Story (C, CR, R) 3:00 Cranium Crunches (C)</p>	<p>9)</p> <p>8:00 Coffee and Conversation (R, S) 8:30 Name 5 (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Grinch Social with Genworth! (S, C, CR) 11:30 Lunch 12:30 Let's Move! (CR, P) 1:30 Snack 2:00 Are We There Yet? (R) 3:00 Cranium Crunches (C)</p>
<p>12)</p> <p>8:00 Coffee and Conversation (R, S) 8:30 Junk Drawer Detective (C) 9:00 Snack 9:30 Master Gardeners (N, CR, C) 10:00 This Week in History (C, R) 11:30 Lunch 12:30 Weight Lifting (P) 1:30 Snack 2:00 Remember When? (C, R) 3:00 Cranium Crunches (C)</p>	<p>13)</p> <p>8:00 Coffee and Conversation (R, S) 8:30 Matching Games (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 What's in the Bag? (C, R) 11:30 Lunch 12:30 R.O. M. (P) 1:30 Snack 2:00 Game Time Fun (C) 3:00 Cranium Crunches (C)</p>	<p>14)</p> <p>8:00 Coffee and Conversation (R, S) 8:30 Word Puzzles (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Music Appreciation (C, R) 11:30 Lunch 12:45 Musical Concert and Sing-A-Long 1:30 Snack 2:00 Weight Lifting (P) 3:00 Cranium Crunches (C)</p>	<p>15)</p> <p>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 Memories through Painting (R, PR, CR) 10:30 Visit with Fred (S) 11:30 Lunch 12:30 R.O.M. (P) 1:30 Snack 2:00 Tell Me A Story (C, CR, R) 3:00 Cranium Crunches (C)</p>	<p>16)</p> <p>8:00 Coffee and Conversation (R, S) 8:30 Name 5 (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Nurtured with Nature (N) 11:30 Lunch 12:30 Let's Move! (CR, P) 1:30 Snack 2:00 Are We There Yet? (R) 3:00 Cranium Crunches (C)</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>19) Holiday Socks Day 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 Weight Lifting (P) 1:30 Snack 2:00 Remember When? (C, R) 3:00 Cranium Crunches (C)</p>	<p>20) Holiday Headwear 8:00 Coffee and Conversation (R, S) 8:30 Matching Games (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 What's in the Bag? (C, R) 11:30 Lunch 12:30 R.O. M. (P) 1:30 Snack 2:00 Game Time Fun (C) 3:00 Cranium Crunches (C)</p>	<p>21) Tacky Holiday Sweater Day 8:00 Coffee and Conversation (R, S) 8:30 Word Puzzles (C) 9:00 Chair Exercise (P) 9:30 Holiday Brunch with Anthem (Snack)(S) 10:00 Music Appreciation (C, R) 11:30 Lunch 12:30 Participant Support Group (R, S) 1:30 Snack 2:00 Weight Lifting (P) 3:00 Cranium Crunches (C)</p>	<p>22) Pajama Day 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 Memories through Painting (R, PR, CR) 11:30 Lunch 12:30 R.O.M. (P) 1:30 Snack 2:00 Tell Me A Story (C, CR, R) 3:00 Cranium Crunches (C)</p>	<p>23) Wear Green and Red 8:00 Presentation of "Miracle on 34th Street" (R, CR) 9:30 Snack 10:00 "A Visit From St. Nickolas" Reading (C, R, CR) 11:30 Lunch 12:30 Christmas Song Picture Wordie (C, R) 1:30 Snack 2:00 Gifting Through the Decades 3:00 Cranium Crunches (C)</p>
<p>26) Closed</p> 	<p>27) 8:00 Coffee and Conversation (R, S) 8:30 Matching Games (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 What's in the Bag? (C, R) 11:30 Lunch 12:30 R.O. M. (P) 1:30 Snack 2:00 Game Time Fun (C) 3:00 Cranium Crunches (C)</p>	<p>28) 8:00 Coffee and Conversation (R, S) 8:30 Word Puzzles (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Music Appreciation (C, R) 11:30 Lunch 12:30 Participant Support Group (R, S) 1:30 Snack 2:00 Weight Lifting (P) 3:00 Cranium Crunches (C)</p>	<p>29) 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 Memories through Painting (R, PR, CR) 11:30 Lunch 12:30 R.O.M. (P) 1:30 Snack 2:00 Tell Me A Story (C, CR, R) 3:00 Cranium Crunches (C)</p>	<p>30) 8:00 Coffee and Conversation (R, S) 8:30 Name 5 (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Nurtured with Nature (N) 11:30 Lunch 12:30 Let's Move! (CR, P) 1:30 Snack 2:00 Are We There Yet? (R) 3:00 Cranium Crunches (C)</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 and include the following: Reading, Montessori, puzzles, conversation, walking, coloring, iPad activities, games/cards, gardening and patio time, and spiritual/devotional activities.**

***One to One time scheduled with volunteers Ellen (Mon & Wed 12:30-4) and Eric (Tues & Thurs 11-4) monthly.**

Art Volunteer, Charlotte, scheduled on Thursdays at 1:00 weekly to assist with Art Program

Highlighted Activities are programs provided by volunteers from the community