



May 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1) 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>2) 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>3) 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>4) 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>5) 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>8) 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>9) 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>10) 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>11) 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>12) 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>15) 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>16) 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) 10:30 Visit with Fred (S) 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>17) 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>18) 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>19) 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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22) 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)	23) 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)	24) 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)	25) 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)	26) 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)
29) Closed for Memorial Day 	30) 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)	31) 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)		Activity Domains: Physical (P) Cognitive (C) Outdoor (O) Creative (CR) Reflective (R) Productive (PR) Social (S) Nature (N)

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.

Wellness Schedule: M-F 10:00 am-11:30 am *Times of class subject to change*

Monday: Exercise
Tuesday: Games
Wednesday: Music
Thursday: Art
Friday: Drumming Exercise

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 Eric, Kimberly, Laurie, and Marian weekly.**

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