

Straus Center Activity Calendar

January 2012

Debra Chalmers, Program Director; Sharon Linscott, Program Coordinator; Amy Gillis, Program Assistant

Monday	Tuesday	Wednesday	Thursday	Friday
2 Closed in observance of New Year's	3 9:30 Body Stretch 10:00 Coffee Talk 10:30 Music w/Kathy 12:30 Walks 1:00-3:30 Bingo at Ridge Apts Or Tea & Talk	4 9:30 Body Stretch 10:00 Coffee Talk 10:15 Music Improv 11:15 Stories w/ Eileen 12:30 Better Breathing 1:00 Louise & Stan 2:30 Snacks	5 9:30 Body Stretch 10:00 Crafts w/Leza 11:00 Word Game 12:30 Laughter Yoga 1:00 Music w/ Zella 2:30 Snacks	6 9:30 Body Stretch 10:00 Coffee Talk 10:30 Music w/ Ralph 12:30 Better Breathing 1:00 Music Social 2:30 Snacks
9 9:30 Body Stretch 10:00 Coffee Talk 10:30 Visit w/ Maryanna & Connie (Pet Therapy) 12:30 Music Motion 1:00 Music w/ Kathy 2:30 Snacks	10 9:30 Body Stretch 10:00 Coffee Talk 10:30 Music Memories 12:30 Walks 1:00-3:30 Bingo at Ridge Apts Or Tea & Talk	11 9:30 Body Stretch 10:00 Coffee Talk 10:30 Historical News 12:30 Better Breathing 1:00 Louise & Stan 2:30 Snacks	12 9:30 Body Stretch 10:00 Crafts w/Leza 11:00 Word Game 12:30 Laughter Yoga 1:00 Music w/ Bill 2:30 Snacks	13 9:30 Body Stretch 10:00 Coffee Talk 10:30 Sing-along w/ Tony 12:30 Better Breathing 1:00 Music w/ Bob 2:30 Snacks
16 9:30 Body Stretch 10:00 Coffee Talk 10:30 Chimes w/ Kathe 12:30 Music Motion 1:00 Music w/ Kathy 2:30 Snacks	17 9:30 Body Stretch 10:00 Coffee Talk 10:30 Movement w/ Hayley 12:30 Walks 1:00-3:30 Bingo at Ridge Apts Or Tea & Talk	18 9:30 Body Stretch 10:00 Coffee Talk 10:15 Music Improv 11:15 Stories w/ Eileen 12:30 Better Breathing 1:00 Louise & Stan 2:30 Snacks	19 9:30 Body Stretch 10:00 Crafts w/Leza 11:00 Word Game 12:30 Laughter Yoga 1:00 Music w/ John 2:30 Snacks	20 9:30 Body Stretch 10:00 Music w/ Ruth 11:00 Crossword 12:30 Better Breathing 1:00 Banjo Man 2:30 Snacks
23 9:30 Body Stretch 10:00 Coffee Talk 10:30 Stories w/ Rich 12:30 Music Motion 1:00 Music w/ Kathy 2:30 Snacks	24 9:30 Body Stretch 10:00 Coffee Talk 10:30 Crafts w/ Joy 12:30 Walks 1:00-3:30 Bingo at Ridge Apts Or Tea & Talk	25 9:30 Body Stretch 10:00 Coffee Talk 10:30 Historical News 12:30 Better Breathing 1:00 Louise & Stan 2:30 Snacks	26 9:30 Body Stretch 10:00 Crafts w/Leza 11:00 Word Game 12:30 Laughter Yoga 1:00 Music w/ John 2:30 Snacks	27 9:30 Body Stretch 10:00 Coffee Talk 10:30 Music w/ Bill 12:30 Better Breathing 1:00 Music Social 2:30 Snacks
30 9:30 Body Stretch 10:00 Coffee Talk 10:30 Music Social 12:30 Music Motion 1:00 Music w/ Kathy 2:30 Snacks	31 9:30 Body Stretch 10:00 Coffee Talk 10:30 Music Memories 12:30 Walks 1:00-3:30 Bingo at Ridge Apts Or Tea & Talk			

Straus Center Adult Day Program
Monday-Friday
8:30-4:30

Daily Activities
Coffee Chats
Morning Snacks
News Reviews
Walks
Noon Meal
Music
Reminiscing
Afternoon Snacks
Rest & Relaxation
Personal Care

Birthdays
Betty 1/31

Calendar is Subject to Change



Our purpose...
is supporting yours