


CHRISTIAN LIVING COMMUNITIES  
**ADULT DAY SERVICES**  
JANUARY 2020



## Ongoing Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Color Key</b></p> <p><b>Outings</b> (Green)</p> <p><b>Socials</b> (Orange)</p> <p><b>Entertainers</b> (Blue)</p> <p><b>Special Events</b> (Purple)</p>	<p><b>Locations:</b> CR: Community Room AS: Art Studio FH: Fellowship Hall 3rd FL: 3rd Floor Lounge 2nd FW: 2nd Floor Willows FC: Fitness Center WB: Windmill Boutique</p>	<p>We encourage requests and suggestions for activities and outings. Let us know if there are things you would like to do or places you would like to go!</p>	<p>1 Coffee Chat Word Search Exercise <b>1:30 Chaplin Chats w/ Juli</b> Pokeno Snack Break Mandala Coloring</p>	<p>2 Coffee Chat News Briefing <b>11:00 Lita on the Piano</b> Exercise Trivia <b>Tree Take Down</b> Snack Break</p>	<p>3 Coffee Chat News Briefing Travelogue w/Rick Steves Exercise <b>Happy Hour</b> Bingo Who Am I?</p>	4
5	<p>6 Coffee Chat News Briefing Exercise Travelogue w/ Rick Steves <b>Record Hop</b> Snack Break Manicures Name that Sound</p>	<p>7 Coffee Chat News Briefing <b>930 Chaplin Rebecca</b> Ball Toss Jeopardy Exercise Snack Break Record Hop</p>	<p>8 Coffee Chat News Briefing <b>1030 Curious Dragonfly</b> <b>130 Chaplin Chats w/Mike</b> Bingo Snack Break Elvis Trivia Word Bank</p>	<p>9 Coffee Chat News Briefing <b>11:00 Lita on the Piano</b> <b>2:00 Active Minds (FH)</b> Exercise Snack Break Wolf Facts Nat Geo Documentary</p>	<p>10 Coffee Chat News Briefing Jeopardy Trivia <b>2:00 Superfoods (FH)</b> Exercise Snack Break Magazine Look through Frog Paper Holder</p>	11
12	<p>13 Coffee Chat News Briefing Word Search <b>230 Honey</b> Exercise UNO! <b>Happy Hour</b></p>	<p>14 Coffee Chat Word Search Hour <b>930 Chaplin Rebecca</b> Trivia Exercise Group Puzzle Snack Break</p>	<p>15 Coffee Chat News Briefing Group Puzzle <b>130 Chaplin Chats w/Juli</b> Exercise Snack Break Pokeno</p>	<p>16 Coffee Chat News Briefing <b>11 Lita on the Piano</b> EZ Does it Short Stories Sing-A-Long Jeopardy</p>	<p>17 Coffee Chat News Briefing <b>1030 Miner Pickers (2CR)</b> Exercise Travelogue w/ Rick Steves Broken Jewelry Art</p>	18
19	<p>20 Coffee Chat News Briefing <b>9 Wild Life Experience</b> Exercise MLK Jr. Trivia &amp; Facts <b>3 Birthday Party (MP)</b> Manicures Mandala Coloring</p>	<p>21 Coffee Chat News Briefing <b>930 Chaplin Rebecca</b> Bingo Exercise Sing-A-long Nat Geo Documentary Snack Break</p>	<p>22 Coffee Chat News Briefing <b>130 Chaplin Chats w/ Mike</b> Exercise <b>Comedy Hour</b> Queen Victoria Q&amp;A Snack Break Farkle</p>	<p>23 Coffee Chat News Briefing <b>11 Lita on the Piano</b> <b>2:00 Active Minds (FH)</b> Pokeno On this Day Trivia Dad Jokes Snack Break</p>	<p>24 Coffee Chat News Briefing Exercise <b>2 Curious Dragonfly</b> Wonders of Thailand Group Puzzle UNO! Snack Break</p>	25
26	<p>27 Coffee Chat News Briefing Exercise Pokeno <b>230 Honey</b> Relaxation Hour Snack Break</p>	<p>28 Coffee Chat News Briefing <b>930 Chaplin Rebecca</b> Exercise The History of Tea Snack Break Guess the Price</p>	<p>29 Coffee Chat News Briefing Exercise Trivia <b>130 Chaplin Chats w/Juli</b> Bingo Snack Break</p>	<p>30 Coffee Chat News Briefing Exercise <b>11 Lita on the Piano</b> <b>145 Reminisce with Jan</b> Bowling Snack Break</p>	<p>31 Coffee Chat News Briefing <b>130 Joy Ride</b> Word Categories <b>Popcorn Social</b> Pokeno Relaxation Hour</p>	<p>Please like us on Facebook to see photos of the club's culture and life enrichment</p> 

### EXERCISE CLASSES

**Wellness Walking Group (2ndFW)**

Tuesday & Thursday 8:30am

**Exercise with Carolina (FC)**

Monday, Wednesday, Friday 9:30am

**Strength Class with Carolina (FC)**

Monday, Wednesday, Friday 10:05am

**Healthy Back (FC)**

Monday & Wednesday 10:40am

**Fitness Center**

Anytime at request

### SPIRITUAL SERVICES

**Catholic Mass (CR)** 1st Mon @ 9:45am

**Bible Study (FH)** 1st & 3rd Mondays @ 10:00am

**Friday Worship Service (FH)** @ 3:00 pm

**Peaceful Hour (FH)** Monday 9:00am

**\*If you desire to meet with a Chaplain or another clergy of another faith, let staff know and we can make arrangements for you**

### CARDS & GAMES

**Refresher Bridge (3rd FL)** Monday 1:00pm

**Uno, Monopoly, Farkle, Rummy, Black Jack, Poker— Any games you'd like by request.**

### MISCELLANEOUS

**Sign Language (AS)** Mondays @ 1:00 pm

**Keepers Committee—Employee Retention (CR 1st)**

4th Wednesday of the Month

**Spanish Class—Wednesdays @ 12:00**

**Boutique Shopping — Anytime by request**

**Clermont Market— Anytime by request**

**Library — Anytime by request**

**Salon — Ask staff to set up an appointment**

### ARTS

**Art Gallery— Anytime by request**

**Drawing with Julie— Tuesdays @ 12:45**

**Adult Coloring Group—Thursdays @ 1:30pm in the MPL**

**Art Room Access Anytime— Various art supplies are always at the ready. Let staff know if there are any art supplies you would like and we can get them for you.**

**Calendar events are subject to change. Please call the Adult Day Center if you have questions 720-974-3781**