

January



2025

ADULT DAY CARE ACTIVITIES CALENDAR- DELRAY



Monday	Tuesday	Wednesday 1	Thursday 2	Friday 3
			<p>Morning Celebration</p> <p>10- Chair Exercise</p> <p>11- Trivia or Art Class</p> <p>1- Jeopardy</p> <p>2- Live Entertainment</p> <p>3- Beading Craft</p> <p>4- Chat Pack</p> <p>5- Relaxation Music</p>	<p>Morning Celebration</p> <p>10- -Bodies in Motion</p> <p>11- TAI CHI</p> <p>1- Men's/Women's Club</p> <p>2- Movie Time</p> <p>3- Nature Walk</p> <p>4- Game Battles</p> <p>5- Open Art</p>
6	7	8	9	10
<p>Morning Celebration</p> <p>10- Music in the Morning</p> <p>11- Exercise w/Blanca</p> <p>1- Bingo</p> <p>2- Live Entertainment</p> <p>3- You Be the Judge</p> <p>4- Word Wheel</p> <p>5- Open Art</p>	<p>Morning Celebration</p> <p>10- Current Events</p> <p>11- Lady's Spa/ Men's Club</p> <p>1- Sing a Long</p> <p>2- Exercise w/Blanca</p> <p>3- Let's Learn!</p> <p>4- Nature Talk</p> <p>5- Open Music Time</p>	<p>Morning Celebration</p> <p>10- Stretch & Flex</p> <p>11- Coffee Shoppe Club</p> <p>1- Current Events</p> <p>2- Brain Games</p> <p>3- White Board Games</p> <p>4- Word Wheel</p> <p>5- Open Game Play</p>	<p>Morning Celebration</p> <p>10- Move Your Body!</p> <p>11- Trivia or Art Class</p> <p>1- Jeopardy</p> <p>2- Live Entertainment</p> <p>3- Beading Craft</p> <p>4- Chat Pack</p> <p>5- Relaxation Music</p>	<p>Morning Celebration</p> <p>10- Bodies in Motion</p> <p>11- TAI CHI</p> <p>1- Men's/Women's Club</p> <p>2- Movie Time</p> <p>3- Nature Walk</p> <p>4- Game Battles</p> <p>5- Open Art</p>
13	14	15	16	17
<p>Morning Celebration</p> <p>10- Music in the Morning</p> <p>11- Exercise w/Blanca</p> <p>1- Bingo</p> <p>2- Live Entertainment</p> <p>3- You Be the Judge</p> <p>4- Word Wheel</p> <p>5- Open Art</p>	<p>Morning Celebration</p> <p>10- This Day in History</p> <p>11- Lady's Spa/ Men's Club</p> <p>1- Sing a Long</p> <p>2- Exercise w/Blanca</p> <p>3- Afternoon Stretches</p> <p>4- Nature Talk</p> <p>5- Open Music</p>	<p>Morning Celebration</p> <p>10- Stretch & Flex</p> <p>11- Coffee Shoppe Club</p> <p>1- Current Events</p> <p>2- Brain Games</p> <p>3- White Board Games</p> <p>4- Word Wheel</p> <p>5- Open Game Play</p>	<p>Morning Celebration</p> <p>10- Stretch & Flex</p> <p>11- Trivia or Art Class</p> <p>1- Jeopardy</p> <p>2- Live Entertainment</p> <p>3- Beading Craft</p> <p>4- Chat Pack</p> <p>5- Relaxation Music</p>	<p>Morning Celebration</p> <p>10- Bodies in Motion</p> <p>11- TAI CHI</p> <p>1- Men's/Women's Club</p> <p>2- Movie Time</p> <p>3- Nature Walk</p> <p>4- Game Battles</p> <p>5- Open Art</p>
20	21	22	23	24
<p>CLOSED</p> <p>MARTIN LUTHER KING JR. Day</p> 	<p>Morning Celebration</p> <p>10- This Day in History</p> <p>11- Lady's Spa/ Men's Club</p> <p>1- Silly Stories</p> <p>2- Exercise w/Blanca</p> <p>3- Afternoon Stretches</p> <p>4- Nature Talk</p> <p>5- Open Music</p>	<p>Morning Celebration</p> <p>10- Stretch & Flex</p> <p>11- Coffee Shoppe Club</p> <p>1- Current Events</p> <p>2- Reminisce Activity</p> <p>3- White Board Games</p> <p>4- Nature Talk</p> <p>5- Relaxation Music</p>	<p>Morning Celebration</p> <p>10- Stretch & Flex</p> <p>11- Coffee Shoppe Club</p> <p>1- Current Events</p> <p>2- Live Entertainment</p> <p>3- White Board Games</p> <p>4- Nature Talk</p> <p>5- Relaxation Music</p>	<p>Morning Celebration</p> <p>10- Bodies in Motion!</p> <p>11- TAI CHI</p> <p>1- Men's/Women's Club</p> <p>2- Movie Time</p> <p>3- Nature Walk</p> <p>4- Game Battles</p> <p>5- Open Art</p>
27	28	29	30	31
<p>Morning Celebration</p> <p>10- This Day in History</p> <p>11- Exercise w/Blanca</p> <p>1- Bingo</p> <p>2- Live Entertainment</p> <p>3- Reminisce Activity</p> <p>4- Afternoon Stretches</p> <p>5- Open Art</p>	<p>Morning Celebration</p> <p>10- This Day in History</p> <p>11- Lady's Spa/ Men's Club</p> <p>1- Silly Stories</p> <p>2- Exercise w/Blanca</p> <p>3- Afternoon Stretches</p> <p>4- Nature Talk</p> <p>5- Open Music</p>	<p>Morning Celebration</p> <p>10- Stretch & Flex</p> <p>11- Coffee Shoppe Club</p> <p>1- Current Events</p> <p>2- Brain Games</p> <p>3- White Board Games</p> <p>4- Word Wheel</p> <p>5- Open Game Play</p>	<p>Morning Celebration</p> <p>10- Chair Exercise</p> <p>11- Trivia or Art Class</p> <p>1- Jeopardy</p> <p>2- Live Entertainment</p> <p>3- Beading Craft</p> <p>4- Chat Pack</p> <p>5- Relaxation Music</p>	<p>Morning Celebration</p> <p>10- Bodies in Motion</p> <p>11- TAI CHI</p> <p>1- Men's/Women's Club</p> <p>2- Movie Time</p> <p>3- Nature Walk</p> <p>4- Game Battles</p> <p>5- Open Art</p>

Happy New Year!