




# Wilder Adult Day Health Services – Great Room

651-280-2500

January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>PROGRAM CLOSED</b>	10:15 Exercise w/weights 11:00 Bullseye 12:30 Walk Around The Clock 1:00 Travel to Arizona 2:30 Treasured Memories	10:00 Ageless Grace® 10:30 <b>Art Class w/Sandra</b> 10:30 Sing Along 11:15 Name that Memory 12:30 Short Stories 1:00 Bingo 2:30 Charades	10:15 Exercise w/weights 11:00 Bowling 12:30 <b>Wilder Choir</b> 12:30 Ticket to the 20's 1:30 <b>Wilder Band</b> 1:30 January Tidbits 2:30 Outburst	10:00 Men's Group 10:15 Social Service Talk 11:00 Snow flake craft 12:15 Exercise w/weights 1:00 <b>Music w/Janine</b> 2:30 Rhyme time
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
10:15 Dance & Drama 11:00 Exercise & Weights 12:30 Art Walks 1:00 <b>Great Room Poetry</b> 2:30 Tidbits 	10:15 Exercise w/weights 11:00 Baking Group 11:00 Time Slips 12:30 Laughter is the Best Medicine 1:00 <b>Taiko Drumming</b> 2:30 Spell Up & Down	10:00 Ageless Grace® 10:30 <b>Art Class w/Sandra</b> 10:30 Balloon Volleyball 11:15 At the Beach 12:30 Story Telling 1:00 <b>Music w/MacPhail</b> 2:30 Giant Crossword	10:15 Exercise w/weights 10:30 <b>Sunroom Poetry</b> 11:00 Tunnel Run 12:30 <b>Wilder Choir</b> 12:30 Are you smarter than A 5 <sup>th</sup> Grader 1:30 <b>Wilder Band</b> 1:30 Question Ball 2:30 Alphabet Soup 	10:00 Men's Group 10:15 Lavish Ladies 12:15 Exercise w/weights 1:00 <b>Music w/Janine</b> 2:30 Puzzles/Word search
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>PROGRAM CLOSED</b>	10:15 Exercise 10:30 <b>Art Class w/Sandra</b> 10:30 Lawn Darts 11:15 Pick A Letter 12:00 Martin Luther King Tribute 1:00 <b>Taiko Drumming</b> 2:30 Charades	10:15 Exercises w/weights 11:00 Baking Group 11:00 Winter Pick A Letter 12:30 Art Walk 1:00 <b>Music w/Janine</b> 2:30 Pictionary	10:15 Exercises w/weights 11:00 Winter Square 12:30 <b>Wilder Choir</b> 12:30 Winter Pictionary 1:30 <b>Wilder Band</b> 1:30 Musing Memories & Make Believe 2:30 Penny Ante	10:00 Men's Group 10:15 National Hat Day w/Amanda 11:00 Toss the Hat Game 12:15 Exercise w/weights 1:00 <b>Music w/Janine</b> 2:30 Fact or Fiction
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
10:15 Exercise & Weights 11:00 Horse Shoes 12:30 Jumbo Dice 1:00 <b>Great Room Poetry</b> 2:30 Outburst	10:00 Ageless Grace® 10:30 <b>Art Class w/Sandra</b> 10:30 Bundt Cake of the Month 10:30 Balloon Volleyball 12:30 Art Walk 1:00 <b>Taiko Drumming</b> 2:30 Charades	10:15 Exercises w/weights 11:00 Bowling 12:30 Name That Tune 1:00 <b>Music w/MacPhail</b> 2:30 Rhyme Time	10:15 Exercises w/weights 11:00 Ice Fishing 12:30 <b>Wilder Choir</b> 12:30 Appreciate Squirrels 1:30 <b>Wilder Band</b> 1:30 Winter Carnival Kick Off 2:30 Winter Grid	10:00 Men's Group 10:15 Lavish Ladies 12:15 Exercise w/weights 1:00 <b>Music w/Janine</b> 2:30 Rocky Mountain National Park
<b>29</b>	<b>30</b>	<b>31</b>		
10:15 Dance & Drama 11:00 Exercise w/eights 12:30 Balloon Volleyball 1:00 Bible Study/Hymn Choir 1:00 Alt Group 2:30 Puzzles/Word Search	10:15 Exercises w/weights 11:00 Pie of the Month 12:30 Ice Sculpture Walk 1:00 <b>Taiko Drumming</b> 2:30 Giant Crossword	10:00 Ageless Grace® 10:30 <b>Art Class w/Sandra</b> 10:30 Balloon Volleyball 11:15 Winter Reminisce 12:30 Art Walk 1:00 Dean Martin 2:30 Fact or Fiction	<b>DAILY</b>	
10:00 Th,F,Exercise w/weights 11:50 Lunch 2:00 Snack 1 2:00 Sensory Group 3:00 Snack 2 3:15 Table Game Activities				