


Wilder Adult Day Health Services – Day Room

651-280-2500

January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
CLOSED FOR HOLIDAY	2 10:15 Art Class w/Sandra 10:30 Advance Fitness 11:00 Who What Where? 12:30 Book Club/Net Ball 1:00 Cards and Puzzles	3 10:15 Exercise w/weights 11:00 Winter Birds 12:30 Support Group/ Winter Nine Square 1:00 Would You Rather? 1:45 Hidden Pictures	4 10:30 Advisory Council 12:30 Choir/ Ticket to the 20's 1:30 Band/ Spanish Jingo	5 10:00 Men's Group 10:15 Social Service Talk 11:00 Snowflake Craft 12:30 Bible Study/Ageless Grace 1:00 Creative Writing/ Music w/MacPhail
8 10:15 Pencil Sketching 11:00 Decade Trivia 12:30 Book Club/Bible Study/ College Football Championship 1:00 Poetry Reading 2:00 Word Pictures	9 10:15 Art Class w/Sandra 11:00 Birthday Quiz 12:30 Book Club/Pizza Toss 1:00 Poetry/ Pizza Trivia & Taste Test	10 11:00 Panda Garden Outing/ Rhyme Time 12:30 Support Group/ Travel 9 Square 1:00 Kid Inventors 1:30 World Geography Jingo	11 10:30 Advance Fitness 11:00 Water Colors 12:30 Choir/Are you Smarter Than a 5 th Grader 1:30 Band/ Cards & Cribbage	12 10:00 Men's Group 10:30 Exercise w/weights 11:00 Service Grp Card Making 12:30 Balloon Hockey 1:00 Music w/Charlie Maguire Tribute to M.L.K.
CLOSED FOR HOLIDAY	16 10:15 Advance Fitness/ Health Talk 12:30 Dutch Shuffleboard 12:30 Book Club/Bible Study 1:00 Creative Writing/ You be the Judge 1:45 Work Sheets	17 10:15 Art Class w/Sandra 11:00 Tic Tac Toe Trivia 12:30 Support Group/ Ring A Thing 1:00 Music w/MacPhail	18 10:15 Cooking Group 11:00 Family Feud 12:30 Choir/Winter Pictionary 1:30 Band/ Outburst	19 Wear your favorite hat 10:00 Men's Group 10:15 National Hat Day w/Amanda 11:00 Toss The Hat Game 12:30 Como Conservatory Outing 1:30 Retirement Jingo
22 10:15 Health Talk 10:30 Tai Chi 12:30 Book Club/Bible Study/ Snowman Toss 1:00 Mad Libs 1:30 Bingo	23 Home Made Bread Bake 10:30 Advance Fitness 11:00 Winter Charades 12:30 Book Club/Pie Toss 1:00 Remember "Prince" w/Sharron	24 10:15 Art Class w/Sandra 10:30 Wilder Dolphins/Tai Chi 11:15 Me Moves 12:30 Support Group/ Snowman Hockey 1:00 Table Games/Cards	25 Winter Carnival Begins 10:00 Hill Murray Students Intro's 10:30 Bowling 11:00 Who Am I? 12:30 Choir/Appreciate Squirrels 1:30 Band/Winter Carnival Quiz	26 10:00 Men's Group 10:15 National Soup Month/ Home Made Soup Grp 10:30 Women's Pro Football Bowl 11:00 Winter Carnival Festivities 12:00 Movie of the Month
29 10:15 King & Queen Coronation 10:30 Tai Chi 11:00 Winter Carnival Up & Down 12:30 Book Club/Bible Study/ Pin Toss 1:00 Dance & Creative Movement w/Karla	30 10:15 Art Class w/Sandra/ King & Queen Coronation 11:00 Winter Carnival Fill in the Blank 12:30 Book Club/ Ring the King 1:00 Social Service Talk 1:30 Winter Carnival Jingo	31 10:15 King & Queen Coronation 10:30 Tai Chi/ Wilder Dolphins Visit 11:00 Penguin Fun Facts 12:30 Support Group/ Medalian Hunt 1:00 Music w/MacPhail		DAILY 8:30 Coffee and Snack 9:00 Wii Games/ Table Activities 10:15 Exercises / weights 11:40 Lunch Ongoing - Modified Therapy