

January 2012		Flower: Carnation	Birthstone: Garnet	Color: Black & Dark Blue	Adult Day Healthcare Program
Monday	Tuesday	Wednesday	Thursday	Friday	
Holiday	Happy New Year 3 Coffee & Social Time Living Room / Garden Time Bluegrass Band Chair Exercise-Stretching Lunch & Rest Nail Salon/ Cut Coupons Reminiscing / Discussion Time	South Carolina History 4 Coffee & Social Time Living Room / Garden time Art Project Chair Exercises.Strengthening Lunch & Rest Family Fued Game Reminiscing / Discussion Time	Pea Soup 5 Coffee &Social time Living Room / Garden Time Bingo Chair exercises- Balance Lunch & Rest Spelling Bee/Short Stories Reminiscing / Discussion Time	Snowman 6 Coffee &Social Time Living Room/Garden Time Craft Time Chair Exercise- Dance Lunch & Rest Coloring/Painting Reminiscing / Discussion Time	
Center Closed					
Georgia History 9 Coffee &Social Time Living Room / Garden Time Art Project Chair Exercise- Balance Lunch & Rest Nail Salon/Cut Coupons Reminiscing / Discussion Time	Bowling Trip 10 Coffee &Social Time Living Room / Garden Time Bowling Trip Lunch & Rest Spelling Bee/ Short Stories Reminiscing / Discussion Time	Snowflakes 11 Coffee & Social Time Living Room / Garden time Craft Time Chair Exercises-Dance Lunch & Rest Table Games Reminiscing / Discussion Time	Elvis Presley 12 Coffee &Social time Living Room / Garden Time Bingo Chair exercises- strengthening Lunch & Rest Family Feud Game Reminiscing / Discussion Time	Natl. Bird Day 13 Coffee &Social Time Living Room/Garden Time Craft Time Chair Exercise-Balance Lunch & Rest Poetry/ Short Stories Reminiscing / Discussion Time	
Martin Luther King Day 16 Center Closed	Massachusetts 17 Coffee & Social Time Living Room / Garden Time Bluegrass Band Chair Exercise- Stretching Lunch & Rest Nail Salon/ Cut Coupons Reminiscing / Discussion Time	Winter Wear 18 Coffee & Social Time Living Room / Garden time Craft Time Chair Exercise- Balance Lunch & Rest Talble Games Reminiscing / Discussion Time	John Hancock 19 Coffee &Social time Living Room / Garden Time Bingo Exercise: Dance Lunch & Rest Family Feud Game Reminiscing / Discussion Time	Ice Skates 20 Coffee &Social Time Living Room/Garden Time Craft Time Chair Exercise- strenghtening Lunch & Rest Spelling Bee/ Short Stories Reminiscing / Discussion Time	
Chinese New Year 23 Coffee &Social Time Living Room / Garden Time Craft Time Chair Exercise- Balance Lunch & Rest Nail Salon/Cut Coupons Reminiscing / Discussion Time	Florida History 24 Coffee & Social Time Liiving Room / Garden Time Bingo Chair Exercising- Dance Lunch & Rest Table Games Reminiscing / Discussion Time	Show & Tell Day 25 Coffee &Social Time Living Room / Garden time Art Project Chair Exercises- Strengthening Lunch & Rest Family Fued Game Reminiscing / Discussion Time	Natl. Puzzle Day 26 Coffee &Social time Living Room / Garden Time Bingo Chair Exercise-Stretching Lunch & Rest Table Games Reminiscing / Discussion Time	Sleigh Day 27 Coffee &Social Time Living Room/Garden Time Craft Time Chair Exercise-Balance Lunch & Rest Coloring/Painting Reminiscing / Discussion Time	
Alabama History 30 Coffee &Social Time Living Room / Garden Time Art Project Chair Exercise- Balance Lunch & Rest Nail Salon/Cut Coupons Reminiscing / Discussion Time	7 Bean Soup 31 Coffee & Social Time Living Room / Garden Time Bluegrass Band Chair Exercise-Stretching Lunch & Rest Family Fued Game Reminiscing / Discussion Time	Calendar Subject To Change	Council On Aging Of Nassau's Adult Day Healthcare Program 1367 S 18th Street Fernandina Beach, Florida 32034 904-261-0701 ext.113 Debra Dombkowski LPN		

Schedule subject to change~~

