

BOND PARK TOTAL LIFE CENTER

January 2021

Theme: New Year New Beginning

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
A					CLOSED FOR NEW YEAR DAY	
B						
C						
D						
	4	5	6	7	8	9
A		Anagrams	Pinecone in snow	Health Talk	Sip and Paint	
B		Sing-a-long	Trivia w/Terry	Matching w/Ed	Anagrams	
C		Coat collage	Kickball no Hands	Hangman/Terry	Scattergories	
D						
	11	12	13	14	15	16
A	Snow Mittens w/Ed	Taco Tuesday	Matching w/Ed	BINGO	Smores	
B	Hi or Low	Hangman/Terry	Winter Collage	Trivia w/Terry	Kickball no Hands	
C	BINGO	Name That tune	Anagrams	Beach Ball ?s	Horsrace	
D						
	18	19	20	21	22	23
A	CLOSED FOR MARTIN LUTHER KING JR. DAY	Health Talk	BINGO	Kickball no Hands	Matching w/Ed	
B		Name That tune	Trivia	Hangman	I spy	
C		Scattergories	Hi or Low	Beach Ball ?s	Anagrams	
D						
	25	26	27	28	29	30
A	Kickball no Hands	Taco Tuesday	Bake Snowman cookies	Hi or Low	BINGO	
B	I spy	Trivia w/Terry	Hangman/Terry	Scattergories	Name That tune	
C	Matching w/Ed	Beach Ball ?s	Sing-a-long	Anagrams	Wheel of Fortune	
D						

DAILY SCHEDULE

7:00-9:30 Breakfast/Coffee Talk
 9:30-10:00 Current Events
 10:00-10:30 Morning Exercise
 10:30-11:30 See Calendar (A)
 11:30-12:00 Life Skills
 12:00-1:00 Lunch
 1:00-1:45 Relaxation/Social

1:45-2:15 Afternoon Exercise
 2:15-3:15 See Calendar (B)
 3:15-3:30 Snack
 3:30-4:00 Life Skills
 4:00-4:30 See Calendar (C)
 4:30-5:00 See Calendar (D)
 5:00-6:00 Social Time



Open Monday-Friday 8:00am-5:00pm
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