

GARNER TOTAL LIFE CENTER

January

Theme: Winter Wonderland

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
A	CLOSED for NEW YEARS' HOLIDAY	Resolutions	High Low	Roll a Snowman	Preschool S	Saturday Daybreak at Departure Drive
B		Puzzles	Devotion	Cotton Ball Roll	Find It	
C		Ring Toss	Basketball	Bowling	Outburst	
A	BINGO	Preschool S	Cotton Ball Snowman	Preschool E/B	Pokeno	Saturday Daybreak at Bond Park
B		Shoot the snow	Hot Cocoa Craft	Snowball Toss	Snow Globes	
C		UNO	Trivia	Outburst	Go Fish	
A	CLOSED for MLK Jr. DAY	Beach BINGO	Winter Hats	Preschool E/B	Preschool S	Saturday Daybreak at Departure Drive
B		Participant Council	Devotion	BINGO	Table Games	
C		Corn Hole	Catch Up	Puzzles	Golf	
A	Penguins	Preschool S	Polar Bears	Preschool E/B	Winter Mittens	Saturday Daybreak at Bond Park
B		High Low	Devotion	Snowflakes	Beach BINGO	
C		Angry Birds	UNO	Ladder ball	Health Talk	
A	MOVIE	Cardinal Gibbons	BINGO			Saturday Daybreak at Departure Drive
B		Build a Bear	Devotion			
C		Ring Toss	Outburst			

DAILY SCHEDULE

7:00-9:30 Breakfast
 9:30-10:00 Current Events
 10:00-10:30 Exercise
 10:30-10:45 Morning Meditation
 10:45-11:30 See Calendar (A)
 11:30-11:45 Brain Fitness
 12:00-1:00 Lunch

1:00-2:00 Individual Activities
 2:00-2:30 See Calendar (B)
 2:30-3:00 Exercise
 3:00-3:30 Snack
 3:30-4:00 See Calendar (C)
 4:00-6:00 Social Time/Games

