

GARNER TOTAL LIFE CENTER

January

Theme: **Walking in a Winter Wonderland**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
	31	1	2	3	4	5
A		CLOSED for NEW YEARS' HOLIDAY	Roll a snowman w/PM	Art project 10:30-11:30	Hockey w/PS	Saturday Daybreak at Departure Drive
B			Devotion	Melted Snowman w/PE	Marshmallow art	
C			UNO	New Year's Resolutions Trivia	Skip Bo	
	7	8	9	10	11	12
A	Snowman Bags	Polar Bears	Mittens w/PM	Art project 10:30-11:30	Winter Hats	Saturday Daybreak at Bond Park
B	Participant Council	BINGO	Devotion	Cotton Ball snowman w/PE	Drink Tasting	
C	Trivia	High Low	Word Search	Puzzles Christmas Trivia	Health Talk	
	14	15	16	17	18	19
A	Penguins	Snow Globes	Snowball Toss w/PM	Art project 10:30-11:30	Snowman Masks w/PS	Saturday Daybreak at Departure Drive
B	Winter Anagrams	Beach Bingo	Devotion	Kick Ball w/PE	Outburst	
C	I Spy	Find It	Pictureka!	Bead Wreath UNO	Tic Tac Toe	
	21	22	23	24	25	26
A	CLOSED for MLK Jr. DAY	MLK Pictures	Golf w/PM	Art project 10:30-11:30	Snowman Puppets	Saturday Daybreak at Bond Park
B		Pokeno w/PS	Devotion	Ladder Ball w/PE	Table Games	
C		Magazine Search	Kickball	Basketball Anagrams	Twister Toss	
	28	29	30	31	1	2
A	Ice Skates	Angry Birds	Football Toss w/PM	Jug pull w/PE		Saturday Daybreak at Departure Drive
B	High Low	BINGO	Devotion	Super bowl challenge		
C	Puzzles	Ladder ball	High Low	Magazine Hunt		

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

