

GARNER TOTAL LIFE CENTER

January

Theme: **Baby it's Cold outside...**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
	30	31	1	2	3	4
A			CLOSED for NEW YEAR'S Day	Fireworks	Snowmen	Saturday Daybreak at Departure Drive
B				Snowflakes	Shoot the snowman	
C				Logo's	Apples to Apples	
	6	7	8	9	10	11
A	Ice Skates	Catching Snowflakes	Exercise with Latova	Snowman Knock down	Mittens w/PS	Saturday Daybreak at Bond Park
B	Anagrams	Olaf Puppets	Marshmallow Craft	Pokeno!	Marble Roll	
C	Outburst	Pictureka!	Trivia	Skip-Bo	Table Games	
	13	14	15	16	17	18
A	Sequence	Cardinal Gibbons	Scarfs w/PM	Snow Globes	Winter Scene w/PS	Saturday Daybreak at Departure Drive
B	Hot Cocoa Craft	BINGO	Guess the Item	Magazine Search	Puzzles	
C	Bowling	20 Questions	Health Talk	Noodle Shoot	Logo's	
	20	21	22	23	24	25
A	CLOSED for MLK Jr. DAY	Frosty Pictures w/PS	Winter Hats w/PM	Eskimos	BINGO	Saturday Daybreak at Bond Park
B		MLK Coloring pages	High Low	Snowball on a log	Snow trees	
C		Uno	Rummikub	Seek and Find	Would you Rather?	
	27	28	29	30	31	1
A	Penguins	Magic Wand	Winter Cardinals w/PM	Participant Council/MOVIE	Footballs w/PS	Saturday Daybreak at Departure Drive
B	Mickey Plates	Walrus Craft	Igloo's	BINGO	Super bowl Party	
C	Outburst	Table Games	Rummikub	Washer Toss	Can Jam	

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

