

GARNER TOTAL LIFE CENTER

January 2021

Theme: **NEW YEAR NEW YOU..**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
A					CLOSED FOR NEW YEAR DAY	
B						
C						
A	4 Fireworks	5 Snowflakes	6 Olaf	7 Snowmen	8 Winter Pictures	9
B	Wrapping Paper collage	Eskimos	Marshmallows Names	BINGO	Wintery Cardinal	
C	Jokes	20 Question	Catch Up	Trivia	5 second rule	
A	11 Winter Trees	12 Catching Snow	13 Cotton Ball	14 Penguin Plates	15 Polar Bears	16
B	Sequence	Smores	Igloos	Scarfs	Elsa Wands	
C	Magazine Hunt	Participant Council	The planning Book	Color Ball Pick	Health Talk	
A	18 CLOSED FOR MARTIN LUTHER KING JR. DAY	19 Snowmen Fight	20 Hot Coca/ Cookies	21 Melted Snowmen	22 Snow Roll	23
B		MLK Pictures	Snow Angels	Walrus	Winter BINGO	
C		Scattergories	Anagrams	Magazine Search	Outburst	
A	25 Snow Owls	26 Popsicle Moose	27 Hibernating Bears	28 Snowman Hang	29 Narwhal	30
B	Anagrams	BINGO	Mittens	Sequence	Beach BINGO	
C	Pictionary	Question Ball	Find it	I Spy	Trivia	

DAILY SCHEDULE

7:00-8:00 Welcome
 8:00-9:30 Breakfast
 9:30-10:00 Social Time/ News
 10:00-10:30 Current Events
 10:30-11:00 Exercise
 11:00-11:45 See Calendar **(A)**
 11:45-12:00 Brain Fitness

12:00-1:00 Lunch
 1:00-2:00 Relaxation/Individual Time
 2:00-2:30 Exercise
 2:30-3:00 See Calendar **(B)**
 3:00-3:30 Snack
 3:30-4:00 See Calendar **(C)**
 4:00-6:00 Social Time/News/Games



Open Monday-Friday 8:00am-5:00pm
 Center Program Director: Jennifer Best
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