


SENIORS DAY PROGRAM

JANURARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>TO BOOK OR CANCEL CALL CAROL @ 705-355-1022 EXT.238 PLEASE LEAVE MESSAGE</p>	<p>1 HAPPY NEW YEAR !! CLOSED </p>	<p>2 10:00 Coffee Social Blood Pressure & Weights 11:00 VON SMART Exercise 12:15 Lunch 1:15 Wheel of Fortune</p>	<p>3 10:00 Coffee Social Council Meeting/ Wii Bowling 11:00 Light Exercise 12:15 Lunch 1:15 BINGO</p>
<p>7 10:00 Coffee Social You Choose 11:00 VON SMART Exercise 12:15 Lunch 1:15 Jack & Catherine - Music</p>	<p>8 10:00 Coffee Social Guggenheim 11:00 Light Exercise 12:15 Lunch 1:15 Ladder Toss</p>	<p>9 10:00 Coffee Social Left Right Center 11:00 VON SMART Exercise 12:15 Lunch 1:15 Craft</p>	<p>10 10:00 Coffee Social Balloon Badminton 11:00 Light Exercise 12:15 Lunch 1:15 Shuffle Board</p>
<p>14 10:00 Coffee Social Word in a Word 11:00 VON SMART Exercise 12:15 Lunch 1:15 Large Crossword</p>	<p>15 10:00 Coffee Social Wii Bowling 11:00 Light Exercise 12:15 Lunch 1:15 Home Early</p>	<p>16 10:00 Coffee Social Word Search 11:00 VON SMART Exercise 12:15 Lunch 1:15 Family Feud</p>	<p>17 10:00 Coffee Social Trivia 11:00 Light Exercise 12:15 Lunch 1:15 Bean Bag Board Toss</p>
<p>21 10:00 Coffee Social Bean Bag Toss 11:00 VON SMART Exercise 12:15 Lunch 1:15 Jack and Catherine</p>	<p>22 10:00 Coffee Social Left Right Center 11:00 Light Exercise 12:15 Lunch 1:15 Internet Search</p>	<p>23 10:00 Coffee Social Scavenger Hunt/ Find IT 11:00 VON SMART Exercise 12:15 Lunch 1:15 Sing A Long Music Books</p>	<p>24 10:00 Coffee Social Concentration 11:00 Light Exercise 12:15 Lunch 1:15 Board or Card Games</p>
<p>28 10:00 Coffee Social Health Chat- Heart Attack 1:00 VON SMART Exercise 12:15 Lunch 1:15 Shuffle Board</p>	<p>29 10:00 Coffee Social UNO 11:00 Light Exercise 12:15 Lunch 1:15 Craft</p>	<p>30 10:00 Coffee Social Ice Breakers 11:00 VON SMART Exercise 12:15 Lunch 1:15 BINGO</p>	<p>31 10:00 Coffee Social Wii Bowling 11:00 Light Exercise 12:15 Lunch 1:15 Ladder Toss</p>