

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



January 2019
Accord Adult Day Health Center

Closed 1



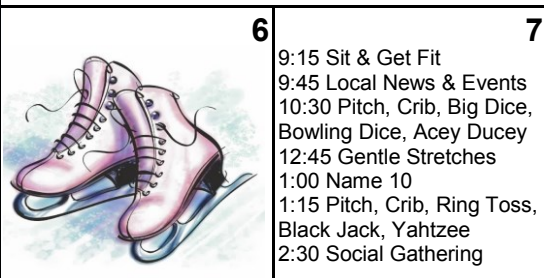
HAPPY NEW YEAR

9:15 Let's Get Fit 2
 9:45 This Day in History
 10:30 Pitch, Crib, Target Toss, Black Jack, Bunco
 12:45 Gentle Stretches
 1:00 Word Games
 1:15 Pitch, Crib, Uno, Reminiscing
 1:30 **Mass w/ Father Reid**
 2:30 Social Gathering

9:15 Stretch It Out 3
 9:45 Current Events
 10:30 Pitch, Crib, Rummy, Darts, Uno, Gone Fishing
 12:45 Gentle Stretches
 1:00 Word in a Word
 1:15 Pitch, Crib, Rummy, Corn Hole Toss, Yahtzee, **Bingo**,
 2:30 Social Gathering

9:15 Strength Training 4
 9:45 Daily Chronicle
 10:30 Pitch, Crib, Yahtzee, Lucky 7's, **Bowling**
 12:45 Gentle Stretches
 1:00 Trivia Challenges
 1:15 Pitch, Crib, Mystery Box, Black Jack, Horseracing
 2:30 Social Gathering

9:30 Large Muscle Stretches 5
 9:45 Local News & Current Events
 10:30 Parachute
 12:45 Gentle Stretches
 1:15 Tin Can Alley
 2:30 Social Gathering



6
 9:15 Sit & Get Fit
 9:45 Local News & Events
 10:30 Pitch, Crib, Big Dice, Bowling Dice, Acey Ducey
 12:45 Gentle Stretches
 1:00 Name 10
 1:15 Pitch, Crib, Ring Toss, Black Jack, Yahtzee
 2:30 Social Gathering

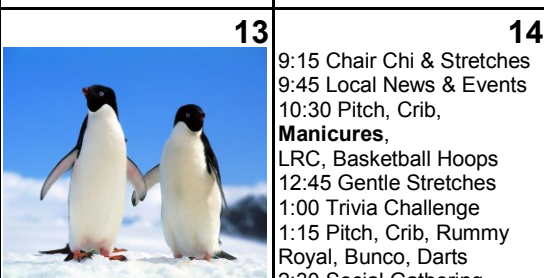
7
 9:15 Chair Chi & Stretches 8
 9:45 Daily Chronicle
 10:30 Pitch, Crib, Rummy, Bocce, Farkle, **Bowling**
 12:45 Gentle Stretches
 1:00 Brain Games
 1:15 Pitch, Crib, Rummy, LRC, Go Gator, Rummy Royal
 2:30 Social Gathering

9:15 Seated Stretches 9
 9:45 This Day in History
 10:30 Pitch, Crib, Bowling Dice, Darts, Horseshoes
 12:45 Gentle Stretches
 1:00 Word in a Word
 1:15 Pitch, Crib, Ring Toss, Gone Fishing, Uno
 2:30 Social Gathering

9:15 Strength Training 10
 9:45 Daily Chronicle
 10:30 Pitch, Crib, Rummy, Black Jack, Toss It Up, Noodle Hockey,
 12:45 Gentle Stretches
 1:00 Word Gamers
 1:15 Pitch, Crib, Rummy, LRC, 1:30 **Seated Yoga**
 2:30 Social Gathering

9:15 Chair Chi & Stretches 11
 9:45 Historical Events
 10:30 Pitch, Crib, Bean Bag Toss, Gone Fishing, **Watercolors** - Snowman
 12:45 Gentle Stretches
 1:00 You Be the Judge
 1:15 Pitch, Crib, **Bingo**, Big Dice, Toss It Up
 2:30 Social Gathering

9:15 Large Muscle Stretches 12
 9:45 Local News
 10:30 Darts
 12:45 Stretch Your Legs
 1:15 Twister
 2:30 Social Gathering



13
 9:15 Chair Chi & Stretches 14
 9:45 Local News & Events
 10:30 Pitch, Crib, **Manicures**,
 LRC, Basketball Hoops
 12:45 Gentle Stretches
 1:00 Trivia Challenge
 1:15 Pitch, Crib, Rummy Royal, Bunco, Darts
 2:30 Social Gathering

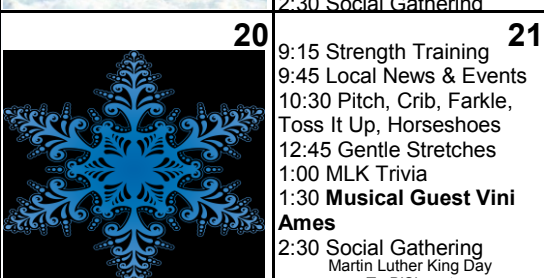
9:15 Strength Training 15
 9:45 This Day in History
 10:30 Pitch, Crib, Rummy, **Bakers Group**, Bunco, Darts
 12:45 Gentle Stretches
 1:00 Word Games
 1:15 Pitch, Crib, Rummy, Pokeno, LRC, Ring Toss
 2:30 Social Gathering

9:15 Stretch It Out 16
 9:45 Historical Events
 10:30 Pitch, Crib, **Bingo** Lucky 7's, Yahtzee, Bean Bag Toss
 12:45 Gentle Stretches
 1:00 Name 10
 1:15 Pitch, Crib, Uno
 1:30 **Mass w/ Fr Roy**
 2:30 Social Gathering

9:15 Strength Training 17
 9:45 Local News & Events
 10:30 Pitch, Crib, Rummy, Darts
Bowling, Bowling Dice
 12:45 Gentle Stretches
 1:00 Name 10
 1:15 Pitch, Crib, Rummy, Crazy 8's, Ring Toss, Bowling Dice
 2:30 Social Gathering

9:15 Seated Stretches 18
 9:45 Daily Chronicle
 10:30 Pitch, Crib, Acey Ducey, Penny Ante, Ring Toss
 12:45 Gentle Stretches
 1:00 Cranium Crunches
 1:15 Pitch, Crib, Rummy, **Movie Matinee**
 2:30 Social Gathering

9:15 Morning Stretch 19
 9:45 This Day in History
 10:30 Horseshoes
 12:45 Large Muscle Stretches
 1:15 Target Toss
 2:30 Social Gathering



20
 9:15 Strength Training 21
 9:45 Local News & Events
 10:30 Pitch, Crib, Farkle, Toss It Up, Horseshoes
 12:45 Gentle Stretches
 1:00 MLK Trivia
 1:30 **Musical Guest Vini Ames**
 2:30 Social Gathering
 Martin Luther King Day
 Tu B'Shevat

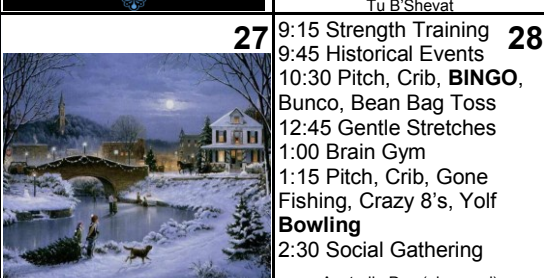
9:15 Chair Chi & Stretches 22
 9:45 Historical Events
 10:30 Pitch, Crib, Rummy, Hold Your Horses, Ring Toss, Lucky 7's
 12:45 Gentle Stretches
 1:00 Cranium Crunches
 1:15 Pitch, Crib, Rummy, **Bingo**
 Mystery Box, Target Toss
 2:30 Social Gathering

9:15 Strength Training 23
 9:45 Daily Chronicle
 10:30 Pitch, Crib, Hold Your Horses, **Make a Craft**, Yolf
 12:45 Gentle Stretches
 1:00 Trivia Challenges
 1:15 Pitch, Crib, **Bowling**, Lucky 7's, Twister
 2:30 Social Gathering

9:15 Strength Training 24
 9:45 Daily Chronicle
 10:30 Pitch, Crib, Rummy, **Manicures**, Twister, Penny Ante
 12:45 Gentle Stretches
 1:00 Cranium Crunches
 1:15 Pitch, Crib, Rummy, Rummy Royal, Mystery Box, Darts
 2:30 Social Gathering

9:15 Strength Training 25
 9:45 This Day in History
 10:30 Pitch, Crib, Bullseye, Poker, Bunco
 12:45 Gentle Stretches
 1:00 Brain Teasers
 1:15 Pitch, Crib, Whoopee, **Travel Adventures**, Target Toss
 2:30 Social Gathering

9:15 Let's Get Fit 26
 9:45 Daily Chronicle
 10:30 Twister
 12:45 Stretch Your Legs
 1:15 Bulls Eye
 2:30 Social Gathering



27
 9:15 Strength Training 28
 9:45 Historical Events
 10:30 Pitch, Crib, **BINGO**, Bunco, Bean Bag Toss
 12:45 Gentle Stretches
 1:00 Brain Gym
 1:15 Pitch, Crib, Gone Fishing, Crazy 8's, Yolf
Bowling
 2:30 Social Gathering
 Australia Day (observed)

9:15 Sittercise 29
 9:45 Daily Chronicle
 10:30 Pitch, Crib, Rummy, Bean Bag Toss, **Coffee Social**, Fish Bait
 12:45 Gentle Stretches
 1:00 Brain Teasers
 1:15 Pitch, Crib, Rummy, Toss It Up, Noodle Hockey, Black Jack
 2:30 Social Gathering

9:15 Sit & Get Fit 30
 9:45 This Day in History
 10:30 Pitch, Crib, Yahtzee, Pokeno, Darts
 12:45 Gentle Stretches
 1:00 Name 10
 1:15 Pitch, Crib, Whoopee, Horseracing, Toss It Up
 2:30 Social Gathering

9:15 Strength Training 31
 9:45 Historical Events
 10:30 Pitch, Crib, Rummy, Whoopee, Bowling Dice, Bullseye
 12:45 Gentle Stretches
 1:00 Name 10
 1:15 Pitch, Crib, Rummy, Horseshoes, Penny Ante, Uno
 2:30 Social Gathering

