

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 CLOSED <small>New Year's Day</small>	2 10:00 BINGO 11:15 Exercise 1:14 Happy Hr.	3 10:00 Arts&Crafts 10:15 Church 11:00 Meditation 1:15 B-Day Bash	4 10:00 BINGO 10:15 Prayer Gr. 11:00 Pet Therapy 1:15 Walk&Wheel	5 10:00 Morning Movie 1:15 Activity of your Choice	6 8:00 Mix&Mingle 9:15 News&Views 11:15 Exercise
7 10:00 BINGO 11:15 Stretch & Flex 1:00 Movie	8 10:00 Life Lessons W/Jacki 11:15 Get Physical 1:15 Elvis B-Day	9 10:00 BINGO 11:15 Exercise 1:15 Council Mtg.	10 10:00 Adult Coloring 11:00 Meditation 1:15 Social Hr.	11 10:00 BINGO 10:15 Prayer Gr. 11:15 Workout 12:00 Tailgate LUNCHEON 1:15 Throwback MUSIC	12 10:00 Cooking in The Kitchen 11:00 Tone Up 1:00 Movie	13
14 10:00 BINGO 11:15 Stretch & Flex 1:00 Movie	15 10:00 Games 11:15 Get Physical 12:00 Soul Food Luncheon 1:15 Rest&Relax <small>Martin Luther King Day</small>	16 10:00 BINGO 11:15 Exercise 1:15 Brain Teasers	17 10:00 Price Is Right\$\$\$\$\$ 11:00 Meditation 1:15 Pop Popcorn	18 10:00 BINGO 10:15 Prayer Gr. 11:15 Workout 1:15 Art Walk	19 10:00 BINGO Mania\$\$\$\$\$\$ 11:15 Tone Up 1:15 Movie	20
21 10:00 BINGO 11:15 Stretch & Flex 1:00 Movie	22 10:00 Life Lessons W/Jacki 11:15 Get Physical 1:15 Nurses notes W/ Mark	23 10:00 BINGO 11:15 Exercise 1:15 Happy Hr.	24 10:00 Crafts 11:00 Meditation 1:15 Bookcart	25 10:00 BINGO 11:15 Workout 12:00 Luau LUNCHEON 1:15 Hawaiian Facts	26 10:00 Coupon Clipping 11:15 Tone up 1:15 Movie <small>Australia Day</small>	27
28 10:00 BINGO 11:15 Stretch & Flex 1:00 Movie	29 10:00 Life Lessons W/Jacki 11:15 Get Physical 1:15 POOL\$\$\$\$\$	30 10:00 BINGO 11:15 Exercise 1:15 Social Hr.	31 10:00 Painting 11:00 Meditation 1:15 Music Hr. <small>Tu B'Shevat</small>	<h1>January 2018</h1> <h2>Menorah Park of CNY Rothschild Adult Day Services</h2>		

Activities are scheduled in advance and are subject to change.