

ADHS ACTIVITY CALENDAR JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 AGENCY CLOSED IN OBSERVANCE OF NEW YEAR'S DAY	2 7:00 Coffee & Current Events 9:00 Truth Or Dare 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**	3 7:00 Coffee & Current Events 9:00 Left-Right-Center 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**	4 7:00 Coffee & Current Events 9:00 Prize BINGO 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**
7 7:00 Coffee & Current Events 9:00 UNO 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**	8 7:00 Coffee & Current Events 9:00 Polar Bear Craft 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**	9 7:00 Coffee & Current Events 9:00 Yahtzee 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**	10 7:00 Coffee & Current Events 9:00 Bowling Dice 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**	11 7:00 Coffee & Current Events 9:00 Prize BINGO 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**
14 7:00 Coffee & Current Events 9:00 Card BINGO 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**	15 7:00 Coffee & Current Events 9:00 Pass The Pig 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**	16 7:00 Coffee & Current Events 9:00 Penguin Craft 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**	17 7:00 Coffee & Current Events 9:00 Forget It 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**	18 7:00 Coffee & Current Events 9:00 Prize BINGO 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**
21 AGENCY CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR. DAY	22 7:00 Coffee & Current Events 9:00 Soup's On 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**	23 7:00 Coffee & Current Events 9:00 Prize BINGO 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**	24 7:00 Coffee & Current Events 9:00 Stain Glass Snowflake Craft 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**	25 7:00 Coffee & Current Events 9:00 Chip In 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**
28 7:00 Coffee & Current Events 9:00 Farkle 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**	29 7:00 Coffee & Current Events 9:00 Bowling Dice 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**	30 7:00 Coffee & Current Events 9:00 UNO 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**	31 7:00 Coffee & Current Events 9:00 Soup's On 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**	

Mental Stimulation Games are typically between 9:00 - 11:00 each day.

Participants may choose to do alternate activities.

***Individual interests may include but are not limited to:*

*small group card games, board games,
crafts, word puzzles, jigsaw puzzles,
special projects, reading, relaxing,
and social interaction*