

JANUARY 2012

Red Mountain DAILY ACTIVITIES

6:00-7:30	Breakfast Social
7:30-8:30	Group Reminiscence
8:30-10:00	News of the Day Group Discussion Individual Craft Project
10:00-10:30	Modified Exercises
10:30-11:30	*Special Event
11:30-1:00	Lunch/Social Group Activity
1:00-2:00	*Special Event Casino Bingo Participant Preference
2:00-2:30	Modified Exercises
2:30-3:00	Snacks/Social
3:00-4:00	Group Games Reminiscence
4:00-5:30	Word Games Individual Project Spa Moments

***Special Event** also include activities selected by participants

Policy: Serrine Adult Day Care of Mesa, Inc. is an equal opportunity provider and employer

SPECIAL EVENTS – HIGHLIGHTS

January 9, 10:30 - 11:30 a.m.

Participant Council Meeting

January 16

Remembering Martin Luther King Jr.

January 19, 10:30 - 11:30 a.m.

Senior Song Birds

January 23, 1:30 - 2:30 p.m.

Virtual Tour-Chinese New Year Celebration

January 25, 2:30 – 3:30 p.m.

Health Talk-Adjusting to Change

By Rosemary Fuller, RN

January 30, 1:00 – 2:00 p.m.

Red Hat Society Meeting

Hispanic Support Group

Contact Sandra Estrada

“Just for Fun” Support Group

Contact Tina Coffman

JANUARY 2012

Town Center **DAILY ACTIVITIES**

7:00-8:30	Breakfast Social
8:30-10:00	News of the Day Group Discussion Table games
10:00-11:00	*Special Event
11:00-11:30	Modified Exercises
11:30-1:00	Lunch/Social Sing-A-Long Spanish Bingo
1:00-2:00	*Special Event Casino Bingo Individual Craft Projects
2:00-2:30	Modified Exercises
2:30-3:00	Snacks/Social
3:00-4:00	Group Games Reminiscence Participant Preference
4:00-5:30	Word Games Individual Project Spa Moments

***Special Event** also include activities selected by participants

Policy: *Sirrine Adult Day Care of Mesa, Inc. is an equal opportunity provider and employer*

SPECIAL EVENTS – HIGHLIGHTS

January 9, 10:30 - 11:30 a.m.

Participant Council Meeting

January 13, 10:30 - 11:30 a.m.

Senior Song Birds

January 16

Remembering Martin Luther King Jr.

January 23, 10:00 - 11:00 a.m.

Virtual Tour-Chinese New Year Celebration

January 25, 10:30 - 11:15 a.m.

Health Talk-Flu-What to Do

By Sandra Estrada, LPN

January 30, 1:00 - 2:00 p.m.

Red Hat Society Meeting

Hispanic Support Group

Contact Sandra Estrada

“Just for Fun” Support Group

Contact Tina Coffman