JANUARY 2020

DayBreak - An Adult Day Program
404 N. State Highway 67
Woodland Park, CO 80863

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			New Year's Day 1	2	3	4
				30 Minute Exercises What's in the News? Jeopardy New Year Resolutions Java Music Club	9:30 Cathy & Brandi Visit **10:30 Banjo Jams w/Ralph** **11:30 Out to Lunch – Swiss Chalet** 1:30 Marsha & Maggie Movies & Popcorn	
5	6	7	8	9	10	11
	Morning Exercises In the News **11:00 Toe Tappin' Tunes** Yahtzee Heart to Heart Talk **2:30 Kellie & Lola**	Newsflash Wake Up & Stretch 9:30 Java Music Club **1:00 Swim Outing – WAC** Relax & Reminisce **4:30 Caregiver Support Group**	Coffee & the News Wake Up & Move Gateway & Java Music Club White Board Fun **2:00 Michael & Lincoln** Record Spinning	Chair Exercises Morning Manicures 10:00 Rohmans Visit Trivia & Teasers Bingo Fun Java Music Club	What's in the News? 9:30 Cathy & Brandi Visit **10:30 Banjo Jams w/Ralph** 12:30 Marsha & Maggie Jokes & Tall Tales I Love Lucy Videos	AM Snack Lunch: NOON PM Snack
12	13	**Rick's B'day** 14	**Nat'l Bagel Day** 15	16	17	18
	Coffee & the News Games & Trivia w/Teens **11:00 Ticklin' the Ivories** **Lunch @ the Teen Center** Afternoon Stretches **3:00 Gisela & Lola**	30 Minute Exercises Read All About It **10:00 Memories in the Making** **Lunch & Learn @ The Aspen** Word Games and Puzzles Table Topics	Current Events Chair Chi w/Amanda DayBreak Ringers Name 5 Game **2:00 Lovin' on Lincoln** Yahtzee	Good News Stories 10:00 Pioneers Museum w/the Rohmans Rest & Relaxation Java Music Club	9:30 Cathy & Brandi Visit **10:30 Banjo Jams w/Ralph** 12:30 Marsha & Maggie 2:00 Llamas and Yoga Music Bingo	
19	20	**Nat'l Hugging Day** 21	22	**Nat'l Pie Day** 23	24	25
	Ball Talk with Teens **11:00 Ballads w/Beth** **Lunch @ the Teen Center** Newsflash 30 Minute Exercises **2:30 Kellie & Lola**	In the News Chair Chi w/Amanda Java Music Club **11:30 Jennie from the Block** January Jeopardy Van Ride	In the News Gateway & Java Music Club Morning Manicures 30 Minutes Exercises **2:00 Michael & Lincoln** Variety Bingo	News & Coffee **9am Footcare by Susan** White Board Fun **12:00 Lunch & Java Music Club @ The Aspen** February Calendar Crafts	Sit & Be Fit 9:30 Cathy & Brandi Visit **10:30 Banjo Jams w/Ralph** 12:30 Marsha & Maggie Pattern Tiles Heart to Heart Talk & Tea	
Deans B'day 26	**Chocolate Cake Day** 27	28	29	30	**Hot Chocolate Day** 31	
all activities are subject to change with little or no notice	Table Topics w/the Teens **11:00 Toe Tappin' Tunes** **Lunch @ the Teen Center** Sit & Be Fit **3:00 Gisela & Milo**	Current Events Wake Up & Stretch **10:00 Memories in the Making** **Library Visit after Lunch** Holocaust Remembrance Day Van Ride	Good News & Coffee Chair Chi w/Amanda DayBreak Ringers Puzzles Galore **2:00 Lovin' on Lincoln** Never have I Ever…	Current Events Morning Stretches Arts & Crafts Java Music Club Pictionary/Charades	9:30 Cathy & Brandi Visit **10:30 Banjo Jams w/Ralph** 12:30 Marsha & Maggie 2:00 Llamas and Yoga Hot Chocolate Towers	