

JANUARY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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DayBreak - An Adult Day Program 404 N. State Highway 67 Woodland Park, CO 80863						
2	3	Nat'l Spaghetti Day 4	5	6	7	8
all activities are subject to change with little or no notice	Breaking News Chair Chi Java Music Club Monday Manicures Ballads with Beth Mara & Chase	Current Events Morning Stretches Merry Melodies w/ Amanda Patterns & Tiles Ticklin' the Ivories w/ Beth Bean Bag Toss	Newsflash w/ Joni Move It or Lose It Ukulele Lady Sing-Along Lovin' on Lincoln Penny Ante Afternoon-Winter Craft	Daily Chronicle Chair Exercises Bingo w/ Sr. Center DayBreak Derby Whiteboard Games Afternoon Cards	Good News Network Cathy & Brandi Hour Banjo Jamboree w/ Ralph Move It or Lose It Katie & Barb Hour Movie & Popcorn	AM Snack Lunch: NOON PM Snack
9	10	11	12	13	14	15
	Newsflash w/ Joni Move It or Lose It Monday Manicures Ballads with Beth DayBreak Derby Mara & Chase	Extra, Extra Read All About It Wake Up & Move Golden Moments Ticklin' the Ivories w/ Beth Vinyl Hour Hallway Bowling	Breaking News Chair Chi Memories in the Making Lovin' on Lincoln Music Bingo Afternoon Cards-UNO	Current Events Chair Exercises Bingo w/ Sr. Center Stretch & Strengthen DayBreak Ringers Patterns & Tiles	Daily Chronicle Cathy & Brandi Hour Banjo Jamboree w/ Ralph Move It or Lose It Katie & Barb Hour Movie & Popcorn	
16	Martin Luther King Day 17	18	19	20	21	22
	Daily Chronicle Chair Exercises Monday Manicures Ballads with Beth Penny Ante Mara & Chase	Newsflash w/ Joni Chair Chi Java Music Club Ticklin' the Ivories w/ Beth Whiteboard Games Tic Tac Toe	Current Events Morning Stretches DayBreak Ringers Lovin' on Lincoln Patterns & Tiles Board Game-Monopoly	Breaking News Chair Exercises Bingo w/ Sr. Center Move It or Lose It Ukulele Sing-Along DayBreak Derby	Good News Network Cathy & Brandi Hour Banjo Jamboree w/ Ralph Move It or Lose It Katie & Barb Hour Movie & Popcorn	
23/30	24/31	25	26	27	28	29
	Current Events Move It or Lose It Manicure Monday Merry Melodies w/ Beth Mara & Chase February Calendar Craft	Daily Chronicle Stretch & Strengthen Memories in the Making Ticklin' the Ivories w/ Beth DayBreak Derby Ring Toss	Newsflash w/ Joni Wake Up & Move Ukulele Sing-Along Lovin' on Lincoln Penny Ante Afternoon Cards-UNO	Breaking Nes Chair Exercises Bingo w/ Sr. Center Chair Chi Vinyl Hour Patterns & Tiles	Good News Network Cathy & Brandi Hour Banjo Jamboree w/ Ralph Move It or Lose It Katie & Barb Hour Movie & Popcorn	DayBreak Team Member & Volunteer Monthly InService 10am