

Monday

Tuesday

Wednesday

Thursday

Friday

SENIOR MOMENTS
January 2025
ADULT DAY CENTER
Activity Calendar



<p>Hairdresser (By Appointment Only) 6</p> <p>Monthly Gazette Bowling Exercise: Qigong Music with Ron Word Match</p>	<p>7</p> <p>What Am I? I Got It/Bakers Rack: Coca Cola Cake Exercise: In Madrid Music with Ron Going by "Car"</p>	<p>8</p> <p>The Billionaires Club Bingo Exercise: 2-Min Tune-Up Horse Shoes Rhymes with...</p>	<p>9</p> <p>What's New in 2025? Washer Toss Exercise: Chair Boxing Music with Ron What's "New with You"</p>	<p>10</p> <p>Oxford England Nix the Stix/Bakers Rack: Oxford Spice Cake Exercise: Rain Forest Hike Bowling Crooning with Karen</p>
<p>Hairdresser (By Appointment Only) 13</p> <p>Star of the Month Bulls Eye Mat Exercise: Bay Swim Music with Ron "Bowl" Me Over</p>	<p>14</p> <p>The Swinging Sixties Yahtzee/Craft Club: Tie Dye Sun Catchers Exercise: Scarf Dancing Music with Ron '60's Fad</p>	<p>15</p> <p>Cereal of the Sixties Chase the Ace/ Bakers Rack: Psychedelic Cereal Bars Exercise: Pass the Torch Bowling The Price was Right</p>	<p>16</p> <p>Jeopardy Shooters Exercise: Chair Yoga Music with Ron Word Generation</p>	<p>17</p> <p>The Power of Imagination Bingo Exercise: Roll the Dice Bucket Brigade Crooning with Karen</p>
<p>Hairdresser (By Appointment Only) 20 Martin Luther King Jr. Day</p> <p>Martin Luther King Day Corn Hole Exercise: NE Style Music with Ron King Categories</p>	<p>21</p> <p>Selma to Montgomery Bingo Exercise: Presidential Fitness Music with Ron MLK Word Match</p>	<p>22</p> <p>Let it Snow! Dice & Strikes/Craft Club: Sock Snow People Exercise: Chair Boxing Ladder Bolo Begins with Snow</p>	<p>23</p> <p>Bringing Up Baby Bowling Exercise: Rain Forest Hike Music with Ron White Board Mash-up</p>	<p>24</p> <p>Global Belly Laugh Day One & Done/Craft Club: Happiness Rocks Exercise: Qigong Bean Bag Toss Crooning with Karen</p>
<p>Hairdresser (By Appointment Only) 27</p> <p>More ZZZ's Please Ping Pong Pyramid Exercise: In Madrid Music with Ron Word Jumbles</p>	<p>28</p> <p>Year of the Snake Elevenses/Craft Club: Colorful Clay Snakes Exercise: 2-Min Tune-Up Music with Ron Snake Categories</p>	<p>29</p> <p>Where Am I? Bingo Exercise: Fishing Trip Ice Cream Cone Toss Say What?</p>	<p>30</p> <p>Who am I? Players Choice Exercise: Key West Workout Music with Ron Queen of Hearts Mining</p>	<p>31</p> <p>Alice's Adventure's in Wonderland Discard It/Art Club: Giant Flowers Exercise: Bay Swim Bowling Crooning with Karen</p>

January Birthdays: Janet 1/11, Sandra 1/12, Bruce M 1/14, Paul G 1/15, George B 1/26 and Jackie M 1/28

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>CLOSED</p> 	<p>1 Peanut Butter & Jelly Sandwich w/Veggie Chips</p> <p>2 Jell-O w/Cool Whip</p>	<p>3 Macaroni & Cheese w/ Peas</p> <p>**Oxford Spice Cake**</p>
<p>6 Hot Dogs on a Roll w/Baked Beans & Fritos</p> <p>Stella D'oro Cookies</p>	<p>7 Cranberry Chicken Salad w/Veggie Sticks</p> <p>**Coca Cola Cake**</p>	<p>8 Vegetable Soup w/Half Sandwich</p> <p>Cheese & Crackers</p>	<p>9 Turkey & Cheese Sliders w/Chips</p> <p>Vanilla Wafers</p>	<p>10 Salisbury Steak w/Mash Potatoes & Corn</p> <p>Snickerdoodle Cookies</p>
<p>13 Veggie Lasagna w/Garlic Bread</p> <p>Chocolate Chip Cookies</p>	<p>14 Egg Salad Sandwich w/Pickles & Pretzels</p> <p>Fig Newtons</p>	<p>15 Meatball Grinder w/Sauce & Salad</p> <p>**Psychedelic Cereal Bars</p>	<p>16 Chef's Salad w/Dinner Roll</p> <p>Blueberry Muffin</p>	<p>17 Chicken Tenders w/Veggie Rice</p> <p>Crumb Cake</p>
<p>20 Fish Sandwich w/Coleslaw</p> <p>Coffee Cake</p>	<p>21 Chicken Parm Sandwich w/Alfredo Noodles</p> <p>Oatmeal Cookies</p>	<p>22 Hawaiian Meatballs w/Rice</p> <p>Fiber One Brownie</p>	<p>23 Tuna Fish Sandwich w/Veggie Sticks</p> <p>Oreos</p>	<p>24 Hamburgers on a Roll w/Pasta Salad</p> <p>Cheese Danish</p>
<p>27 Peanut Butter & Jelly Sandwich w/Bananas</p> <p>Shortbread Cookies</p>	<p>28 Sloppy Joe on a Roll w/Green Beans</p> <p>Chocolate Wafers</p>	<p>29 Chicken Stir Fry w/Fried Rice</p> <p>Coconut Ice Cream</p>	<p>30 Fish Sticks w/Fries & Corn</p> <p>Fiber One Coffee Cake</p>	<p>31 Baked Ziti w/3-Bean Salad</p> <p>Ice Cream Sandwich</p>

Rotating Menu/Substitutes available/Menu includes 5 Nutritional food components/Dairy Product offered with each meal/Fruit offered with Breakfast