



January 2019

Mindful Care Adult Day Services, 615-542- 4371
Day Program For Persons Ages 55 +
www.Mindful-Care.org
mindfulcareorg@gmail.com

<p style="text-align: center;">Closed</p> <p style="text-align: center;">12/31/2018 1/1/2019 1/21/2019</p>	<p style="text-align: center;">Closed</p> <p style="text-align: center;">12/31/2018 1/1/2019 1/21/2019</p>	<p style="text-align: center;">2 Wednesday 8:00-9 Coffee & Snacks 9:30 -10:00 New Year Goals 10:30—11:00 BLURT 12:00-2:00 Lunch 2-3 Exercise / Balloon Ball 3-3:45 Devotion 4-5 Participants Choice</p>	<p style="text-align: center;">3 Thursday 8:00—9 Coffee & Snacks 9-10 JINGO 10:30-11:45 Winter Craft 12-1:30 Lunch 2-3 Trivia 3- 3:45 Exercise / Balloon Ball 4-5 Participants Choice</p>	<p style="text-align: center;">4 Friday 8:00—9 Coffee & Snacks 9—9:45 Morning Trivia 10-11:45 Table Games 12—1:45 Friday Lunch 2-3 BINGO 3-3:45 January Trivia 4-5 Participant Choice</p>
<p style="text-align: center;">7 Monday 8:00-9 Coffee & Snacks 9-10:45 Reflections 11:00-12 Giant Crossword Puzzle 12:00-2:00 Lunch 2:00—2:45 Jeopardy 3:00—4:00 Exercise / Balloon Ball 4-5 Participants Choice</p>	<p style="text-align: center;">8 Tuesday 8:00—9 Coffee & Snacks 9—10 New Year JINGO 10—11:45 New Year A-Z 12-1:45 Lunch 2-3 Tuesday's Craft 3-3:45 Exercise / Ladder Ball 4-5 Participants Choice</p>	<p style="text-align: center;">9 Wednesday 8:00—9 Coffee & Snacks 9-10 12 Month Trivia 10-11:30 Current Events 12-2:00 Lunch 2:15—2:45 Devotion 3-3:30 Exercise/ Balloon Ball 3:45—4:15 Basket- Ball 4;30—5 Participants Choice</p>	<p style="text-align: center;">10 Thursday 8:00—9 Coffee & Snacks 9-10 Spot It 10:30-11:45 Paper Craft 12-1:45 Lunch 2-3 BLURT 3- 3:45 Exercise/ Balloon Ball 4-5 Table Games</p>	<p style="text-align: center;">11 Friday 8: 00—9 Coffee & Snacks 9—10 Table Games 10:30-11:45 Name 5 12-2:30 Friday Lunch, Movie & Desert 3-345 Bingo 4-5 Participants Choice</p>
<p style="text-align: center;">14 Monday 8:00-9 Coffee & Snacks 9-10:30 Sing Along CD / Book 11:15-12:15 Bingo 12:30-2:00 Lunch 2:00-3:00 Choices Game 3:30-4:00 Exercise / Balloon Ball 4-5 Participants Choice</p>	<p style="text-align: center;">15 Tuesday 8:00—9 Coffee & Snacks 9:30-10:45 Choices Game 11- 12 Trivia 12:00-2:00 Lunch 2-3 Manicures 3-3:45 Exercise/ Bean Bag Toss 4-5 Participants Choice</p>	<p style="text-align: center;">16 Wednesday 8:00—9 Coffee & Snacks 9-10 Bingo/Jingo 11-12 Devotion 12-2:15 Lunch 2:30-3:30 Trivia Pursuit 3:30-4 Exercise / Balloon Ball 4-5 Participants Choice</p>	<p style="text-align: center;">17 Thursday 8:00-9 Coffee & Snacks 9—9:30 Table Puzzles 9:45—11:30 Painting Craft 12-2:00 Lunch 2:15—3 Exercise/Balloon Ball 3-3:45 Ladder Ball 4-5 Table Games</p>	<p style="text-align: center;">18 Friday 8:00 -9 Coffee & Snacks 9-10 Morning Trivia 10-11:30 Friday Craft 12-2:30 Fridays Lunch 3:00—4:00 Fill in the Phrase 4-5 Participants Choice</p>
<p style="text-align: center;">21 Monday 8:00-9 Coffee & Snacks 9-10 Make -A- Memory 10:30-12 Giant Crossword Puzzle 12:00-2:00 Lunch 2:00—2:45 Jeopardy 3:00—4:00 Exercise / Balloon Ball 4-5 Participants Choice</p>	<p style="text-align: center;">22 Tuesday 8:00—9 Coffee & Snacks 9:15—10 BINGO 10—11:45 Trivia A-Z 12-1:45 Lunch 2-3 Tuesday's Craft 3-3:45 Exercise / Balloon Ball 4-5 Participants Choice</p>	<p style="text-align: center;">23 Wednesday 8:00-9 Coffee & Snacks 9:15 -9:45 Brain Games 10-11:45 Giant Crossword Puzzle 12-2;00 Lunch 2-3 Devotion 3:00—4 Exercise/Balloon Ball 4-5 Participants Choice</p>	<p style="text-align: center;">24 Thursday 8:00-9:15 Coffee & Snacks 9:30-10:30 11:15-12:00 Spot IT 12:00-1:45 Lunch 2-2:45 Bingo 3:00—3:45 Exercise/Bean Bag Toss 4:00-5 Participants Choice</p>	<p style="text-align: center;">25 Friday 8:00—9 Coffee & Snacks 9—10 Table Games 10:30-12:00 Family Feud 12—2:30 Friday Lunch, Movie & Desert 2:30-3:15 Craft with the Homeschoolers 3:30—4:00 Trivia 4-5 Participant Choice</p>
<p style="text-align: center;">28 Monday 8:00—9 Coffee & Snacks 9-10 Sing Along CD / Book 10:30-11:45 Jeopardy 12-1:45 Lunch 2-3 BLURT 3- 3:30 Exercise/ Balloon Ball 3:30-4 Basketball 4-5 Participants Choice</p>	<p style="text-align: center;">28 Tuesday 8:00—9 Coffee & Snacks 9-10 Spot It / Puzzles 10:30-11:45 Paper Craft 12-1:45 Lunch 2-3 Table Games 3- 3:45 Exercise/ Bean Bag Toss 4-5 Participants Choice</p>	<p style="text-align: center;">30 Wednesday 8:00—9 Coffee & Snacks 9-10 Urban Myth Game 10:30-11:45 Make Your Point Game 12-1:45 Lunch 2-3 Devotion 3- 3:45 Exercise/ Ladder Ball 4-5 Participants Choice</p>	<p style="text-align: center;">31 Thursday 8:00—9 Coffee & Snacks 9-10 Would You Rather Game 10:30-11:45 Thursdays Craft 12-1:45 Lunch 2-3 Manicures 3- 3:45 Exercise/ Balloon Ball 4-5 Participants Choice</p>	<p style="text-align: center;">All activities subject to change</p> <p style="text-align: center;">Birthdays Clem Lewis - 1/18</p>