

January 2019

Adult Day Center of Somerset Hills

Monday Tuesday Wednesday Thursday Friday

	1 <i>Happy New Year!</i> Center Closed	2 10:45 Chair Yoga 1:15 Hot Potato Trivia	3 10:45 Singing with Caitlyn of Foothill Acres 11:30 Exercise 1:15 Music Therapy	4 10:45 YMCA Movin to the Music 1:15 Taking down the Christmas Tree
7 10:45 YMCA Fluid Stretch <i>New for 2019!</i> 1:15 Dining Room Centerpiece Craft	8 10:45 Balloon Volleyball 1:15 Crossword Fun Hair Salon	9 10:45 Hot Potato Trivia 11:30 Exercise 1:15 Craft with Jerry Happ	10 10:45 BINGO Fun! 11:30 Exercise 1:15 Music Therapy	11 10:45 Chair Yoga 1:15 Piano singing with Ilene
14 10:45 Pet Therapy with Hazel & Nikki 11:30 Exercise 1:15 Cranium Crunches Games Caregiver Support Group	15 10:45 Chair Yoga 1:15 Morris Museum "Musical Instruments"	16 10:45 Singing with Clifford Seay 11:30 Exercise 1:15 Envir Center "Legends of Holiday Plants"	17 10:45 Jean S. Presents: "WW I Animals" 11:30 Exercise 1:15 Music Therapy	18 10:45 YMCA Movin to the Music 1:15 Art with Center for Contemporary Art
21 10:45 YMCA Fluid Stretch 1:15 Piano singing with Ilene	22 10:45 Chair Yoga 1:15 MLK History & Discussion	23 10:45 Pet Therapy with St. Huberts 11:30 Exercise 1:15 Bernardsville Garden Club	24 10:45 Cookie Baking 11:30 Exercise 1:15 Music Therapy	25 10:45 Finish the Phrase Target Game 11:30 Exercise 1:15 At the Movies! Hair Salon
28 10:45 Pet Therapy with Hazel & Nikki 11:30 Exercise 1:15 BINGO Fun!	29 10:45 Chair Yoga 1:15 Cranium Crunches Games PODIATRIST	30 10:45 Balloon Volleyball 1:15 Horticulture with Amanda PODIATRIST	31 10:45 Wacky Wordies 11:30 Exercise 1:15 Music Therapy	

Center :
908-766-6164 x 270

Please place names in all outerwear.

For inclement weather call 908-766-6164 x-262 starting at 7:00 a.m.

Daily Activities

8 - Open Meet & Greet

10 - Coffee & Tea

11:30 - Exercise

12 - Lunch

2:15 - Afternoon Snack

3 - Pick up begins

4:30 - Center Closes