

ADULT DAY CENTER at SOMERSET HILLS

DECEMBER 2017

Mon	Tue	Wed	Thu	Fri
				1 10:45 Move to Music with YMCA 1:15 BINGO 3:00 Socializing
4 10:15 Christmas Tree Decorating 11:30 Stretch for the Stars 1:15 Christmas Carols with Caitlyn from Foothill Acres	5 10:00 Peapack Gladstone Bank, Day of Caring 1:15 Wheelless Fortune 3:00 Puzzles, Reading, Chat	6 10:45 Mind Joggers 11:30 Flex and Stretch 1:15 Santa Show 'n Tell with Rulene 3:00 Independent Activities	7 10:45 Ollie the Therapy Dog 1:15 Music Therapy 3:00 Puzzles, Reading, Chat	8 10:45 Horticultural Therapy with Amanda 11:30 Core Exercise 1:15 Center for Contemporary Art - Mixed Media 3:00 Puzzles, Reading,
11 10:45 Hazel and Therapy Dog 11:30 Core Fitness 1:15 Family Feud 3:00 Independent Activities	12 11:00 Chair Yoga with Marthe 1:15 Christmas Devotional with Pastor Ted 3:00 Puzzles, Reading, Chatting Hair Salon Day	13 10:45 Cranium Crunches Chat 11:30 Chairside Exercise 1:15 Holiday Card with Jerry Happ 3:00 Puzzles, Activities,	14 10:45 Alphabet Objects 11:30 Hand Weights 1:15 Music Therapy 3:00 Puzzles, Reading, Chat	15 10:45 Rose City Songsters Christmas Concert 1:15 Environmental Center – Maple Sugaring 3:00 Independent Activities
18 10:45 Reminiscing and Trivia 11:30 Weight Bearing Exercise 1:15 Art Class with Chatham Subacute Center 3:00 Independent Activities	19 10:45 Chair Yoga with Marthe 1:15 Museum of Early Trades and Crafts – History of Christmas Carols 3:00 Puzzles	20 10:45 Charlie and Becca from St. Hubert's 11:30 Strengthening Exercise 1:15 I Love Lucy 3:00 Independent Activities Hair Salon Day	21 10:45 Trace and Place 11:30 Flex and Stretch 115 Ridge high School A Cappella Choir Christmas Concert 3:00 Puzzles, Activities, Chat	22 10:45 Memory and Make Believe 11:30 Stretch for the Stars 1:15 Ilene Weiner – Christmas Program 3:00 Independent Activities
25 CLOSED 	26 10:45 Jeopardy 11:30 Stretch for the Stars 1:15 Clifford Seay Musical Entertainment 3:00 Puzzles, Reading,	27 10:45 Dice Game 11:30 Weight Bearing Exercise 1:15 At the Movies "Holiday Inn" 3:00 Chatting, Activities	28 10:45 Word Fun 11:30 Armchair Fitness 1:15 Music Therapy 3:00 Relaxing and Socializing	29 10:45 Discuss and Recall 11:30 Music 'n Motion 1:15 BINGO 3:00 Independent Activities

Daily Activities

- 8:00** Meet and Greet
- 10:00** Morning coffee and socializing
- 12:00** Lunch
- 2:30** Afternoon Snack
- 4:30** Center Closes

Center: (908) 766-6164 x 270

Please place names in all outerwear to avoid confusion

For inclement weather call (908) 766-6164, then extension 262 starting at 6:30 a.m.