

ADULT DAY CENTER at SOMERSET HILLS

JANUARY 2018

Mon	Tue	Wed	Thu	Fri
1  CLOSED	2 10:45 Mind Joggers 11:30 Core Exercise 1:15 Dice Game 3:00 Socializing and Independent Activities	3 10:45 Balloon Pong 11:30 Stretch for the Stars 1:15 I Love Lucy 3:00 Puzzles, Activities	4 10:45 Cranium Crunches 11:30 Weight Bearing Exercise 1:15 Music Therapy 3:00 Reading, Chat	5 10:45 Board Work 11:30 Chairside Exercise 1:15 Jeopardy 3:00 Socializing
8 10:45 Hazel and Therapy dogs 11:30 Chairside Exercise 1:15 Categories 3:00 Puzzles, Reading, Activity	9 11:00 Chair Yoga with Marthe 1:15 Wheelless Fortune 3:00 Puzzles, Reading, Chat PODIATRIST	10 10:45 Alphabet Objects 11:30 Core Exercise 1:15 Nativity Show 'n Tell with Rulene 3:00 Independent Activities PODIATRIST	11 10:45 Creature Comfort Therapy dog Ollie 11:30 Stretch for the Stars 1:15 Music Therapy 3:00 Puzzles, Reading, Chat	12 10:45 Horticultural Therapy with Amanda 11:30 Core Exercise 1:15 Center for Contemporary Art - Mixed Media 3:00 Puzzles, Reading,
15 10:45 Finish the Phrase 11:30 Core Fitness 1:15 Art Class with Chatham Subacute Center 3:00 Independent Activities	16 11:00 Chair Yoga with Marthe 1:15 Museum of Early Trades and Crafts "Remember the Ladies" 3:00 Puzzles, Reading, Chatting	17 10:45 St. Hubert's Charlie and Becca 11:30 Chairside Exercise 1:15 Game Day 3:00 Puzzles, Activities, Chat	18 10:45 Link Words 11:30 Hand Weights 1:15 Music Therapy 3:00 Puzzles, Reading, Chat	19 10:45 Mt. Prospect Third Grade Chorus 1:15 At the Movies 3:00 Independent Activities
22 10:45 Reminiscing and Trivia 11:30 Weight Bearing Exercise 1:15 Name That Tune 3:00 Independent Activities	23 10:45 Chair Yoga with Marthe 11:30 Weight Bearing Exercise 1:15 Environmental Center- Passports to Penguins 3:00 Puzzles, Reading	24 10:45 Discuss and Recall 11:30 Strengthening Exercise 1:15 BINGO 3:00 Independent Activities	25 10:45 Word Fun 11:30 Flex and Stretch 1:15 Music Therapy 3:00 Puzzles, Activities, Chat	26 10:45 Cranium Crunches 11:30 Stretch for the Stars 1:15 Ilene Weiner Piano and Singing 3:00 Independent Activities
29 10:45 Daily Chronicle 11:30 Flex and Stretch 1:15 Family Feud 3:00 Independent Activity The Support Group	30 11:00 Chair Yoga with Marthe 11:30 Stretch for the Stars 1:15 Clifford Seay Musical Entertainment 3:00 Puzzles, Reading,	31 10:45 Trace and Place 11:30 Weight Bearing Exercise 1:15 Crafting 3:00 Chatting, 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.