

ADULT DAY CENTER at SOMERSET HILLS



Mon	Tue	Wed	Thu	Fri
			1 10:45 Rhyme Time Mind Joggers 11:30 Music 'n Motion 1:15 Morris Museum Switzerland 3:00 Socializing, Activities	2 10:45 Christmas Tree Decorating  11:30 Hand Weights 1:15 BINGO with the Chelsea 3:00 Puzzles, Activity,
5 10:45 Hazel and Therapy dogs 11:30 Sing along Chairside Exercise 1:15 Christmas Wheel of Fortune 3:00 Games, Reading	6 10:45 Board Work Discuss and Recall 11:00 Chair Yoga with Patty 1:00 Day of Caring with Peapack Gladstone Bank 3:00 Socializing	7 10:45 Missing Mystery Item 11:30 Core Fitness Exercise 1:15 Show and Tell with Rulene 3:00 Independent Activity	8 10:45 Reminiscing and Trivia Touch Treasure Hunt 11:30 Hand Weights 1:15 Family Feud 3:00 Puzzles, Reading, Chat	9 10:45 Holiday baking with Nancy 11:30 Armchair Fitness, Gentle Exercise 1:15 At the Movies "Christmas Story" 3:00 Coloring
12 10:45 Loka Chairside Yoga 11:30 Trivia 1:15 St. Hubert's Therapy dogs 3:00 Independent Activity	13 10:45 Noteworthy News Table Games 11:00 Chair Yoga with Patty 1:15 Environmental Center – Maple Sugaring 3:00 Independent Activity PODIATRIST	14 10:45 Name That Sound December Trivia 11:30 Armchair Fitness Gentle Exercise 1:15 Arts and .Crafts with Jerry Happ 3:00 Coloring, Socializing PODIATRIST	15 10:45 Ollie the Therapy dog 11:30 Hand Weights 1:15 Ilene Weiner Piano and Singing 3:00 Games, Reading	16 10:45 Beth Long Musical Entertainment 11:30 Armchair Fitness Gentle Exercise 1:15 Museum of Early Trades and Crafts – History of Christmas Carols 3:00 Coloring, Socializing
19 10:45 Link Words "I See Something" 11:30 Chairside Exercise 1:15 Art Class with Chatham Sub Acute center 3:00 Puzzles, Activity,	20 10:45 Horticultural Therapy 11:45 Deep Breathing Exercises 1:15 Christmas Singing and Devotional with Pastors Ted and Derick 3:00 Socializing	21 10:45 Parachute Play 11:30 Flex and Stretch 1:15 Holiday Craft 3:00 Puzzles, Reading	22 10:45 Reminiscing and Trivia Finish the Drawing 11:30 Stretch for the Stars 1:15 Ridge A Cappella Chorus Christmas Show 3:00 Coloring	23 10:45 Discuss and Recall 11:30 Hand Weights 1:15 Student Musicians Violas and Flute 3:00 Puzzles, Coloring
26 CLOSED 	27 10:45 Daily Chronicles 11:00 Chair Yoga with Patty 1:15 Clifford Seay - Musical Entertainment	28 10:45 Remember When 11:30 Stretch for the Stars 1:15 I Love Lucy 3:00 Independent Activity	29 10:45 Wacky Wordies 11:30 Deep Breathing Exercises 1:15 Balloon Toss 3:00 Games, Reading	30 10:45 "You Be the Judge" 11:30 Core Fitness Exercise 1:15 BINGO 3:00 Socializing

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.