Isbell Street, Binghamton

Adult Day Program

778-2947

January 2020

Notes	Monday	Tuesday	Wednesday	Thursday	Friday
Each day we start with coffee & chat **Lunch is Served around noon.** **All activities are subject to change without notice.** **Caregiver Chat Group** **1st Monday of the month at the Stay Healthy at the Oakdale Mall 1-3 pm** **Caregiver Chat Group** **3rd Wednesday of every Month at Endwell Senior Center 9:30-11** ***Caregiver Chat Evening Group*** **3rd Monday of every Month at Grace Lutheran Church, 6 to 7 PM** **Elder Care Available** **Thought for the Day!** "Don't let yesterday take up too much of today." Will rogers			**Happy New Year!** **1** **Site Closed**	**2** New Year's Traditions Time Quiz January Word Scramble BINGO New Year Stretches	**3** Senior News Coffee Chat Alaska's Birthday True or False? Famous Faces Skeet Ball
	6 Famous January Birthdays Snow Words Right, Left & Center Basketball **Caregiver Chat 1-3 pm**	**7** Senior News Review January in History Brain Teasers Bucket Toss *Marian Tewksbury* *Music 10:30*	**8** Elvis's Birthday Trivia & Video Clips Guess the Elvis Song Rockin' Chair Exercise *Bright &Beautiful* *Therapy Dogs 10:30*	**9** Law Enforcement Appreciation Day! The Year 1951 Crazy Balls Dominoes & Cards 	**10** Healthy You Day Winter Health Tips Old Remedies Healthy You JINGO Sit & Stretch
	13 100 Years Ago Tea Trivia Name 10 Things Skeet Ball 	**14** Remembering Bonanza Horseshoes w/Hoss Name That Job Fun on the Farm JINGO	**15** National Hat Day The Year was 1988 Bunco Light & Lively Exercise **Caregiver Chat 9:30 -11**	**16** Bird Brain Games Trivia & Hangman Bag Toss Pictionary on the Board Winter Craft w/Wendy	**17** Dolly Parton Day Trivia & Music Hee Haw Clips Friday Skeet Ball Afternoon Sing-A-Long
	20 Martin Luther King Day Dr. King Coffee Chat I Love America JINGO True or False? Bowling 	**21** The Roaring 20's Trendy 20's Styles Shake a Memory Stretching to Music Afternoon Sing-A-Long	**22** Musical Wednesday Guess the Instrument Musical BINGO Finish the Song Cornhole 	**23** Humor & Coffee Winter Sports Hangman The Year 1967 Floor Dice 	**24** Penguin Potpourri Happy Feet Video Sea Life JINGO Artic Exercises *Gene Paraska* *Music 10:30*
	27 Humor Page Guess the Local Town Cornhole All for a Dollar 	**28** Famous Ladies The Year 1968 Manicures for Ladies BINGO Bucket Toss 	**29** Geography Quiz Name the Game Chair Exercise Afternoon Cards 	**30** Pancakes & Coffee Famous Italians Music Trivia Basketball Sinatra Music Videos 	**31** Fairy Tale Flashback Name That Show End of Month Skeet Ball Decorate for February