

January 2024

Adult Day Program Calendar

Rest Haven Lodge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Note:</i> <i>Weather permitting, we try to take a short stroll around our yard...generally after lunch...as often as possible</i>	1 New Year's Day STATUTORY HOLIDAY PROGRAM CLOSED	2 Nat'l Cream Puff Day 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Word of the Day 12:15 Lunch 1:00 Horse Racing 2:00 Afternoon Refreshments 2:30-3:00 Pick ups & rides home	3 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Word Game 12:15 Lunch 1:00 Bingo 2:00 Afternoon Refreshments 2:30-3:00 Pick ups & rides home	4 Nat'l Spaghetti Day 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Trivia 12:15 Lunch 1:00 Pasta Art 2:00 Afternoon Refreshments 2:30-3:00 Pick ups & rides home	5 Nat'l Bird Day 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Yarn Birds 12:15 Lunch 2:00 Music in the Lounge – Barry Eaglestone 2:30-3:00 Pick ups & rides home	6 10:00 Coffee Social 10:30 Fun & Fitness 11:30 January Un-decorating 12:15 Lunch 1:00 Baking 2:00 Afternoon Refreshments 2:30-3:00 Pick ups & rides home
7	8 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Pictionary 12:15 Lunch 1:00 Build Bean Bag Dart Board 2:00 Afternoon Refreshments 2:30-3:00 Pick ups & rides home	9 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Balloon Badminton 12:15 Lunch 1:00 Jeopardy 2:00 Afternoon Refreshments 2:30-3:00 Pick ups & rides home	10 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Word Game 12:15 Lunch 2:00 Birthday Party in the Lounge - music with The Encores 2:30-3:00 Pick ups & rides home	11 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Bean Bag Toss 12:15 Lunch 1:00 Wheel of Fortune 2:00 Afternoon Refreshments 2:30-3:00 Pick ups & rides home	12 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Word of the Day 12:15 Lunch 2:00 Music in the Lounge – Don't Fret 2:30-3:00 Pick ups & rides home	13 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Crossword Puzzle 12:15 Lunch 1:00 Jenga 2:00 Afternoon Refreshments 2:30-3:00 Pick ups & rides home
14	15 Martin Luther King Jr. Day 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Trivia 12:15 Lunch 1:00 Farkle 2:00 Afternoon Refreshments 2:30-3:00 Pick ups & rides home	16 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Riddles & Jokes 12:15 Lunch 1:00 Baking 2:30-3:00 Pick ups & rides home	17 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Pool Noodle Badminton 12:15 Lunch 1:00 Yarn Birds 2:30-3:00 Pick ups & rides home	18 Nat'l Thesaurus Day 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Word Game 12:15 Lunch 1:00 Snakes & Ladders 2:00 Afternoon Refreshments 2:30-3:00 Pick ups & rides home	19 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Jenga 12:15 Lunch 2:00 Music in the Lounge – Charlie Burton 2:30-3:00 Pick ups & rides home	20 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Word of the Day 12:15 Lunch 1.00 Scenic Bus Drive 2:00 Afternoon Refreshments 2:30-3:00 Pick ups & rides home
21	22 Nat'l Polka Dot Day 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Hangman 12:15 Lunch 1:00 Snakes & Ladders 2:30-3:00 Pick ups & rides home	23 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Hangman 12:15 Lunch 1:00 Horse Racing 2:30-3:00 Pick ups & rides home	24 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Bean Bag Toss 12:15 Lunch 1:00 Yoga Ball Drumming 2:00 Afternoon Refreshments 2:30-3:00 Pick ups & rides home	25 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Robbie Burns Story 12:15 Lunch 1:00 Games Day 2:30-3:00 Pick ups & rides home	26 Robbie Burns Day Celebration 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Crossword Puzzle 12:15 Lunch 2:00 Happy Hour – music with Two Among Friends – Celebrating Robbie Burns 2:30-3:00 Pick ups & rides home	27 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Scrabble 12:15 Lunch 1:00 Making Buttermilk Waffles 2:00 Afternoon Refreshments 2:30-3:00 Pick ups & rides home
28	29 Nat'; Puzzle Day 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Riddles & Jokes 12:15 Lunch 1:00 Puzzle Time 2:00 Afternoon Refreshments 2:30-3:00 Pick ups & rides home	30 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Pictionary 12:15 Lunch 1:00 Shut the Box 2:00 Afternoon Refreshments 2:30-3:00 Pick ups & rides home	31 Nat'l Backwards Day 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Trivia 12:15 Lunch 1:00 Horse Racing 2:00 Afternoon Refreshments 2:30-3:00 Pick ups & rides home			