

**January 2022**

Monday		Tuesday		Wednesday		Thursday		Friday						
9:30	Exercise & Meditation	3	9:30	Exercise & Positive Thoughts	4	9:30	Exercise & Yoga breath	5	9:30	Exercise and Guided Meditation	6	9:30	Exercise & Yoga Breath	7
10:00	Building Words		9:45	Music Therapy		10:00	Brain Boost		10:00	Building Words		10:00	Guided Meditation	
10:45	Trains					10:45	Finish that Line		10:45	Luis's Class		10:45	Beat the Clock	
12:15	Color Calm and relaxing music		11:00	World Trivia		1:00	Bonnie's Class		1:00	Bonnie's Class		11:30	<b>Shabbat</b>	
1:00	Stretch and Balance		1:00	Afternoon Stretch		2:00	Balance and Stretch		2:00	PM Stretch		1:00	PM Stretch	
2:00	Love and Marriage		2:00	Puns		2:30	Sing Along		2:00	Under the Sea		2:00	Famous Places	
2:45	Coffee & Snack		2:45	Coffee & Snack		3:00	Coffee Klatch		2:45	Coffee & Snack		2:30	Coffee Social	
3:00	Jamie's Class		3:00	Vivian's Class			Vivian's Class		3:00	Bingo		3:00	Movie	
9:30	Exercise & Meditation	10	9:30	Exercise & Positive Thoughts	11	9:30	Exercise & Yoga Breath	12	9:30	Exercise & Meditation	13	9:30	Exercise & Positive Affirmation	14
10:00	Word Search		9:45	Music Therapy		10:00	Brain Boost		10:00	Word Search		10:00	Poems & Love Songs	
10:45	Pets We Love					10:45	Homonyms		10:45	New Year's		10:45	Fact or Opinion	
12:15	Color Calm and relaxing music		11:00	Proverbs		12:15	Music/ Color		10:45	Luis's Class		11:30	<b>Shabbat</b>	
1:00	Afternoon Stretch		1:00	This or That Food		1:00	Bonnie's Class		1:00	Bonnie's Class		1:00	PM Stretch	
2:00	Ball Toss		2:00	Balance		2:00	Stretch and Meditation		2:00	PM Stretch		2:00	Finish the Rhyme	
2:45	President's Trivia		2:00	Ball Toss		2:30	Puns and Jokes		2:45	Flowers and Fawns		2:30	Coffee Klatch	
3:00	Coffee Klatch		2:45	History-1776		3:00	Coffee Klatch		3:00	Coffee and Snack		3:00	Movie	
	Jamie's Class		3:00	Coffee & Snack			Vivian's Class			Jamie/ Susan's Class				
				Vivian's Class										
9:30	Exercise & Meditation	17	9:30	Exercise & Good Thoughts	18	9:30	Exercise & Breathing	19	9:30	Exercise & Guided Meditation	20	9:30	Exercise & Positive Thoughts	21
10:00	Word Jumbles		9:45	Music Therapy		10:00	Brain Boost		10:00	Word Jumbles		10:00	Wm Shakespeare	
10:45	Food Trivia			Boggle		10:45	String Theory		10:45	State Capitals		10:45	Geography Trivia	
12:15	Color Art & Music		11:00	American Trivia		12:15	Color Calm		10:45	Luis's Class		11:30	<b>Shabbat</b>	
1:00	Yoga Stretch		1:00	PM Stretch Class		1:00	Bonnie's Class		1:00	Bonnie's Class		1:00	Afternoon Stretch	
2:00	Ball Toss		2:00	Cliches		2:00	PM Stretch		2:00	Yoga Stretch		1:00	Ball Toss	
2:45	Coffee Social		2:45	Coffee & Snack		2:30	Chicken Soup for the Soul		2:45	World Trivia		2:00	Oceans & Sea Life	
3:00	Jamie's Class		3:00	Vivian's Class		3:00	Coffee Klatch		3:00	Coffee & Snack		2:30	Coffee Social	
							Vivian's Class			Bingo		3:00	Movie	
9:30	Exercise & Meditation	24	9:30	Exercise & Pos. Affirmation	25	9:30	Exercise & Guided Breath	26	9:30	Exercise and Meditation	27	9:30	Exercise & Positivity	28
10:00	Word Quest		9:45	Music Therapy		10:00	Brain Boost		10:00	Word Quest		10:00	Mars Rover	
10:45	Healthy Foods			Things Get Better		10:45	Hollywood		10:45	Luis's Class		10:45	Scrambled Sentences	
12:15	Color Calm		11:00	Cleopatra's Inventions		12:15	Couples		10:45	Nasa- Where it Began		11:30	<b>Shabbat</b>	
1:00	Music/ Comedy		1:00	Stretch and Balance		1:00	Color Art/ Music		1:00	Bonnie's Class		1:00	PM Stretch	
2:00	PM Stretch Class		2:00	Finish the Song		2:00	Bonnie's Class		2:00	Stretch/ Balance		2:00	Ball Toss	
2:45	Ball Toss		2:45	Coffee & Snack		2:30	Stretch Time		2:00	Hubble Telescope		2:00	World Trivia	
3:00	7 Chakras		3:00	Vivian's Class		3:00	Shel Silverstein		2:45	Coffee Klatch		2:30	Coffee & Snack	
							Coffee Social			Jamie/Susan's Class		3:00	Movie	
							Vivian's Class							
9:30	Exercise & Meditation	31												
10:00	Word Search													
10:45	Sting's Stories													
12:15	Color Art/ Music or Comedies													
1:00	Stretch class and Meditation													
2:00	Puns & Riddles													
2:45	Coffee Social													
3:00	Jamie's Class													

**Support Group  
Tuesdays 10 AM  
Jan. 11th & 25th**



Alice Walter Adult Day Care and Alzheimer's Pavilion  
Daniel D. Cantor Senior Center

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