

January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 <div style="text-align: center;">  </div>	3 9:30 Music Therapy 10:30 Famous Nicknames 1:00 Boggle 2:00 PM Stretch... 2:45 Coffee & Snack 3:15 Andrea's Antics	4 9:30 Exercise and Dance 10:30 Getting to Know You Puns/ Jokes 1:00 Bonnie's Stories 2:00 Movement... 2:45 Snack/ Coffee 3:15 Andrea's Antics	5 9:30 Exercise and Meditation 10:30 Parks We Love 1:00 Better Together with Vivian 2:00 PM Stretch 2:45 Snack & Social 3:15 Vivian's Escapades	6 9:30 Exercise and Positive Thoughts 10:30 Occupation of Famous People 11:45 Shabbat 1:00 Home Sweet Home 2:00 Movement/Dance 2:45 Coffee and Snack 3:15 Movie/ Games
9 9:30 Exercise and Dance 10:30 Licenses for States 1:00 Better Together with Vivian 2:00 PM Movement 2:45 Coffee Klatch 3:15 Vivian's Escapades	10 9:30 Music Therapy 10:30 Measurements 1:00 Presidential Facts 2:00 Stretch & Balance 2:45 Coffee Klatch 3:15 Andrea's Antics	11 9:30 Exercise and Dance 10:30 Getting to Know You Puns/ Jokes 1:00 Bonnie's Stories 2:00 Chair Yoga 2:45 Coffee Social 3:15 Andrea's Antics	12 9:30 Exercise and Meditation 10:30 Famous Families 1:00 Bingo 2:00 PM Stretch Class 2:45 Coffee/Snack 3:15 Vivian's Escapades	13 9:30 Exercise and Meditation 10:30 Found by Fours 11:45 Shabbat 1:00 On the Map 2:00 Movement/Dance 2:45 Coffee Klatch 3:15 Movie/ Games
16 9:30 Exercise and Dance 10:30 Keys to Everything 1:00 Better Together with Vivian 2:00 PM Stretch 2:45 Coffee Social 3:15 Vivian's Escapades	17 9:30 Music Therapy 10:30 Kiss a Toad 1:00 Expression in Numbers 2:00 Movement/Dance 2:45 Coffee & Snack 3:15 Andrea's Antics	18 9:30 Exercise and Dance 10:30 Getting to Know You Puns/ Jokes 1:00 Bonnie's Stories 2:00 PM Exercise 2:45 Coffee Social 3:15 Andrea's Antics	19 9:30 Exercise and Meditation 10:30 Advertising We Love 1:00 Better Together with Vivian 2:00 Yoga Stretch 2:45 Coffee Social 3:15 Vivian's Escapades	20 9:30 Stretch & Balance 10:30 Famous Pets 11:45 Shabbat 1:00 Word Work 2:00 PM Stretch... 2:45 Coffee Social 3:15 Movie/ Games
23 9:30 Exercise and Dance 10:30 Where They Live 1:00 Better Together with Vivian 2:00 Dance/Stretch 2:45 Coffee Social 3:15 Vivian's Escapades	24 9:30 Music Therapy 10:30 Zippity-Do-Dah 1:00 Seasons Trivia 2:00 Chair Yoga 2:45 Coffee & Snack 3:15 Andrea's Antics	25 9:30 Exercise and Dance 10:30 Getting to Know You Puns/ Jokes 1:00 Bonnie's Stories 2:00 PM Movement 2:45 Coffee Social 3:15 Andrea's Antics	26 9:30 Exercise and Meditation 10:30 Zoo Animals 1:00 Bingo 2:00 Stretch & Balance 2:45 Coffee Klatch 3:15 Vivian's Escapades	27 9:30 Exercise & Positive Affirmations 10:30 Wild West 11:45 Shabbat 1:00 Comedy & Laughter 2:00 Yoga Stretch 2:45 Coffee & Snack 3:15 Movie/ Games
30 9:30 Exercise and Dance 10:30 Yurts & Igloos 1:00 Better Together with Vivian 2:00 Movement 2:45 Coffee Social 3:15 Vivian's Escapades	31 9:30 Music Therapy 10:30 Car Discussion 1:00 Which Country is It? 2:00 PM Stretch... 2:45 Coffee & Snack 3:15 Andrea's Antics	Caregiver's Support Group 1/10 and 1/24		Therapy Dog Visits with Roxie, Toby and Abigail 



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

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