

NORTHLAND ADULT DAY CENTER

January 2023----- *Activities Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
	Current Affairs	Current Affairs	Current Affairs	Current Affairs
	Card Games	Arts N Crafts	Crossword Puzzles	Friday Matinee
	Music Therapy	Pokeno	Jenga	
	Exercise	Exercise	Birthday Celebration	Exercise
		Brain Boost		Ball Toss
9	10	11	12	13
Current Affairs	Current Affairs	Current Affairs	Current Affairs	Current Affairs
Scrap Book Work	Journal Writing	Parachute Game	Baking Class	MLK Facts
Hang Man	Bean Bag Toss	Crossword Puzzles	Word Search	Poem Day
	Exercise	Exercise	Parachute Game	Exercise
Exercise	Pictionary	Brain Games		
16	17	18	19	20
<div style="background-color: #0056b3; color: white; padding: 10px; text-align: center;"> CLOSED FOR MARTIN LUTHER KING JR HOLIDAY </div>	Current Affairs	Current Affairs	Current Affairs	Current Affairs
	Working W/ Antonyms	Walmart Wednesday	Name That Tune	Friday Matinee
	Brain Boost	Drop A Hint Game	Working W/ Synonyms	
		Exercise	Music N Motion	Exercise
	Exercise	Word Catagories	Name That Dance	Brain Boost
23	24	25	26	27
Current Affairs	Current Affairs	Current Affairs	Current Affairs	Current Affairs
Picture Bingo	Arts and Crafts	Bible Study		Bean Bag Toss
	Card Games	Free Style Drawing	Bean Bag Toss	Puzzles Pizazz
Exercise	Exercise	Exercise	Exercise	Music N Motion
Brain Boost	Cherades	Word Catagories	Word Rhymes	
30	31			
Current Affairs	Current Affairs			
Manicure Monday	Name That Tune			
Arts N Crafts	Simon Says			
Exercise				
Word Ryhme	Exercise			

**It is at the discretion of Northland ADC management to make changes to the activity calendar without prior notice.*