

# ADULT DAY SERVICES

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
9-10am Breakfast, Social 10-11a Pool Noodle Exercise 1-3p Make Christmas Wreaths	9-10am Breakfast, Social 10-11a Stretching & Arthritis Exercises 1-3p Decorate Ornaments	9-10am Breakfast, Social 10-11a Weight Lifting 1-3p Decorate Stockings	9-10am Breakfast, Social 10-11a Resistance Exercises 1-3p Christmas Garland Building	9-10am Breakfast, Social 10-11a Scarf Exercise 1-3p Hobby Lobby Trip
MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
9-10am Breakfast, Social 10-11a Scarf Exercise 1-3p Make peppermint ornaments	9-10am Breakfast, Social 10-11a BINGO w/ Karen, Dietitian 1-3p Winter Crafts	<b>Museum Hill Visit @ Santa Fe</b>	9-10am Breakfast, Social 10-11a Sharps Safety at Home 1-3p Card Making	<b>ADS CLOSED</b> <i>For Staff Appreciation</i>
MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
9-10am Breakfast, Social 10-11a Resistance Exercises 1-3p Make Gingerbread Houses	9-10am Breakfast, Social 10-11a Bloodborne Pathogens Discussion 1-3 Bake Cookies	9-10am Breakfast, Social 10-11a Headstart Children Visit 1-3p Holiday Karaoke	9-10am Breakfast, Social, Health Check 10-11a Stretching & Arthritis Exercises 1-3p Reindeer Games	 <b>ADS CLOSED</b>
MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
9-10am Breakfast, Social 10-11a Scarf Exercise 1-3p Christmas Movie/Open Presents	9-10am Breakfast, Social 10-11a Stretching & Arthritis Exercises 12-3p <b>ADS CLOSED</b> for Traditional Activities	<b>ADS CLOSED</b> 	9-10am Breakfast, Social 10-11a Weight Lifting 12-3p <b>ADS CLOSED</b> for Traditional Activities	9-10am Breakfast, Social 10-11a Pool Noodle Exercise 12-3p <b>ADS CLOSED</b> for Traditional Activities
MONDAY 30	TUESDAY 31	<p><b>If interested in joining the Adult Day Services Program, please call (505) 869-9770</b>  <i>*Activities may be subject to change*</i></p>		
9-10am Breakfast, Social 10-11a Resistance Exercises 1-3p Create a Time Capsule	9-10am Breakfast, Social 10-11a Stretching & Arthritis Exercises 12-3p <b>ADS CLOSED</b> <i>In observance of New Year's Eve</i>			