

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2025

Adult Day Care Center

Center Closed



Chair Aerobics
New Years' Crafts
Crochet Group
Kickball
Word Puzzles
Funny New Years'
Resolutions

Pajama Day!
Sit & Be Fit
Bingo
Big Dice Games
New Year Holiday
Lunch
Health & Wellness- How to
Get Better Sleep
Adult Coloring Pages



***Calendar
Subject to
Change***



Morning Stretch
Snowman Craft
Basketball
Scrabble
Wheel of Fortune
January Facts & Fun

Chair Exercise
Humor- The Harlem
Globetrotters
Snowman Bowling
Dominoes
Famous January Birthdays
Category Game

Lunch Trip to Perkins
Stretch & Relaxation
Cranium Crunches
Card Games
Crochet Group
Bean Bag Toss
Elvis Presley Music Hour

Movement to Music
Pokeno
Marshmallow Toss
Dear Abby
Jigsaw Puzzles
The Music of Joan Baez

***Take-Out Lunch-
Cheesesteaks***
Chair Yoga
Bingo
Penguin Plinko
Adult Coloring Pages
Eagles Playoff Pep
Rally

Daily AM Activities

7:00-8:00 Meet & Greet
8:00-9:00 Coffee & News
8:30-10:00 Breakfast
10:00-10:30 Morning Stretch
10:30-11:00 Daily Chronicles
11:00-11:30 Daily Themed
Activity
11:30-12:00 Active Games

Chair Dancing
January Jeopardy
Board Games
Crochet Group
Balloon Volleyball
Finishing Lines
Johnny Cash Music Hour

Seated Workout
Wintertime Memories Day
Dominos
Bingo
Bowling
Winter Crafts

Meditation
Casino Games
Card Games
Ring Toss
Family Feud
Hot Cocoa Social

Chair Aerobics
Horse Racing
Word Puzzles
Kickball
**Entertainment with
Calvin Pressley
Movie Matinee**

Sit & Be Fit
The Life & Legacy of
Benjamin Franklin
Bingo
Big Dice Games
Intergenerational Program
with AFS Students
Adult Coloring Pages



Daily PM Activities

12:00-1:00 Lunch
1:00-1:30 Cognitive Game
1:30-2:30 Afternoon Activity
2:30-3:00 Snack
3:00-3:30 Afternoon Stretch
3:30-4:30 Late Afternoon
Activity
4:30- 5:30 Independent
Activities

Morning Stretch
Remembering Martin Luther
King Jr
Board Games
Basketball
I Have a Dream
Music Inspired by the Civil
Rights Movement

Disco Day !
Chair Exercise
1970s Trivia
Dominos
Crochet Group
Name that Groovy Tune
Snowman Bowling

Stretch & Relaxation
Wine Glass Painting
Card Games
Bean Bag Toss
Fill in the Blank
Unscramble the Words

Movement to Music
Pokeno
Marshmallow Toss
Trivia
Baking Club
Jigsaw Puzzles

***Shopping Trip to
Dollar Tree***
Chair Yoga
Bingo
Penguin Plinko
Wacky Words
Adult Coloring Pages

Stephanie Malloy
Activities Director
smalloy@sarahpa.com

215-999-1200
Ext. 112



Chair Dancing
National Geographic
Scrabble
Balloon Volleyball
Australia Armchair Travel
The Music of Mozart

Seated Workout
Dominos
Bingo
Bowling
**Entertainment with
Steve Ritrovato
Tribond**

Meditation
Chinese New Year!
Card Games
Ring Toss
Participant Council
Name Five

***Lunch Trip to
Longhorn***
Chair Aerobics
Brain Teasers
Word Puzzles
Kickball
Would You Rather?

Sit & Be Fit
Bingo
Big Dice Games
Arts & Crafts
Adult Coloring Pages
Crochet Group
Hangman

