

**NORTHLAND ADULT DAY CENTER**  
**January 2025 ---- \*Activities Calendar**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
	 <p><i>Our lives begin to end the day we become silent about things that matter.</i></p> <p><i>Martin Luther King, Jr.</i></p>	<p style="text-align: center;"><b>1</b></p> <p style="text-align: center;"><b>CLOSED</b></p> 	<p style="text-align: center;"><b>2</b></p> <p style="text-align: center;"><b>Current Affairs</b></p> <p style="text-align: center;"><b>Exercise</b></p> <p style="text-align: center;"><b>Concentration</b></p> <p style="text-align: center;"><b>Therapeutic Coloring</b></p> <p style="text-align: center;"><b>Card Games</b></p>	<p style="text-align: center;"><b>3</b></p> <p style="text-align: center;"><b>Current Affairs</b></p> <p style="text-align: center;"><b>Exercise</b></p> <p style="text-align: center;"><b>Crossword Puzzles</b></p> <p style="text-align: center;"><b>Match Game</b></p> <p style="text-align: center;"><b>Birthday Celebration</b></p>		
		<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
		<b>Current Affairs</b>	<b>Current Affairs</b>	<b>Current Affairs</b>	<b>Current Affairs</b>	<b>Current Affairs</b>
		<b>Exercise</b>	<b>Exercise</b>	<b>Exercise</b>	<b>Exercise</b>	<b>Exercise</b>
<b>Manicure Monday</b>	<b>Bean Bag Toss</b>	<b>Walmart Wednesday</b>	<b>Science Project</b>	<b>Poem Day</b>		
<b>Hang Man Game</b>	<b>Crossword Puzzles</b>	<b>Brain Games</b>	<b>Word Categories</b>			
	<b>Birthday Celebration</b>	<b>Crossword Puzzles</b>		<b>JENGA</b>		
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>		
<b>Current Affairs</b>	<b>Current Affairs</b>	<b>Current Affairs</b>	<b>Current Affairs</b>	<b>Current Affairs</b>		
<b>Exercise</b>	<b>Exercise</b>	<b>Exercise</b>	<b>Exercise</b>	<b>Exercise</b>		
<b>Vision Board Project</b>	<b>Cooking Class</b>	<b>Tea Party</b>	<b>Name That Song</b>	<b>Family Feud Game</b>		
<b>Make Your Dream</b>	<b>Word Search</b>	<b>National Hat Day</b>	<b>Music N Motion</b>	<b>Movie Matinee</b>		
<b>Come True Day</b>		<b>Match Game</b>	<b>Birthday Celebration</b>			
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>		
<b>CLOSED FOR MARTIN LUTHER KING JR HOLIDAY</b>	<b>Current Affairs</b>	<b>Current Affairs</b>	<b>Current Affairs</b>	<b>Current Affairs</b>		
	<b>Exercise</b>	<b>Chair Yoga</b>	<b>Exercise</b>	<b>Exercise</b>		
	<b>Category Game</b>	<b>Walmart Wednesday</b>	<b>Arts and Crafts</b>	<b>Puzzles Pizazz</b>		
	<b>Charades</b>	<b>Bean Bag Toss</b>		<b>Music N Motion</b>		
	<b>Card Games</b>		<b>Word Rhymes</b>	<b>Int'l Day of Education</b>		
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		
<b>Current Affairs</b>	<b>Current Affairs</b>	<b>Current Affairs</b>	<b>Current Affairs</b>	<b>Current Affairs</b>		
<b>Meditation Monday</b>	<b>Exercise</b>	<b>Exercise</b>	<b>Exercise</b>	<b>Exercise</b>		
<b>Guess The Logo</b>	<b>Ball Toss</b>	<b>Karaoke</b>	<b>Ring Toss</b>	<b>Puzzles Pizazz</b>		
	<b>JENGA</b>	<b>Sudoku Puzzles</b>				
<b>Word Rymhe</b>	<b>Board Games</b>	<b>Puzzle Day</b>	<b>Dominoes</b>	<b>Parachute Game</b>		

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