



**Springfield Area
Adult Day Service**
A SERVICE OF SPRINGFIELD HOSPITAL
Where People Come First

**JAN. 2022
ACTIVITIES
CALENDAR**

Regular Activities
Schedule:

7:30 Morning Social
9:30 Crafts & Reading
10:00 Po-ke-no &
Games 11:00 Exercise,
Music or Games

12:00 Lunch & Relax
1:00 Bingo & Cards
3:15 Snack & Game

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 11:00 Hoop Game 11:30 Hangman	4 9:30 Crafts with Janet 11:00 Trivia 11:30 Gentle Chair Exercise National Trivia Day	5 9:30 Ceramics with Janet 11:00 Board Games	6 9:30 Crafts with Janet 11:00 Move to Improve with Pat	7 11:00 Pictionary 11:30 Seatwork Exercise	8 CLOSED
10 11:00 Evolving Art 11:30 Clients chooses the Exercise	11 9:30 Crafts with Janet 11:00 Broom Hockey	12 9:30 Crafts with Janet 11:00 Chair Zumba with Scott	13 9:30 Crafts with Janet 11:00 Music with Ron Banks	14 11:00 Pantyhose Game 11:30 One Liners	15 CLOSED
17 11:00 Martin Luther King Jr. Trivia 11:30 Black/White Hat Beanbag Toss Martin King Jr. Day	18 9:30 Crafts with Janet 11:00 Ducks in the Water 11:30 3X Game	19 9:30 Crafts with Janet 11:00 Which Came First 11:30 Sock Toss	20 9:30 Crafts with Janet 11:00 Move to Improve with Pat	21 11:00 Zumba Gold Fitness	22 CLOSED
24 11:00 Participant Council 11:30 Run the Numbers	25 9:30 Crafts with Janet 11:00 Shaker Game 11:30 Men's Names from A to J	26 9:30 Ceramics with Janet 11:00 Chair Zumba with Scott	27 10:00 Movie National Chocolate Cake Day	28 11:00 Body Language 11:30 Body Parts	29 CLOSED
31 11:00 Janet showing some old things National Hot Chocolate Day	BIRTHDAYS 1-12 Bernadette M. 1-15 Shirley C. 1-15 Julia K. 1-20 Sue P.				