

Participation in activities are voluntary. Activities are subject to change.

ADULT LIFE PROGRAMS

Your Caregiving Solution

JANUARY 2012

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6:30 center opens	12:30 individual activities
7:30 individual activities	1:30 program
8:30 breakfast	2:30 snack
9:30 routes arrive/breakfast	3:30 routes depart
10:00 program	3:30 individual activities
11:30 lunch	5:30 center closes



In accordance with Federal law and US Department of Agriculture policy, Adult Life Programs is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TD). Adult Life Programs is an equal opportunity provider and employer.

Mon	Tue	Wed	Thu	Fri
2 Closed for New Year's Holiday!!	3 TRIVIA/ EXERCISE CVMC/PEGGY W/ NEW YEAR RESOLUTIONS Arts & Crafts - Snowflakes BP/Weight √'s	4 Trivia/Exercise Explaining CARF Accreditation BP/Weight √'s PARTICIPANT COUNCIL MTG.	5 TRIVIA/ EXERCISE JEOPARDY WITH ELAINE Music & Devotions with Pastor Drum	6 Trivia/Exercise Cooking Class - Make your own pizza for lunch BP/Weight √'s ELVIS PRESLEY DAY - JELLY DOUGNUTS
9 TRIVIA/ EXERCISE BOWLING @ PIN STATION Let's Play Quarter Bingo	10 Trivia/Exercise Trip to the Hickory Museum to see Louis Nunnery's Doll Collection PLAYING CHECK- ERS/PLAYING CARDS	11 TRIVIA/ EXERCISE MUSIC WITH JERRY Budget Shopping @ Lowe's Food	12 Trivia/Exercise Meals on Wheels/ Mind Joggers TRIP TO THE CONOVER LIBRARYTRAVEL W/HAMP	13 TRIVIA/ EXERCISE COOKING CLASS - FRIED CHICKEN MLK Trivia/ Discussion or Shopping @ Mighty Dollar
16 Closed for Martin Luther King, Jr. Holiday	17 TRIVIA/ EXERCISE SHOW & TELL - BABY PHOTOS Pet Therapy Cooking Class - Pancakes	18 Trivia/ Exercise ALP'S MORNING BRUNCH & WALKING AT VALLEY HILLS MALL	19 TRIVIA/ EXERCISE TRIP TO CAROLINA THEATER & OUT FOR LUNCH Play Charades	20 Trivia/ Exercise Keyboard with Jaye CRAFTS - BIRD/ SQUIRREL TREATS
23 TRIVIA/ EXERCISE MORNING DEVOTIONS W/ THE HADDEN'S Visit to the Asian Market in Newton- Chinese New Year	24 Trivia/ Exercise Cooking Class - Soup/Sandwiches TRIP TO THE CONOVER LIBRARY	25 TRIVIA/ EXERCISE PIANO MUSIC W/ LIBBIE Budget Shopping @ Lowe's Foods	26 Trivia/ Exercise Trip to the Farmer's Market MUSIC & DEVO- TIONS WITH PASTOR DRUM	27 TRIVIA/ EXERCISE SCAVENGER HUNT Music w/Faith Tabernacle
30 Trivia/ Exercise Meals on Wheels/Cooking Class - Potato Soup ALP'S AUCTION	31 TRIVIA/ EXERCISE BOWLING @ PIN STATION Monthly Birth- day/Play Bingo			
<i>Happy Birthday!</i>				
Sandra - 1/7 Billie - 1/15		Patrick - 1/17 Robert H. - 1/18		



Member Agency

Free visits are available.
 Call Peggy at 464-0078 for more information.