

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>ADULT LIFE PROGRAMS</b>  <b>MAIDEN</b>  <b>3390 SHEPHERDS RD.</b>  <b>MAIDEN, NC 28650</b>  <b>828-428-9010</b></p>	<p><b>JANUARY</b>  <b>2025</b></p>	<p>CENTER CLOSED</p> <p><b>Happy New Year</b></p>	<p><b>1</b> 10 am: Morning Meeting  10:30am: Chair Exercises  <u>Scheduled Activities</u>  New Years Celebration  Georgia Virtual Travel  2pm: Independent Living Skills</p>	<p><b>2</b> 10 am: Morning Meeting  10:30am: Outside Walking Path  11 am: Behavioral Health Group  <u>Scheduled Activities</u>  Utah Virtual Travel  Chocolate Cherries  Winter Memory Game  2pm: Independent Living Skills</p>
<p><b>6</b> 10 am: Morning Meeting  10:30am: Inside Walking Path  11 am: Behavioral Health Group  <u>Scheduled Activities</u>  New Mexico Virtual Travel  Bird Watching  Snowball Toss  2pm: Independent Living Skills</p>	<p><b>7</b> 10 am: Morning Meeting  10:30am: Outside Meditation  <u>Scheduled Activities</u>  Alaska Virtual Travel  Memory Game  Bingo  2pm: Independent Living Skills</p> <p><b>BINGO</b></p>	<p><b>8</b> 10 am: Morning Meeting  10:30am: Chair Exercises  <u>Scheduled Activities</u>  Career Coaches Informational Discussion  Snowball Sweep Game  Volunteer: Pastor Easter  2pm: Independent Living Skills</p>	<p><b>9</b> 10 am: Morning Meeting  10:30am: Outside Walking Path  <u>Scheduled Activities</u>  Connecticut Virtual Travel  Law Enforcement Appreciation  Balloon Game  2pm: Independent Living Skills</p>	<p><b>10</b> 10 am: Morning Meeting  10:30am: ROM Exercises  11 am: Behavioral Health Group  <u>Scheduled Activities</u>  Save the Eagles  Paper Snowflakes  Stacking Cups  2pm: Independent Living Skills</p> <p><b>Snowflake</b></p>
<p><b>13</b> 10 am: Morning Meeting  10:30am: Outside Meditation  11 am: Behavioral Health Group  <u>Scheduled Activities</u>  Sticker Day Art  Vision Board for 2025  Mitten, Coat, Scarf Race  2pm: Independent Living Skills</p> <p><b>Robot</b></p>	<p><b>14</b> 10 am: Morning Meeting  10:30am: Chair Exercises  <u>Scheduled Activities</u>  Winter Family Feud  Toss Tic-Tac-Toe  Snowflake Stamps  2pm: Independent Living Skills</p>	<p><b>15</b> 10 am: Morning Meeting  10:30am: Outside Walking Path  <u>Scheduled Activities</u>  Memory Game  Foam Winter Photo Frames  Jacks Game  2pm: Independent Living Skills</p>	<p><b>16</b> 10 am: Morning Meeting  10:30am: ROM Exercises  <u>Scheduled Activities</u>  Bingo  Participant Council  Snow Floam  2pm: Independent Living Skills</p> <p><b>Cloud</b></p>	<p><b>17</b> 10 am: Morning Meeting  10:30am: Inside Walking Path  11 am: Behavioral Health Group  <u>Scheduled Activities</u>  Connect 4  Stretching  Paper Towel Roll Snowflakes  2pm: Independent Living Skills</p>
<p>CENTER CLOSED</p> <p><b>I HAVE A DREAM</b>  <b>MARTIN LUTHER KING JR.</b>  <b>DAY</b></p>	<p><b>20</b> 10 am: Morning Meeting  10:30am: Outside Walking Path  <u>Scheduled Activities</u>  MLK Day  Winter Olympics  Bingo  Volunteer: Faith the Comfort Dog  2pm: Independent Living Skills</p>	<p><b>21</b> 10 am: Morning Meeting  10:30am: ROM Exercises  <u>Scheduled Activities</u>  Polka Dancing  Dice game  Ice and Salt Watercolors  Volunteer: Pastor Easter  2pm: Independent Living Skills</p> <p><b>Polka Dancers</b></p>	<p><b>22</b> 10 am: Morning Meeting  10:30am: Inside Walking Path  <u>Scheduled Activities</u>  Center wide Library Outing  Memory Game  Cake-in-a-Mug  2pm: Independent Living Skills</p>	<p><b>23</b> 10 am: Morning Meeting  10:30am: Outside Meditation  11 am: Behavioral Health Group  <u>Scheduled Activities</u>  Compliment Circle  Beaded Wreaths  Wall Ball  2pm: Independent Living Skills</p>
<p><b>27</b> 10 am: Morning Meeting  10:30am: Outside Walking Path  11 am: Behavioral Health Group  <u>Scheduled Activities</u>  Michigan Virtual Travel  Winter Foam Art  Hot Potato  2pm: Independent Living Skills</p>	<p><b>28</b> 10 am: Morning Meeting  10:30am: ROM Exercises  <u>Scheduled Activities</u>  Shuffleboard  Memory Game  Collective Art Project  2pm: Independent Living Skills</p> <p><b>Brain</b></p>	<p><b>29</b> 10 am: Morning Meeting  10:30am: Inside Walking Path  <u>Scheduled Activities</u>  Puzzle Day  Lunar New Year  Kansas Virtual Travel  2pm: Independent Living Skills</p>	<p><b>30</b> 10 am: Morning Meeting  10:30am: Outside Meditation  <u>Scheduled Activities</u>  Bingo  Mad Libs  Volunteer: Library2Go  2pm: Independent Living Skills</p>	<p><b>31</b> 10 am: Morning Meeting  10:30am: Chair Exercises  11 am: Behavioral Health Group  <u>Scheduled Activities</u>: National Art Day  Coloring  Painting  Jewelry Making  2pm: Independent Living Skills</p> <p><b>Art Palette</b></p>

**\*\* Activities are subject to change \*\***

This institution is an equal opportunities provider