



# January 2019

THE VILLAGE & ADULT DAY PROGRAM THERAPEUTIC RECREATION CHOICES at Waveny LifeCare Network ([www.waveny.org](http://www.waveny.org))  
 ADP MANAGER: ANNE PELISSON (203) 594-5301, VILLAGE TR COORDINATOR: SHERRY DOBRIN (203) 594-5279 and ADP PROGRAM (203) 594-5314

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
							
		<b>1</b> 10:15 Morning Greeting & Exercise - MS <b>11:15 New Year's Day Music Performance By Bonnie Leidner - MS</b> 2:00 New Year's Resolutions, Music and More - MS 2:00 Independent Activities – MS  <b>ADP Closed</b>	<b>2</b> 10:15 Morning Greeting & Exercise - MS 11:15 Worship Service – MS 11:15 Crossword Puzzle – ADP 11:15 Chair Yoga – V 2:00 Balloon Volleyball - MS 2:00 Room Visits – VLR 2:00 Games for the Guys – ADP	<b>3</b> <b>10:15 Fitness with Coach Bill - MS</b> <b>11:15 Music with Lynn- MS</b> 11:15 Crossword Puzzle – ADP 2:00 January Song Scattergories – MS 2:00 Scrabble – ADP 2:00 Crafty Corner – VLR	<b>4</b> <b>11:15 Music with Tracey–MS</b> 11:15 Ladies Luxury –ADP 11:15 Crossword Puzzle – ADP 11:15 Bell Choir – VLR <b>2:00 Feast of Epiphany: Twelfth Day of Christmas – MS</b> 2:00 New Year Door Craft 2019 – ADP 2:00 Room Visits – V	<b>5</b> <b>10:30 Shopping in the General Store</b> 11:15 Singalong - MS 11:15 Independent Activities - MS 2:00 Whiteboard Word Games - MS 2:00 Relaxation – VLR	
<b>6</b> 10:00 Worship Service - WCCRL 10:30 Breathe, Stretch & Move-MS 11:15 Musical Mix-Up-MS 11:15 Independent Games -MS <b>2:00 Visit From the National Charity League - MS</b> 2:00 Relaxation –VLR1	<b>7</b> 11:15 News in Review – VLR 11:15 Bingo–ADP 11:15 Winter Song Singalong – MS 2:00 1950's Rock and Roll Music Revue – MS 2:00 Baby Shower Bingo – ADP 2:00 Let's Move to Elvis Tunes – VLR <b>4:00 WCC Lecture: Battle of Ridgefield by Jim Bach – WCC</b>	<b>8 Elvis Presley's Birthday!</b> 11:15 Elvis Word Game & Trivia - ADP 11:15 Music From the King – MS 11:15 Making Peanut Butter and Banana Sandwiches – S <b>2:00 Celebrating the Life and Music of Elvis Presley – MS</b> 2:00 Elvis Bingo and All About Graceland – ADP 2:00 Rosary – V	<b>9</b> 10:15 Morning Greeting & Exercise - MS 11:15 Worship Service – MS 11:15 Crossword Puzzle – ADP 11:15 Room Visits – V 2:00 Music Scattergories – MS <b>2:00 Horticulture Therapy – ADP</b> 2:00 Active & Fit: Bean Bag Toss – VLR	<b>10</b> <b>10:15 Fitness with Coach Bill – MS</b> <b>11:15 Music with Mark- MS</b> 11:15 Crossword Puzzle – ADP 2:00 History of American Music – MS <b>2:00 Daughters of the American Revolution Presentation– ADP</b> 2:00 All American Arts and Crafts – VDR	<b>11</b> <b>11:15 Music with Tracey–MS</b> 11:15 Ladies Luxury –ADP 11:15 Crossword Puzzle – ADP 11:15 Bell Choir – VLR 2:00 The Best of Broadway Songs – MS 2:00 Our Favorite Movies – VLR 2:00 Pull and Read Teacup Card and Tea Social – ADP 2:00 Card Games – ADP	<b>12</b> 11:15 Singalong - MS 11:15 Independent Activities - MS 2:00 Healthy Habits - MS 2:00 Relaxation–VLR	
<b>13</b> 10:00 Worship Service - WCCRL 10:30 Breathe, Stretch & Move - MS 11:15 Singalong- MS 11:15 Independent Games -MS 2:00 The World's Best Parks – ADP 2:00 Relaxation - VLR	<b>14 January Birthday Party</b> 11:15 January Born Celebrities – VLR 11:15 January Bingo – ADP 11:15 January Music Makers – MS <b>2:00 January Birthday Party with Music By John Vilasi – MS</b> 2:00 Sensory Circle – ADP	<b>15</b> 11:15 Crossword Puzzle - ADP 11:15 Singalong – MS 11:15 Kitchen Time –S <b>11:30 Lunch Out Trip</b> 2:00 Music Time Machine: 1920's – MS 2:00 Word in a Word Game – ADP 2:00 Current Events – VLR2 2:00 Rosary – V	<b>16</b> 10:15 Morning Greeting & Exercise - MS 11:15 Worship Service – MS 11:15 Crossword Puzzle – ADP 11:15 This Week in History – VLR <b>2:00 Music Performance by Jewels Harrison - MS</b> 2:00 Active & Fit: Noodleball – VLR 2:00 Snowman Crafts – ADP	<b>17</b> <b>10:15 Fitness with Coach Bill - MS</b> <b>11:15 Music with Bonnie- MS</b> 11:15 Circle of Life – VLR 11:15 Crossword Puzzle – ADP <b>2:00 Music Performance by Nice and Easy – MS</b> 2:00 Hobby Shop – ADP 2:00 Creative Expression – VDR	<b>18</b> <b>11:15 Music with Tracey–MS</b> 11:15 Ladies Luxury –ADP 11:15 Crossword Puzzle – ADP <b>2:00 Honoring the Life's Work of Dr. Martin Luther King, Jr. – MS</b> 2:00 Table Top Learning: All About Dr. Martin Luther King – ADP	<b>19</b> 11:15 Singalong - MS 11:15 Independent Activities - MS 2:00 Melodies and Memories - MS 2:00 Relaxation - VLR	
<b>20</b> 10:00 Worship Service - WCCRL 10:30 Breathe, Stretch & Move - MS 11:15 Musical Mix-Up- MS 11:15 Independent Games -MS <b>2:00 Cabaret on Tour - MS</b> 2:00 Relaxation–VLR1	<b>21 Martin Luther King Jr. Day</b> <b>11:15 Music Performance by Bonnie Leidner - MS</b> 11:15 Independent Activities - MS 2:00 All About Dr. Martin Luther King, Jr. – MS 2:00 Relaxation – VLR  <b>ADP Closed</b>	<b>22</b> 11:15 Crossword Puzzle - ADP 11:15 Singalong – MS 11:15 Kitchen Time – S 2:00 Songs of the Civil Rights Movement – MS 2:00 Jeopardy on the Big Screen – ADP 2:00 Rosary – V	<b>23</b> 10:15 Morning Greeting & Exercise - MS 11:15 Worship Service – MS 11:15 Crossword Puzzle – ADP 11:15 Room Visits – V 2:00 History of 1920's Music – MS 2:00 Active & Fit – Chair Soccer – V 2:00 Fashion and Entertainers of the 1920's – ADP	<b>24</b> <b>10:15 Fitness with Coach Bill - MS</b> <b>11:15 Music with Mark- MS</b> 11:15 Cranium Crunch – V 11:15 Crossword Puzzle – ADP <b>2:00 Roaring 20's Party – MS</b> 2:00 Hobby Shop – ADP	<b>25</b> <b>11:15 Music with Tracey–MS</b> 11:15 Ladies Luxury –ADP 11:15 Crossword Puzzle – ADP 11:15 Bell Choir – VLR <b>12:00 Lunch In Trip: Chinese Food</b> 2:00 Bowling – MS 2:00 Celebrating Shabbat – ADP 2:00 Scrabble – ADP	<b>26</b> 11:15 Singalong - MS 11:15 Tabletop Activities - MS 2:00 Puzzlemania & More - MS 2:00 Active Games - MS 2:00 Relaxation –VLR1	
<b>27</b> 10:00 Worship Service - WCCRL 10:30 Breathe, Stretch & Move - MS 11:15 Musical Mix-Up- MS 11:15 Independent Games -MS 2:00 Balloon Tennis - MS 2:00 Relaxation–VLR1	<b>28</b> 11:15 Current Events – VLR 11:15 Bingo–ADP 11:15 Name That Tune – MS 11:15 Kitchen Time –S 2:00 Elvis Music Singo – MS 2:00 Coffee and Chat – ADP 2:00 Room Visits – V	<b>29</b> 11:15 Crossword Puzzle - ADP 11:15 Music Program –MS 11:15 Room Visits – V <b>2:00 Snowman Festival – MS</b> 2:00 Table Top Games – ADP 2:00 Rosary – V	<b>30</b> 10:15 Morning Greeting & Exercise - MS 11:15 Worship Service – MS 11:15 Crossword Puzzle – ADP 11:15 Room Visits – V 2:00 Live Music Karaoke – MS 2:00 Getting To Know You – ADP	<b>31</b> <b>10:15 Fitness with Coach Bill - MS</b> <b>11:15 Music with Lynn- MS</b> 11:15 Crossword Puzzle – ADP 11:15 Sensory Circle – V 2:00 Big Screen Karaoke – MS 2:00 The Champagne Music Maker: Lawrence Welk – ADP 2:00 Month in Review – VLR			<b>Daily Programs:</b> <b>10:30 Coffee and Conversation (M-F)</b> <b>1:30 Anything Goes</b> <b>3:00 Afternoon Matinee</b> <b>3:30 Table Top Games</b>  <b>4:00 Programs:</b> <b>Music Mindfulness: Monday &amp; Friday</b> <b>Tuesday: Dance Movement Therapy</b> <b>Active Games: Wednesday</b> <b>Spark the Senses: Thursday</b> <b>Potpourri: Saturday &amp; Sunday</b>