





JANUARY 2019  
CLERMONT PARK ADULT DAY CENTER  
This is YOUR Club styled YOUR way!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Ongoing Activities
*Outings are in <b>GREEN</b> These include outings in the greater community as well as up in the main building at Clermont Park.	Offered in a Club setting, activity options are directed by Club Members. We welcome requests and suggestions for activities and outings. Let Courtney or Tiffany know if there are things you would like to do or places you would like to go!	1 CLOSED 	2 8:00 Coffee Chat/Chronicle 9:30 New Year's Toast/New Year's Resolutions 10:00 Hank and Rowdy 11:00 Club Clips Advice 11:30 Exercise 1:30 Science Class: How Do Polar Bears Thrive In Artic Waters? 3:30 January IQ Trivia 4:00 Games	3 8:00 Coffee Chat/Chronicle 9:30A First Time For Everything 10:30 Exercise 11:00 Chaplain Mike/Juli 1:30 Letters to Samantha 2:00 Multiple Category Trivia 3:00 Begins With? 4:00 Games	4 8:00 Coffee Chat/Chronicle 9:30 Ante up 10:00Exercise 10:30 Let's Make A Deal 11:30 Natural hacks to Support A Healthy Mood (FH) 2:00 Everyone Loves Evie 2:30 Sunrise Smoothies 4:00 Games	5	<b>EXERCISE CLASSES</b> Wellness Walking Group (2ndFW) Tuesday 9:30am Wii Bowling (FC) Tuesday and Thursday 1pm Strength Class (FC) Monday & Wednesday 10:05am Healthy Back (FC) Monday 10:40am Exercise with Carolina (FC) Wednesday 9:30am Balance (FC) Wednesday 11:15am Fitness Center— If you are interested in using the Fitness Center, let Courtney or Tiffany know  <b>SPIRITUAL SERVICES</b> Bible Study (FH) Monday 10:00am Catholic Communion (CR1st) Mon 9:45am  *If you desire to meet with a Chaplain or another clergy of another faith, let Courtney or Tiffany know and we can make arrangements for you  <b>CARDS &amp; GAMES</b> Refresher Bridge (3rd FL) Monday 1:00pm Billards/Pool— Anytime by request in main building Bocce Ball (4455 S. Harvard) Thursday 4pm Uno, Monopoly, Farkle, Rummy, Black Jack, Poker— Any games you'd like by request.  <b>MISCELLANEOUS</b> Sign Language (AS) Monday 1:00 pm Peaceful Hour (FH) Monday 9:00am Events Planning Committee for Clermont Park (FH) Tuesday 10/2/18 at 11am Keepers Committee—Employee Retention (CR 1st) 4th Wednesday of the Month (10/24) Boutique Shopping — Anytime by request Clermont Market— Anytime by request Salon—Let Courtney or Tiffany know and we can make an appointment for you Library — Anytime by request  <b>ARTS</b> Art Gallery— Anytime by request Art Room Access Anytime— Various art supplies are always at the ready. Let Courtney or Tiffany know if there are any art supplies you would like and we can get them for you.
6	7 8:00 Coffee Chat/Chronicle 10:30 Science Class: Can Dogs Detect Odors that Humans Miss? 11:30 Exercise 2:00 Everyone Loves Evie 3:00 Name That Bird! 4:00 Games	8 8:00 Coffee Chat/Chronicle 9:30 Chaplain Rebecca 10:45 - 1:45 Meg 11:00 Science Class: What Makes an Eggshell Hard? 2:00 Diane on Piano 3:00 Group Jigsaw 4:00 Games	9 8:00 Coffee Chat/Chronicle 10:00 Hank and Rowdy 11:30 Exercise 1:30 Musical Scattergories 2:00 Memories in the Making 3:30 Penny Toss 4:00 Games	10 8:00 Coffee Chat/Chronicle 9:00 Rice Crispy Treats 10:30 Exercise 11:00 Chaplain Mike/Juli 1:30 Pokeno 2:00 Active Minds: Kashmir (FH) 3:30 Herbal Tea Party 4:00 Games	11 8:00 Coffee Chat/Chronicle 9:00 Rice Grab 11:30 Exercise 1:30 Ziploc Painting 2:00 Homemade Chocolate Covered Cherries 3:00 Jigsaw Portraits 4:00 Games	12	
13	14 8:00 Coffee Chat/Chronicle 9:00 Gravity Experiments 10:00 Squabble 10:30 Brochure About Me 11:30 Exercise 2:00 TED Talk: Science of Bubbles (FH) 2:30 Pet Therapy with Honey 3:30 Rock Painting 4:00 Games	15 8:00 Coffee Chat/Chronicle 9:30 Chaplain Rebecca 10:45 - 1:45 Meg 11:30 Exercise 2:00 Diane on Piano 3:00 Group Jigsaw 4:00 Games	16 8:00 Coffee Chat/Chronicle 9:30 Tossers 10:00 Hank and Rowdy 11:30 Exercise 1:30 Lita on the Piano 2:00 All Community Meeting (FH) 3:00 What is Braille? 3:30 Seated Soccer 4:00 Games	17 8:00 Coffee Chat/Chronicle 9:30 Group Poetry Writing 10:30 Exercise 11:00 Chaplain Mike/Juli 1:30 Science Class: how Good is a Shark's Sense of Smell? 3:00 Wax Stained Glass 4:00 Games	18 8:00 Coffee Chat/Chronicle 9:30 No Bake Rice Crispy Treats 10:30 Bowling 11:30 Exercise 1:30 The Name Game 2:00 Wax Stained Glass 3:00 Question Ball 4:00 Games	19	
20	21 8:00 Coffee Chat/Chronicle 9:00 Museum of Nature & Science and Planetarium: Destination Solar System \$ 2:30 Who was Martin Luther King? 3:00 Straw Painting 4:00 Games	22 8:00 Coffee Chat/Chronicle 9:30 Chaplain Rebecca 10:45 - 1:45 Meg 11:00 Eldersong Music BINGO 2:00 Group Jigsaw 3:00 Banana Pudding Parfaits 4:00 Games	23 8:00 Coffee Chat/Chronicle 9:00 Birthday Cake Baking 10:00 Hank and Rowdy 10:30 Birthday Party for John 11:30 Exercise 2:00 Memories in the Making 3:00 Family Feud 4:00 Games	24 8:00 Coffee Chat/Chronicle 9:30 Paper Airplane Contest 10:30 Exercise 11:00 Chaplain Mike/Juli 1:30 Newspaper Art 2:30 Curious Dragonfly: The Magic of Chemistry 4:00 Games	25 8:00 Coffee Chat/Chronicle 9:00 Nina Visits 10:00 Coffee Can Ice Cream Project 11:30 Exercise 2:00 Make a Memory Board 3:00 Grab Bag 4:00 Games	26	
27	28 8:00 Coffee Chat/Chronicle 9:00 Rolling Pin Art 10:00 A - Z Cities 11:30 Exercise 2:30Pet Therapy with Honey 3:00 3D Animals 4:00 Games	29 8:00 Coffee Chat/Chronicle 9:30 Chaplain Rebecca 10:45 - 1:45 Meg 11:00 Science Class: Why Do Geese Fly in Formation> 2:00 TED Talk: Do School's Kill Creativity? (FH) 3:00 Origami Cranes 4:00 Games	30 8:00 Coffee Chat/Chronicle 10:00 Hank and Rowdy 11:30 Exercise 1:30 Lita on the Piano 2:30 Homemade Butter and Biscuits 3:00 Price Is Right 4:00 Games	31 8:00 Coffee Chat/Chronicle 9:00 Reader's Digest 10:30 Exercise 11:00 Chaplain Mike/Juli 2:00 Foil Painting 3:00 Name that Flower 4:00 Games	Please like us on Facebook to see photos of the club's culture and life enrichment! 	<b>Locations:</b> CR 1st: Community Room 1st floor AS: Art Studio FH: Fellowship Hall 3rd FL: 3rd Floor Lounge 2nd FW: 2nd Floor Willows FC: Fitness Center	