



Vital Link Adult Day Services

Life Enrichment: January 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday	Sunday
VITAL LINK OPEN 31	VITAL LINK CLOSED 1 	Client Birthday! 2 9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 10:30 Music with Emmali! 12:00 Lunch & Birthday Celebration! 1:30 Volunteer: Josh & Kids – Conversation & Bible Discussion! 2:30 Snack & Conversation	Chocolate Covered Cherry Day 3 9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 10:30 Sing Along! 11:30 Free Time 12:00 Lunch 1:00 Music with Emmali & Rachel! 2:30 Chocolate Covered Cherries!	National Spaghetti Day 4 9:00 Breakfast / Socialize 10:00 Volunteer: David- Bird Jingo! 11:00 Quote of the Day & Exercise 11:30 Free Time 12:00 Spaghetti Lunch 1:00 Sing Along! 2:30 Snack & Conversation	5	6 Staff Birth-day!
7 9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 10:30 Volunteer: Pastor Quam! 12:00 Lunch: Passport to Antarctica! + Artic Animal Facts 1:45 Volunteer: David – Story Telling & Conversation! 2:30 Snack & Conversation	Winter Skin Relief Day 8 9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 10:30 Bingo! 12:00 Lunch: Passport to Antarctica! + Artic Animal Facts 1:15 Volunteer: Isabelle – Hand Massages & Manicures! 2:15 Snack & Conversation!	9 9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 10:30 Game: What's In the Bag? 11:30 Free Time 12:00 Lunch 1:00 Documentary: To the Arctic 2:00 Winter Baking Group	Houseplant Appreciation Day 10 9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 10:30 Game: What's In the Bag? 11:30 Free Time 12:00 Lunch 1:00 Winter Coloring & Painting! 2:00 Winter Baking Group	National Milk Day 11 9:00 Breakfast / Socialize 10:00 Volunteer: David-Winter Jingo! 11:00 Quote of the Day & Exercise 12:00 Lunch 1:40 <i>Tori's Precious Pets: Traveling Pet Show! @ Care Center</i> 2:45 Snack & Conversation	12	13
14 9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 10:30 Winter Canvas Painting! 11:30 Free Time 12:00 Lunch 1:00 <i>Outing to Northfield Montessori – Activity & Snack!</i> 2:30 Snack & Conversation	National Hat Day 15 9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 10:30 Sing Along! 11:30 Free Time 12:00 Lunch 1:15 Volunteer: Isabelle – Winter Canvas Painting! 2:15 Snack & Conversation!	16 9:00 Donut-Make-You Wonder? 10:00 Quote of the Day & Exercise 10:30 Cook Book Discussions 11:30 Free Time 12:00 Lunch 12:45 Movie & Popcorn: Happy Feet 2:30 Snack & Conversation	17 9:00 Donut-Make-You-Wonder? 10:00 Quote of the Day & Exercise 10:30 Winter Jingo! 11:30 Free Time 12:00 Lunch 12:45 Movie & Popcorn: Happy Feet 2:30 Snack & Conversation	18 9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 10:30 Craft: Sensory Snowmen 11:30 Free Time 12:00 Lunch & Birthday Celebration! 1:00 Game: The Price is Right 2:00 Winter Artwork, Reminiscing & Snack	19	20 National Popcorn Day!
Martin Luther King Jr. Day 21 9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 10:30 Volunteer: Pastor Quam! 12:00 Lunch 1:00 MLK Jr. – A Civil Rights Leader 2:00 Volunteer: David – Travel Presentation!	Brownie Day / Client Birthday! 22 9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 10:30 Winter Olympic Competition! 12:00 Lunch & Blonde Brownies! 1:15 Volunteer: Isabelle – Pine Cone Decorating! 2:15 Snack & Conversation!	National Pie Day 23 9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 10:30 Sing Along! 12:00 Lunch & Pie + Pie Facts 1:00 Documentary: Frozen Planet – An Epic Journey 2:00 Winter Olympic Competition!	Compliment Day/ Client Birthday! 24 9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 10:30 Power of Positive Thinking 12:00 Lunch & Birthday Celebration! 1:00 <i>Outing to Northfield Montessori – Activity & Snack!</i> 2:30 Snack & Conversation	Opposite Day 25 9:00 Breakfast / Socialize 10:00 Volunteer: David – Food Jingo! 11:00 Quote of the Day & Exercise 12:00 Lunch 12:45 Rest & Relaxation Technique 1:45 Power of Positive Thinking 2:30 Snack & Conversation	26	27 Choc-olate Cake Day!
Bubble Wrap Appreciation Day 28 9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 10:30 Craft: Bubble Wrap Tree 12:00 Lunch 1:00 Bird Facts & Artwork 2:00 Board Games, Card Games, & Puzzles!	National Puzzle Day 29 9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 11:15 Volunteer: David – Board Games, Card Games, & Puzzles! 12:00 Lunch 1:15 Volunteer: Isabelle – Snowmen & Snowflakes / Snack & Conversation	National Croissant Day 30 9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 10:30 Mad Libs & Trivia 12:00 Lunch (Croissant Sandwiches) 12:45 <i>Bowling @ Jesse James Lanes!</i> 2:30 Snack & Conversation	Inspire Your Heart With Art Day! 31 9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 10:30 Craft: Sensory Snowmen 12:00 Lunch 12:45 <i>Bowling @ Jesse James Lanes!</i> 2:30 Snack & Conversation			

