

January 2024

ELDERCARE DAYBREAK

PROGRAM CALENDAR

Program Announcements

- 1.If you are going to be absent from the day program, please call our head office to notify us at (780) 434 - 4747.
2. Please note, we will charge for all absences except for hospitalization and coronavirus.
3. Please inform us of any medication and contact information changes.



Celebrating January

- New Years Day | January 1st
- Cream Puff Day | January 2th
- National Trivia Day | January 4th
- Houseplant Appreciation Day | January 10th
- National Hot Chocolate Day | January 31st

January Birthdays

Those born between January 1 – 19 are the star sign, Capricorn. Capricorns are earth signs who are disciplined, goal-oriented, and perfectionists. Those born between January 20 – 31 are the star sign, Aquarius. Aquarius's are air signs who are independent, clever, and rebellious.

January Birth Stone: Garnet

January Flower: Carnations

Daybreak Daily Schedule

9:30am - 10:00am	Client Arrival
9:30am - 10:30am	Client Choice Activities
10:30am - 11:45am	Morning Activities
11:45am - 12:15pm	Fun & Fit (Exercise Program)
12:15pm - 1:15pm	Lunch
1:15pm - 1:30pm	Daily Walk
1:30pm - 2:45pm	Afternoon Activities
2:45pm - 3:00pm	Light Refreshment
3:00pm - 3:30pm	Client Departure

Program Closures

We will be closed
Monday, January 1st for New Years Day

JANUARY 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p style="text-align: center;">CLOSED NEW YEARS DAY</p>	<p>1 10:30 New Year's Traditions 2 11:00 Bingo 11:45 Exercise 12:15 Lunch 1:15 Walk 1:30 Shuffleboard 2:15 New Year's Resolutions</p>	<p>3 10:30 New Year's Good Luck Food 3 11:00 January IQ 11:45 Exercise 12:15 Lunch 1:15 Walk 1:30 Horseshoes/Basketball 2:15 4 Pics 1 Word</p>	<p>4 10:30 January Trivia 4 11:00 Connect 4 11:45 Exercise 12:15 Lunch 1:15 Walk 1:30 Music w/ Chuck & Carmel 2:15 Now You Know</p>	<p>5 10:30 Odd Jobs that No Longer Exist 5 11:00 What's My Job? 11:45 Exercise 12:15 Lunch 1:15 Walk 1:30 Air Hockey/ Plinko 2:15 Karaoke</p>
<p>8 10:30 Orthodox Christmas 11:00 Snow Globe Making 11:45 Exercise 12:15 Lunch 1:15 Walk 1:30 Noodle Hockey 2:15 Guess the Elvis Song</p>	<p>9 10:30 Epsom Salt Painting 11:00 Winter Mix 11:45 Exercise 12:15 Lunch 1:15 Walk 1:30 Music w/ Mark C. 2:15 Brain Quest</p>	<p>10 10:30 DIY Handscrub 11:00 Beach Category 11:45 Exercise 12:15 Lunch 1:15 Walk 1:30 Balloon Volleyball 2:15 Beach Party</p>	<p>11 10:30 Winter What Am I? 11:00 Craft Stick Winter Characters 11:45 Exercise 12:15 Lunch 1:15 Walk 1:30 Target Practice /Plinko 2:15 Random Trivia</p>	<p>12 10:30 Orthodox New Year 11:00 Card Bingo 11:45 Exercise 12:15 Lunch 1:15 Walk 1:30 Mini Golf/Darts 2:15 Lohri Reading</p>
<p>15 10:30 Martin Luther King Jr 11:00 MLK Word Mining 11:45 Exercise 12:15 Lunch 1:15 Walk 1:30 Magic w/ Mullen 2:15 Darts</p>	<p>16 10:30 Board Game Tournament 11:00 Pass the Message 11:45 Exercise 12:15 Lunch 1:15 Walk 1:30 Bean Bag Toss/Croquet 2:15 Hangman</p>	<p>17 10:30 Frozen Suncatcher 11:00 Library Visit 11:45 Exercise 12:15 Lunch 1:15 Walk 1:30 Spring fling/Ladder ball 2:15 History of Suncatchers</p>	<p>18 10:30 Charades 11:00 Jeopardy 11:45 Exercise 12:15 Lunch 1:15 Walk 1:30 Basketball/Lawn Darts 2:15 Funny Jokes Social</p>	<p>19 10:30 Penguin Day 11:00 Frozen Banana Penguins 11:45 Exercise 12:15 Lunch 1:15 Walk 1:30 Penguin Knockdown 2:15 Connect 4</p>
<p>22 10:30 Chocolate Category 11:00 Tic-Tac-Toe 11:45 Exercise 12:15 Lunch 1:15 Walk 1:30 Ring Toss/ Ladder ball 2:15 Comedy hour</p>	<p>23 10:30 Random Pie Facts 11:00 Weird Pie Flavors 11:45 Exercise 12:15 Lunch 1:15 Walk 1:30 Mini Golf 2:15 Potluck Quiz</p>	<p>24 10:30 Feel the Crystal 11:00 Diffuser Bracelets 11:45 Exercise 12:15 Lunch 1:15 Walk 1:30 Water Bottle Races 2:15 Astrology Reading</p>	<p>25 10:30 Minute to Win It 11:00 Giant Crossword 11:45 Exercise 12:15 Lunch 1:15 Walk 1:30 Music w/ Terry Jorden 2:15 Random Trivia</p>	<p>26 10:30 Australia Day Facts 11:00 Paper Plate Koala 11:45 Exercise 12:15 Lunch 1:15 Walk 1:30 Seated Soccer 2:15 Armchair Travel to Australia</p>
<p>29 10:30 National Daisy Day 11:00 Flower Pen Making 11:45 Exercise 12:15 Lunch 1:15 Walk 1:30 Curling 2:15 Flower Quiz</p>	<p>30 10:30 Spa Day/ Wood Works 11:00 Are You Smarter than a 5th Grader 11:45 Exercise 12:15 Lunch 1:15 Walk 1:30 Table Tennis 2:15 Finish Proverb</p>	<p>31 10:30 Who, What, When ? 11:00 Sing - along 11:45 Exercise 12:15 Lunch 1:15 Walk 1:30 Tai Chi w/ Brad 2:15 Movie & Popcorn</p>	<p>1</p>	<p>2</p>

*Please Note: Activities are subject to change dependent upon client preference and PF discretion.