







# January



# 2023



Our participants, whether seniors or other adults over 18 years old with disabilities and including all income levels, have an engaging, safe daytime environment that fosters an enhanced sense of self and of community belonging. Our caregivers have the freedom to adjust to their new normal, be productive, and experience less stress.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b>  <b>Ladies:</b> 10-Time Capsule/New Year Resolutions            1-Paper Roll Snowflake  <b>EC:</b>10- Billiards @ Senior Center            1-Winter Scene Painting  <b>Vets:</b> 10-Clay Snowmen            1-Chipper's Bowling  <b>In-House:</b> 10-New Year Bucket List            1-Snowman Windsock</p>	<p><b>3</b>  <b>Ladies:</b> 10-Walk @ Senior Center            1-Pom-Pom Penguins  <b>EC:</b>10-Walk @ Foothills Mall            1-Newspaper Polar Bear  <b>Vets:</b> 10-Winter Tree Painting            1- Music, Memory &amp; Meaning Activity  <b>In-House:</b>10-Spare Sock Snowman 1-Bible Study</p>	<p><b>4</b>  <b>Multicultural:</b> 10-Angola: Moamba de Galinha            1-African Mask  <b>Horticultural:</b> 10-Plant Herb &amp; Microgreen Garden            1-Avocado Tree Experiment  <b>Vets:</b> 10-Meals on Wheels            1-Casino Games  <b>In-House:</b> 10-Trivia &amp; Riddles            1-Melted Snowman Craft</p>	<p><b>5</b>  <b>Blended:</b> 10-Yarn Wrapped Blue Jay            1-Salt Painted Snowflakes  <b>EC:</b> 10-Winter Charades &amp; Pictionary 1-Vern's  <b>Ladies:</b> 10-Snack Creation            1- Snowy Owl Pom-Pom Painting  <b>Vets:</b> 10-Chewin' the Fat            1-Bird Houses</p>	<p><b>6</b>  <b>Blended:</b> 10-Make Therapy Putty            1- Northern Lights Chalk Art  <b>Blended:</b> 10-Mixed Media Winter Birds            1-Clothespin Snowflakes  <b>Vets:</b> 10-Make Goodie Bags For Law Enforcement            1-Deliver Goodie Bags  <b>In-House:</b> 10-Make Shortbread Cookies            1-Winter Cityscape  <b>"National Frozen Yogurt Day"</b></p> 
<p><b>9</b>  <b>Ladies:</b> 10-Diva Beauty Day            1-Rice Painting  <b>EC:</b>10-Dominos            1-Icicle Craft  <b>Vets:</b> 10-Torn Paper Snowflake            1-Snowy Day Collage  <b>In-House:</b> 10-Price is Right Game            1-Paper Snowflake Wreath</p>	<p><b>10</b>  <b>Ladies:</b> 10- Blizzard in a Bottle            1-Yarn Wrapped Snowman  <b>EC:</b>10-Benson Sculpture Park In Bus Scavenger Hunt, &amp; Park Facts            1-Bible Study  <b>Vets:</b> 10-Woodworking            1-Puzzles &amp; Card Games  <b>In-House:</b>10-Call to Mind Game            1-Memories in the Making</p>	<p><b>11</b>  <b>Multicultural:</b> 10-Cayman Islands: Facts, Cayman Fish Aquarium 1-Island Tropical Fruit  <b>Horticultural:</b> 10-Mason Jar Terrarium            1-Flower Card Game  <b>Vets:</b> 10-Snack Creation            1-Winter Watercolor  <b>In-House:</b> 10- Music Trivia            1-Button Snowflakes</p>	<p><b>12</b>  <b>Blended:</b> 10-Alliance of Therapy Dogs            1- Funny Dog Collage  <b>EC:</b>10-Alliance of Therapy Dogs            1-Close the Box Game  <b>Ladies:</b> 10-Alliance of Therapy Dogs 1-Beaded Necklaces  <b>Vets:</b> 10-Alliance of Therapy Dogs            1-Exercise Downstairs</p>	<p><b>13</b>  <b>Blended:</b> 10-Nature's Own Imagination            1-Glue Painting  <b>Blended:</b> 10-Learn a New card Game            1-Chair Yoga  <b>Vets:</b> 10-Wheel of Fortune            1-Duck Facts &amp; Trivia  <b>In-House:</b> 10-White Board Jeopardy            1- Pom-Pom Duck Magnet  <b>"National Rubber Duck Day"</b></p> 
<p><b>16</b>  <b>Ladies:</b>10-Painting in 4 Parts            1-Memory Cafe  <b>EC:</b>10-Croquet            1-Memory Cafe  <b>Vets:</b> 10-Cribbage and Card Games            1-Memory Cafe  <b>In-House:</b> 10-"What Am I?" Game            1-Memory Cafe</p>	<p><b>17</b>  <b>Ladies:</b> 10-Yarn Mache            1-Memory Book  <b>EC:</b> 10-Basketball @ FAC            1-Dominos  <b>Vets:</b> 10-Sports Trivia            1-Memories In The Making  <b>In-House:</b>10-Stationary Bicycles and Large Motor Activity Downstairs            1-Bible Study</p>	<p><b>18</b>  <b>Multicultural:</b> 10-Paraguay: Facts, Sopa Paraguaya            1-Paraguayan Art and Music  <b>Horticultural:</b> 10- Herbal Soap Making            1-Dried Flower Medallion  <b>Vets:</b> 10-Meals on Wheels            1-Paper Plate Snowman Decoration  <b>In-House:</b> 10-Participant Council            1-Stationary Bicycles, Chair Yoga</p>	<p><b>19</b>  <b>Blended:</b> 10-Driving Scavenger Hunt: "Art in Public Places"            1-3D Paper Snowflake Chain  <b>EC:</b> 10-Rustic Stick Art            1-Train Table Decorations  <b>Ladies:</b> 10-Snack Creation            1-Craft Stick Jewelry Dish  <b>Vets:</b> 10- Make a Velcro Target Game            1- Read aloud Stories, Famous Duos Game</p>	<p><b>20</b>  <b>Blended:</b> 10-Movie &amp; Popcorn            1-Parachute Activity  <b>Blended:</b> 10-Movie &amp; Popcorn            1-Doily Art  <b>Vets:</b> 10 Movie &amp; Popcorn            1- Pasta Art  <b>In-House:</b> 10-Movie &amp; Popcorn            1-Cheesy Jokes, Recipe &amp; History of Famous Cheeses  <b>"National Cheese Lover's Day"</b></p> 
<p><b>23</b>  <b>Ladies:</b> 10-Northside Canter Track            1-Bingo  <b>EC:</b> 10-Indoor Mini Golf            1-Bingo  <b>Vets:</b> 10-Work on Bird Houses            1-Bingo  <b>In-House:</b> 10- Plastic Bottle Snowman Light            1-Puzzles &amp; Games</p>	<p><b>24</b>  <b>Ladies:</b> 10-Make Window Clings            1-Button Snowman  <b>EC:</b> 10-Picture Frames            1-Stamps and Stencil Art  <b>Vets:</b>-Felt Bird Bookmarks            1-Make a Basket Kerplunk Game  <b>In-House:</b>10-Wheel of Fortune            1-Bible Study</p>	<p><b>25</b>  <b>Multicultural:</b> 10-Ecuador: Facts, Vulture Art            1-Ecuadorian Ceviche  <b>Horticultural:</b> 10-Plant an Indoor Lemon Tree            1-Flower Luminary  <b>Vets:</b> 10-Micrologies Exhibit @ CSU Museum of Art            1-Pic Link Game  <b>In-House:</b> 10- Bird Facts &amp; Bingo            1-Health Awareness and Vitals</p>	<p><b>26</b>  <b>Blended:</b> 10-Fort Collins Museum of Art            1- Clay Flower Dish  <b>EC:</b> 10-Craft Stick Sailboat            1-Relay Game, Balloon Tennis  <b>Ladies:</b> 10-String Art            1-No Sew Pillows  <b>Vets:</b> 10-Snack Creation            1-Puzzles &amp; Board Games</p>	<p><b>27</b>  <b>Blended:</b> 10- Music Memory &amp; Meaning Activity            1- Birthday Party  <b>Blended:</b> 10-Chocolate Cake Bakeoff            1-Birthday Party  <b>Vets:</b> 10-Armed Forces Trivia            1-Birthday Party  <b>In-House:</b> 10- Chocolate Cake Bake off            1-Birthday Party  <b>"National Chocolate Cake Day"</b></p> 
<p><b>30</b>  <b>Ladies:</b>10-3- Red Hat Day  <b>EC:</b>10- Billiards @ Senior Center            1-Bubble Wrap Snowy Tree  <b>Vets:</b> 10- Vern's            1-Q-tip Snowflakes  <b>In-House:</b> 10-4 Strand Bracelets            1- Stationary Bicycles</p>	<p><b>31</b>  <b>Ladies:</b> 10-Walk @ Foothills Mall            1-Jar Lid Suncatchers  <b>EC:</b> 10-Comics            1-Dominos  <b>Vets:</b> 10-Finish the Sayings Game            1-Make Horse Race Game  <b>In-House:</b>10-Karaoke/Singing &amp; Dancing            1-Bible Study</p>			<p><b>Green: Blended</b>  <b>Purple: Ladies</b>  <b>Blue: Eagles Club Men</b>  <b>Red: Veterans Operation Salute</b>  <b>Gold: In-House Nesters</b></p>

