

# Activity Calendar MedTec Senior Center – Naperville

# JANUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<b>HAPPY HOLIDAYS --CLOSED--</b>	<b>9:00 am</b> Welcome / Morning Talk <b>9:30 am</b> Morning Meditation/Breathing <b>10:00 am</b> Pool Noodle Workout <b>10:30 am</b> Active Games <b>11:00 am</b> Music Memories <b>12:30 pm</b> BINGO <b>1:45 pm</b> Finger Exercises	<b>9:00 am</b> Welcome / Morning Talk <b>9:30 am</b> Drum Ball <b>10:00 am</b> Ping Pong / Pool <b>10:30 am</b> Whiteboard Games <b>11:00 am</b> Snowball Toss Challenge <b>12:30 pm</b> BINGO <b>1:45 pm</b> Afternoon Stretch	<b>9:00 am</b> Welcome / Morning Talk <b>9:30 am</b> Biographies – Victor Borge <b>10:00 am</b> Yoga Stretch <b>10:30 am</b> Aromatherapy Hand Massage <b>11:00 am</b> Jeopardy Challenge <b>12:30 pm</b> BINGO <b>1:45 pm</b> Finger Exercises	<b>9:00 am</b> Welcome / Morning Talk <b>9:30 am</b> Sing-Along Songs <b>10:00 am</b> Handball Workout <b>10:30 am</b> Trivia Fun <b>11:00 am</b> Wheel of Fortune <b>12:30 pm</b> BINGO <b>1:45 pm</b> Afternoon Stretch
9	10	11	12	13
<b>9:00 am</b> Welcome / Morning Talk <b>9:30 am</b> Music Memories: Elvis <b>10:00 am</b> Hand ball Exercises <b>10:30 am</b> Crafters Corner: Snow Globes <b>11:00 am</b> Wii Games <b>12:30 pm</b> BINGO <b>1:45 pm</b> Afternoon Stretch	<b>9:00 am</b> Welcome / Morning Talk <b>9:30 am</b> Morning Meditation/Breathing <b>10:00 am</b> Pool Noodle Workout <b>10:30 am</b> Active Games <b>11:00 am</b> Music Memories <b>12:30 pm</b> BINGO <b>1:45 pm</b> Finger Exercises	<b>9:00 am</b> Welcome / Morning Talk <b>9:30 am</b> Winter Mad Lib Stories <b>10:00 am</b> Movin' to the Music Exercise <b>10:00 am</b> Name That Tune <b>11:00 am</b> Jeopardy Challenge <b>12:30 pm</b> BINGO <b>1:45 pm</b> Afternoon Stretch	<b>9:00 am</b> Welcome / Morning Talk <b>9:30 am</b> Who Am I? <b>10:00 am</b> Yoga Stretch <b>10:30 am</b> Days of Yesteryear: Snow Days <b>11:00 am</b> Football Toss <b>12:30 pm</b> BINGO <b>1:45 pm</b> Afternoon Stretch	<b>9:00 am</b> Welcome / Morning Talk <b>9:30 am</b> Devotions/Hymns <b>10:00 am</b> Handball Workout <b>10:30 am</b> Beading Buddies <b>11:00 am</b> Adult Color for Relaxation <b>12:30 pm</b> BINGO <b>1:45 pm</b> Finger Exercises
<b>Martin Luther King Day</b> 16	17	18	19	20
<b>9:00 am</b> Welcome / Morning Talk <b>9:30 am</b> Movin' to the Music Exercises <b>10:00 am</b> Price is Right Challenge <b>10:30 am</b> Snowflake Decor <b>12:30 pm</b> BINGO <b>1:45 pm</b> Afternoon Stretch	<b>9:00 am</b> Welcome / Morning Talk <b>9:30 am</b> Aromatherapy Hand Massage <b>10:00 am</b> Handball Workout <b>10:30 am</b> Active Games <b>11:00 am</b> Music Memories <b>12:30 pm</b> BINGO <b>1:45 pm</b> Finger Exercises	<b>8:30 am</b> Cooking with Darren: Pancakes <b>9:00 am</b> Welcome / Morning Talk <b>9:30 am</b> Foam Roll Workout <b>10:00 am</b> MedTalk with Nurse Kat <b>10:30 am</b> Succulent Planters <b>12:00 pm</b> Movie Matinee <b>1:45 pm</b> Afternoon Stretch	<b>9:00 am</b> Welcome / Morning Talk <b>9:30 am</b> Biographies-John Hancock <b>10:00 am</b> Yoga Stretch <b>10:30 am</b> Active Games <b>11:00 am</b> Laugh Therapy - Humor <b>12:30 pm</b> BINGO <b>1:45 pm</b> Finger Exercises	<b>9:00 am</b> Welcome / Morning Talk <b>9:30 am</b> Meditation/Breathing <b>10:00 am</b> Drum Ball <b>10:30 am</b> Active Games: Basketball <b>11:00 am</b> Cranium Crunchers <b>12:30 pm</b> BINGO <b>1:45 pm</b> Afternoon Stretch
<b>Chinese New Year Begins</b> 23	24	25	26	27
<b>9:00 am</b> Welcome / Morning Talk <b>9:30 am</b> Aromatherapy Hand Massage <b>10:00 am</b> Yoga Stretch <b>10:30 am</b> Gold, Red & Black Abstract Art <b>12:30 pm</b> BINGO <b>1:45 pm</b> Finger Exercises	<b>9:00 am</b> Welcome / Morning Talk <b>9:30 am</b> Morning Meditation/Breathing <b>10:00 am</b> Pool Noodle Workout <b>10:30 am</b> Adult Color for Relaxation <b>11:00 am</b> Wii Bowling <b>12:30 pm</b> BINGO <b>1:45 pm</b> Afternoon Stretch	<b>9:00 am</b> Welcome / Morning Talk <b>9:30 am</b> Drum Ball <b>9:30 am</b> BUNCOS Dice Game <b>10:30 am</b> Armchair Travel - China <b>11:00 am</b> Chat with Kat <b>12:30 pm</b> Chinese New Year Bingo <b>1:45 pm</b> Afternoon Stretch	<b>9:00 am</b> Welcome / Morning Talk <b>9:30 am</b> Conversation Circle <b>10:00 am</b> Handball Workout <b>10:30 am</b> Lawrence Welk Show <b>11:00 am</b> Group Games - Charades <b>12:30 pm</b> BINGO <b>1:45 pm</b> Finger Exercises	<b>9:00 am</b> Welcome / Morning Talk <b>9:30 am</b> Mozart's Songbook <b>10:00 am</b> Chair Dancing <b>10:30 am</b> Flip Cards Game <b>11:00 am</b> Giant Crossword <b>12:30 pm</b> BINGO <b>1:45 pm</b> Afternoon Stretch
30	31			
<b>9:00 am</b> Welcome / Morning Talk <b>9:30 am</b> Sing-Along Country <b>10:00 am</b> M&M Conversation Game <b>10:30 am</b> Hand Ball Exercises <b>11:00 am</b> No-Sew Winter Scarves <b>12:30 pm</b> BINGO <b>1:45 pm</b> Finger Exercises	<b>9:00 am</b> Welcome / Morning Talk <b>9:30 am</b> Aromatherapy Hand Massage <b>10:00 am</b> Pool Noodle Workout <b>10:30 am</b> Active Games <b>11:00 am</b> Music Memories <b>12:30 pm</b> BINGO <b>1:45 pm</b> Finger Exercises			