




	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	LIONS PLACE ADULT DAY CLUB
<p><b>JANUARY 2018</b></p> <p><i>UNLIKELY FRIENDSHIPS</i></p>  	<p><b>NEW YEAR'S 2018</b></p> <p>Seniors Changing the World! New Year's Resolutions</p> <p>2</p>	<p><b>NEW YEAR'S 2018</b></p> <p>Seniors Changing the World! New Year's Resolutions</p> <p><i>New Year Resolutions</i></p>  <p>3</p>	<p><b>NEW YEAR'S 2018</b></p> <p>Seniors Changing the World! New Year's Resolutions</p> <p>4</p>	<p><b>NEW YEAR'S 2018</b></p> <p>Seniors Changing the World! New Year's Resolutions</p> <p>5</p>	<p><b>Daily Schedule</b></p> <p>10:00 Arrival</p> <p>10:00-11:00 Morningside (including coffee/tea &amp; a muffin)</p> <p>11:00-12:00 Physical Fitness -Walk-a-lap -Warm-up, Cardio &amp; Cool Down</p> <p>12:00-1:00 Juice &amp; Mental Fitness</p> <p>1:00-2:00 Hot Lunch</p> <p>2:00-2:30 Rest &amp; Relaxation</p> <p>2:30-3:15 Recreation (<i>Beanbag Toss</i>)</p> <p>3:15-3:30 Juice &amp; Sharing Circle</p> <p>3:30-3:45 Transit Downstairs</p> <p>3:45 Departure</p>
	<p><b>THE BEAR &amp; THE WOLF</b></p> <p>Create Friendship Bracelets</p>  <p>9</p>	<p><b>THE BEAR &amp; THE WOLF</b></p> <p>Create Friendship Bracelets</p> <p>10</p>	<p><b>THE BEAR &amp; THE WOLF</b></p> <p>Create Friendship Bracelets</p> <p>11</p>	<p><b>THE BEAR &amp; THE WOLF</b></p> <p>Create Friendship Bracelets</p> <p>Visit with Digger, the Dog</p> <p>12</p>	
	<p><b>THE LAMB, PIGLET, &amp; GOAT</b></p> <p>Create Friendship Teapots</p> <p>16</p>	<p><b>THE LAMB, PIGLET, &amp; GOAT</b></p> <p>Create Friendship Teapots</p> <p>17</p>	<p><b>THE LAMB, PIGLET, &amp; GOAT</b></p> <p>Create Friendship Teapots</p>  <p>18</p>	<p><b>THE LAMB, PIGLET, &amp; GOAT</b></p> <p>Create Friendship Teapots</p> <p>19</p>	
	<p><b>THE ANKOLE CALF &amp; RHINO</b></p> <p>Bake Shortbread</p>  <p>Robbie Burns Day &amp; the Sacred Island of Iona</p> <p>23</p>	<p><b>THE ANKOLE CALF &amp; RHINO</b></p> <p>Bake Shortbread</p> <p>Robbie Burns Day &amp; the Sacred Island of Iona</p> <p>24</p>	<p><b>THE ANKOLE CALF &amp; RHINO</b></p> <p>Bake Shortbread</p>  <p>Robbie Burns Day &amp; the Sacred Island of Iona</p> <p>25</p>	<p><b>THE ANKOLE CALF &amp; RHINO</b></p> <p>Bake Shortbread</p> <p>Robbie Burns Day &amp; the Sacred Island of Iona</p> <p><i>Robbie Burns Event w. Haggis &amp; Bagpipes</i></p> <p>26</p>	
	<p><b>CHINESE NEW YEAR AND THE YEAR OF THE DOG</b></p> <p>Music Program</p> <p>What's Your Fortune?</p> <p>30</p>	<p><b>CHINESE NEW YEAR AND THE YEAR OF THE DOG</b></p> <p>Music Program</p>  <p>What's Your Fortune?</p> <p>31</p>	<p><b>CHINESE NEW YEAR AND THE YEAR OF THE DOG</b></p> <p>Music Program</p> <p>What's Your Fortune?</p> <p>Feb. 1</p>	<p><b>CHINESE NEW YEAR AND THE YEAR OF THE DOG</b></p> <p>Music Program</p> <p>What's Your Fortune?</p> <p>2</p>	
	<p>* Programs may be subject to change</p>				