


Monday	Tuesday	Wednesday	Thursday	Friday				
 <p><b>January 2025</b> Friends Place Adult Day Services DeSoto Tx</p>	<p><b>New Years Day</b> CLOSED</p> 	<p><b>Welcome Back Friends!</b></p> <p>10:00 Morning Seminar - Jimmy Carter /Parachute/Searching for January/ 10:45 Jimmy Carter/ Amen Corner Bible Trivia /W is for Winter Crossword 11:30 Exercise/Singing 1:30 Sing Fit: Soul Sensations of the 60s and 70s/ What Am I? Peace Dove// Enrichment/Dominos/ 2:30 Bingo/ Boggle / Enrichment 3:00 Bingo(cont'd) / Chat Pack / / Enrichment 3:45 I Should Know That/ Light and Lively/ 4:15 Rhyme Tyme/Enrichment</p>	<p><b>New Year, New Me Day</b></p> <p>10:00 Morning Seminar - Talk it Out: New Year's Resolutions /Name 10/Jingle Sticks/ 10:45 Talk It Out: New Year's Resolutions/ Penny Pitching /Jingle Sticks 11:30 Exercise/Singing 1:30 Sing Fit: Moving To Famous Foxtrots/ Tarts: A Classic Treat// Enrichment/Dominos/ 2:30 Bingo/ Wheel of Fortune / Enrichment 3:00 Bingo(cont'd) / Would You Rather / / Enrichment 3:45 Totally Trivia/ Light and Lively/ 4:15 Scattergories/Enrichment</p>	<p><b>Healthy Gut Day</b></p> <p>10:00 Morning Seminar - Microbiomes /Praise with Sister Shirley/LODGE Categories/ 10:45 Best Foods for Gut Health/ Question Ball /Spelling Sunday Supper Crossword 11:30 Exercise/Singing 1:30 Sing Fit: Movies of the 1950s/ What Am I? Coca Cola// Enrichment/Dominos/ 2:30 Bingo/ BOARD Categories / Enrichment 3:00 Bingo(cont'd) / Loaded Questions / / Enrichment 3:45 January Modern Jeopardy/ Light and Lively/ 4:15 Pictionary/Enrichment</p>	<p><b>National Bobble Head Day</b></p> <p>10:00 Morning Seminar - Galileo /Axe Throwing/Cardboard Gnomes/ 10:45 Galileo/ Finish the Phrase /Cardboard Gnomes 11:30 Exercise/Singing 1:30 Sing Fit: It's a Colorful World/ Star of the Month: Kevin Costner// Enrichment/Dominos/ 2:30 Bingo/ A-Z Categories / Enrichment 3:00 Bingo(cont'd) / Ugame / / Enrichment 3:45 Pat Sejak's Trivia/ Light and Lively/ 4:15 Name That/Enrichment</p>	<p><b>Cookies for All Day</b></p> <p>10:00 Morning Seminar - Book Club /Darts/Classic Chocolate Chip Cookies/ 10:45 Book Club/ Nerf Guns /BREWS Categories 11:30 Exercise/Singing 1:30 Sing Fit: #1 Hits of the 1970s/ Who Am I? Diane Keaton// Enrichment/Dominos/ 2:30 Bingo/ Word Ladders / Enrichment 3:00 Bingo(cont'd) / Conversation Cards / / Enrichment 3:45 Who Wants to Be A Millionaire/ Light and Lively/ 4:15 Listmania/Enrichment</p>	<p><b>The Orange Bowl</b></p> <p>10:00 Morning Seminar - The Orange Bowl /Ping Pong Toss/January IQ/ 10:45 The Orange Bowl/ Parachute /Which Decade Word Match 11:30 Exercise/Singing 1:30 Sing Fit: Timeless Folk Songs/ Wonderland Trivia// Enrichment/Dominos/ 2:30 Bingo/ Word Association / Enrichment 3:00 Bingo(cont'd) / What Would You Do / / Enrichment 3:45 Golden Carers Quizzes/ Light and Lively/ 4:15 Finish the Phrase/Enrichment</p>	<p><b>Sierra Leone Performs</b></p> <p>10:00 Morning Seminar - Weird Foods from Around the World /Chair Basketball/Cup of Tea Lacing Cards/ 10:45 Weird Foods From Around the World/ Washers /Cup of Tea Lacing Cards 11:30 Exercise/Singing 1:30 Sing Fit: Triple Threats of the Stage and Screen/ Bible Jeopardy// Enrichment/Dominos/ 2:00 <b>Sierra Leone</b>/ Pictionary / Enrichment 3:00 Bingo(cont'd) / Grandparents Talk / Enrichment 3:45 January Random Trivia/ Light and Lively/ 4:15 Family Feud/Enrichment</p>
<p><b>Staycation to Korea Begins</b></p> <p>10:00 Morning Seminar - 10 Must See Places in Seoul /Golf/South Korea Word Search/ 10:45 10 Must See Places in Seoul/ Ring Toss /K- Pop Idol Crossword 11:30 Exercise/Singing 1:30 Sing Fit: Popular Songs by Vocal Groups/ Travel Tips for Korea// Enrichment/Dominos/ 2:30 Bingo/ Wacky Wordies / Enrichment 3:00 Bingo(cont'd) / You Be The Judge / / Enrichment 3:45 Decade Trivia/ Light and Lively/ 4:15 Boggle/Enrichment</p>	<p><b>Exploring Korean Traditions</b></p> <p>10:00 Morning Seminar - Taekwondo /Penny Pitching/Djaki Disk Folding/ 10:45 Taekwondo/ Amen Corner Bible Trivia /Djaki Disk Folding 11:30 Exercise/Singing 1:30 Sing Fit: Moving to 60s and 70s UK Hits/ 10 Sights in South Korea// Enrichment/Dominos/ 2:30 Bingo/ Word Mining / Enrichment 3:00 Bingo(cont'd) / Table Topics / / Enrichment 3:45 Fact or Crap/ Light and Lively/ 4:15 Word Teasers/Enrichment</p>	<p><b>Street Foods of Seoul</b></p> <p>10:00 Morning Seminar - Therapy Dogs/ Book Club /Therapy Dogs/ Word Train/Therapy Dogs/ Mango Parfaits/ 10:45 Book Club/ Bowling /SNAKE Categories 11:30 Exercise/Singing 1:30 Sing Fit: Songs to Move To/ Soul Food in Seoul// Enrichment/Dominos/ 2:30 Bingo/ Word Train / Enrichment 3:00 Bingo(cont'd) / Chat Pack / / Enrichment 3:45 A-Z Trivia/ Light and Lively/ 4:15 Taboo/Enrichment</p>	<p><b>Korean Traditions Day</b></p> <p>10:00 Morning Seminar - Facts About Korean Culture /Parachute/Lunar New Year Scrabble/ 10:45 Facts About Korean Culture/ Nerf Guns /Red Envelopes Word Mining 11:30 Exercise/Singing 1:30 Sing Fit: Legends of Doo-Wop/ Traditional Korean Wear// Enrichment/Dominos/ 2:30 Bingo/ Hangman / Enrichment 3:00 Bingo(cont'd) / Would You Rather / / Enrichment 3:45 January More Jeopardy/ Light and Lively/ 4:15 A-Z Categories/Enrichment</p>	<p><b>K Pop Music Lovers Day</b></p> <p>10:00 Morning Seminar - What is the Kpop Craze /Bowling/Art With Stephanie/ 10:45 Most Famous Kpop Idols/ Darts /Art With Stephanie 11:30 Exercise/Singing 1:30 Sing Fit: Charbusters/ K-Pop Music Mania// Enrichment/Dominos/ 2:30 Bingo/ Boggle / Enrichment 3:00 Bingo(cont'd) / Loaded Questions / / Enrichment 3:45 USA Brainbox/ Light and Lively/ 4:15 Name 5/Enrichment</p>				
<p><b>MLK Day</b></p> <p>10:00 <b>/MLK Day Seminar w/Evelyn Akram</b> 10:45 The I Have A Dream Speech/ Penny Pitching /MLK Word Match 11:30 Exercise/Singing 1:30 Sing Fit: On Tour with Great Voices of the 20th Century/ MLK Day// Enrichment/Dominos/ 2:30 Bingo/ Wheel of Fortune / Enrichment 3:00 Bingo(cont'd) / Ugame / / Enrichment 3:45 Strengthen Your Mind/ Light and Lively/ 4:15 Rhyme Tyme/Enrichment</p>	<p><b>Snow Fall Day</b></p> <p>10:00 Morning Seminar - Meteorology: Snow Storms /Cornhole/Coffee Filter Snow Flakes/ 10:45 Meteorology: Snow Storms/ Washers /Coffee Filter Snow Flakes 11:30 Exercise/Singing 1:30 Sing Fit: Rock and Roll Hits of the 60s and 70s/ Memorial to a Great Man// Enrichment/Dominos/ 2:30 Bingo/ A-Z Categories / Enrichment 3:00 Bingo(cont'd) / Conversation Cards / Enrichment 3:45 Mental Floss Trivia/ Light and Lively/ 4:15 Scattergories/Enrichment</p>	<p><b>Dump Cake Day</b></p> <p>10:00 Morning Seminar - Book Club /Name 10/New Years' Dump Cake/ 10:45 Book Club/ Ring Toss /KING Categories 11:30 Exercise/Singing 1:30 Sing Fit: Songs That Hit Twice/ Letter from Birmingham Jail// Enrichment/Dominos/ 2:30 Bingo/ Word Ladders / Enrichment 3:00 Bingo(cont'd) / Would You Rather / / Enrichment 3:45 I Should Know That/ Light and Lively/ 4:15 Pictionary/Enrichment</p>	<p><b>Birthday Celebration with Gary Freeman</b></p> <p>10:00 Morning Seminar - Influential People Born in January /Darts/Famous January Birthdays/ 10:45 Influential People Born in January/ Finish the Phrase /MLK Secret Quote 11:30 Exercise/Singing 1:30 Sing Fit: Music's Greatest Guitar Heroes/ Muhammad Ali// Enrichment/Dominos/ 2:00 <b>Gary Freeman Celebrates January Bdays</b>/ BOARD Categories / Enrichment 3:00 Bingo(cont'd) / Grandparents Talk / / Enrichment 3:45 Book of Answers/ Light and Lively/ 4:15 Name That/Enrichment</p>	<p><b>Techno Day</b></p> <p>10:00 Morning Seminar - Super Computers /Ping Pong Toss/January Paint By Number/ 10:45 Quantum Computing/ Word Train /January Paint By Number 11:30 Exercise/Singing 1:30 Sing Fit: Rock and Roll Hall of Fame First Years/ The Flowers of Wonderland// Enrichment/Dominos/ 2:30 Bingo/ Pictionary / Enrichment 3:00 Bingo(cont'd) / Loaded Questions / / Enrichment 3:45 Trivial Pursuit/ Light and Lively/ 4:15 Listmania/Enrichment</p>				
<p><b>Lunar New Year Celebrations Begin</b></p> <p>10:00 Morning Seminar - Lunar New Year /Praise with Sister Shirley/Winter Detective/ 10:45 Lunar New Year/ Question Ball /Chinese New Year Crossword 11:30 Exercise/Singing 1:30 Sing Fit: Sounds of the 1960s/ Who Am I? Lewis Carroll// Enrichment/Dominos/ 2:30 Bingo/ Word Train / Enrichment 3:00 Bingo(cont'd) / Chat Pack / / Enrichment 3:45 A-Z Trivia/ Light and Lively/ 4:15 Finish the Phrase/Enrichment</p>	<p><b>Mike Frankel Performs</b></p> <p>10:00 Morning Seminar - The Story of Nian the New Year Monster /Chair Basketball/Double Happiness Paper Cutting/ 10:45 The Zodiac Story/ Bowling /Double Happiness Paper Cutting 11:30 Exercise/Singing 1:30 Sing Fit: Rock and Roll Yearbook/ Are You a Snake?// Enrichment/Dominos/ 2:00 <b>Mike Frankel</b> / Word Mining / Enrichment 3:00 Bingo(cont'd) / Table Topics / / Enrichment 3:45 Decade Trivia/ Light and Lively/ 4:15 Family Feud/Enrichment</p>	<p><b>Xin Nian Kuai Le! (Happy Chinese New Year)</b></p> <p>10:00 Morning Seminar - Book Club /Golf/Matcha Cookies/ 10:45 Book Club/ Nerf Guns /Zodiac Animals Word Search 11:30 Exercise/Singing 1:30 Sing Fit: Stars With A Cause/ Kumquat: A Symbol of Luck// Enrichment/Dominos/ 2:30 Bingo/ Boggle / Enrichment 3:00 Bingo(cont'd) / Ugame / / Enrichment 3:45 Totally Trivia/ Light and Lively/ 4:15 Boggle/Enrichment</p>	<p><b>Guess Who's Who!</b></p> <p>10:00 Morning Seminar - Famous 100 Year Olds /Penny Pitching/Rock Around the Clock Detective/ 10:45 Famous 100 Year Olds/ Name 10 /Inspiring New Year Quote 11:30 Exercise/Singing 1:30 Sing Fit: Honky Tonkers and Outlaws/ What's New in 2025?// Enrichment/Dominos/ 2:30 Bingo/ Wheel of Fortune / Enrichment 3:00 Bingo(cont'd) / Would You Rather / / Enrichment 3:45 Pat Sejak's Trivia/ Light and Lively/ 4:15 Word Teasers/Enrichment</p>	<p><b>National Hot Chocolate Day</b></p> <p>10:00 Morning Seminar - How It's Made: Chocolate /Cornhole/3D Tea Cups/ 10:45 How It's Made: Chocolate/ Bowling /3D Tea Cups 11:30 Exercise/Singing 1:30 Sing Fit: California Hits/ The Billionaire's Club// Enrichment/Dominos/ 2:30 Bingo/ Hangman / Enrichment 3:00 Movie Day(cont'd) / Table Topics / / Enrichment 3:45 Golden Carers Quizzes/ Light and Lively/ 4:15 Taboo/Enrichment</p>				

Breakfast/ Chit-chat 8:00 am – 10:00 am. Lunch 12:30. Afternoon Snack 3:00 pm