

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|---|---|--|--|--|---|--|--|
|  | Happy New Years!!! Saint Francis Adult Day Health CLOSED | 7:30 Coffee Convos/Daily Chronical 8:00 Breakfast /Mind over miles 9:30 Mass/Break Out Groups 10:30 New Year Resolutions/ 10 Mindful Minutes 12:00 Lunch 1:00 BINGO 2:00 Snack Social 2:30 Table Hockey | 7:30 Coffee Convos/Daily Chronical 8:00 Breakfast /Mind over miles 9:30 Mass/Break Out Groups 10:30 Music and Movement 12:00 Lunch 1:00 Celebrate the Past (baby Photos) 2:00 Snack Social 2:30 Axe Throwing | 7:30 Coffee Convos/Daily Chronical/ Night court search 8:00 Breakfast /Mind over miles 9:30 Mass/Break Out Groups 10:30 Trivia 12:00 Lunch 1:00 Nutrition Basics 2:00 Snack Social 2:30 Balloon Volleyball National Trivia Day | 7:30 Coffee Convos/Daily Chronical/ Bird day search 8:00 Breakfast /Mind over miles 9:30 Mass/Break Out Groups 10:30 Library Field Trip/ 12:00 Lunch 1:00 Tweet Tweet Dice Game 2:00 Snack Social 2:30 Soccer/Finish Crafts National Bird Day | 7:30 Coffee Convos/Daily Chronical/ Wheel of fortune search 8:00 Breakfast /Mind over miles 9:30 Mass/Break Out Groups 10:30 Antonyms Game 12:00 Lunch 1:00 Wheel Of Fortune 2:00 Snack Social 2:30 Seated Zumba | |
| Types Of Activities Physical Social Intellectual Spiritual Environmental Artistic | 7:30 Coffee Convos/Daily Chronical 8:00 Breakfast /Mind over miles 9:30 Mass/Break Out Groups 10:30 Boxing with Tessa 12:00 Lunch 1:00 All Shook Up Game 2:00 Snack Social 2:30 Parachute Elvis Facts ELVIS' BIRTHDAY | 7:30 Coffee Convos/Daily Chronical 8:00 Breakfast /Mind over miles 9:30 Mass/Break Out Groups 10:30 Printed Pots 12:00 Lunch 1:00 Hydroponic seed start 2:00 Snack Social 2:30 Seated Zumba | 7:30 Coffee Convos/Daily Chronical 8:00 Breakfast /Mind over miles 9:30 Mass/Break Out Groups 10:30 Painted Kindness rocks 12:00 Lunch 1:00 Make your own soap! 2:00 Snack Social 2:30 balloon Bad mitten | 7:30 Coffee Convos/Daily Chronical/ Sopranos search 8:00 Breakfast /Mind over miles 9:30 Mass/Break Out Groups 10:30 Yes or snow Trivia 12:00 Lunch 1:00 Snowball Fight! 2:00 Snack Social 2:30 Bean Bag Toss | 7:30 Coffee Convos/Daily Chronical/ Tea flavor Search 8:00 Breakfast /Mind over miles 9:30 Mass/Break Out Groups 10:30 Spill the tea / W/O Kailee 12:00 Lunch 1:00 Tea 2:00 Snack Social 2:30 Ring Toss National Hot Tea Day | 7:30 Coffee Convos/Daily Chronical 8:00 Breakfast /Mind over miles 9:30 Mass/Break Out Groups 10:30 Johnny Cash Exercise 12:00 Lunch 1:00 Mini Macrame 2:00 Snack Social 2:30 Basketball | |
|  Martin Luther King Jr. 1929 - 1968 | 7:30 Coffee Convos/Daily Chronical 8:00 Breakfast /Mind over miles 9:30 Mass/Break Out Groups 10:30 MLK Plaque 12:00 Lunch 1:00 Dreamsicle Making 2:00 Snack Social 2:30 Baking Club MLK Day | 7:30 Coffee Convos/Daily Chronical 8:00 Breakfast /Mind over miles 9:30 Mass/Break Out Groups 10:30 Mount Wachusett Scenic Field Trip/ Jewelry making 12:00 Lunch 1:00 Stretch and Refresh 2:00 Snack Social 2:30 Disco Seated exercise | 7:30 Coffee Convos/Daily Chronical/Betty White Search 8:00 Breakfast /Mind over miles 9:30 Mass/Break Out Groups 10:30 Golden Girls Spa 12:00 Lunch 1:00 Make Your Own Chapstick 2:00 Snack Social 2:30 Bean Bag Toss BETTY WHITE'S BIRTHDAY | 7:30 Coffee Convos/Daily Chronical 8:00 Breakfast /Mind over miles 9:30 Mass/Break Out Groups 10:30 Participant Led Book club 12:00 Lunch 1:00 Beach Boys seated workout 2:00 Snack Social 2:30 Clay Pots | 7:30 Coffee Convos/Daily Chronical 8:00 Breakfast /Mind over miles 9:30 Mass/Break Out Groups 10:30 CASINO DAY! 12:00 Lunch 1:00 Chair Yoga 2:00 Snack Social 2:30 Basketball | 7:30 Coffee Convos/Daily Chronical 8:00 Breakfast /Mind over miles 9:30 Mass/Break Out Groups 10:30 polka chair yoga Dance 12:00 Lunch 1:00 Snow greeters ledge decor 2:00 Snack Social 2:30 Axe Throwing competition | |
| Mondays: Men's Club/ Bocce Ball Tuesdays: Veterans Group Wednesdays: Aggies Social Group and Lindsey's knitting Club. Thursdays: Participant led Book Club and paint n Sip. Fridays: Workout with Kailee Activities are subject to change* | 7:30 Coffee Convos/Daily Chronical. MLK Crossword 8:00 Breakfast /Mind over miles 9:30 Mass/Break Out Groups 10:30 Sun Catchers 12:00 Lunch 1:00 Baking Club 2:00 Snack Social 2:30 Parachute Conversation | 7:30 Coffee Convos/Daily Chronical/Pie Day Search 8:00 Breakfast /Mind over miles 9:30 Mass/Break Out Groups 10:30 Make 12:00 Lunch 1:00 Drum Fit 2:00 Snack Social 2:30 Ring toss NATIONAL PIE DAY | 7:30 Coffee Convos/Daily Chronical 8:00 Breakfast /Mind over miles 9:30 Mass/Break Out Groups 10:30 Compliment Card Crafts 12:00 Lunch 1:00 Braided Key chain 2:00 Snack Social 2:30 Balloon Badminton NAT'L COMPLIMENTS DAY | 7:30 Coffee Convos/Daily Chronical 8:00 Breakfast /Mind over miles 9:30 Mass/Break Out Groups 10:30 Painted Bubbles 12:00 Lunch 1:00 How to Humor your stress 2:00 Snack Social 2:30 City Walks | 7:30 Coffee Convos/Daily Chronical 8:00 Breakfast /Mind over miles 9:30 Mass/Break Out Groups 10:30 Movie and popcorn! 12:00 Lunch 1:00 St, Francis T shirt making! 2:00 Snack Social 2:30 Wii Bowling NAT'L Activity Professionals Da | 7:30 Coffee Convos/Daily Chronical 8:00 Breakfast /Mind over miles 9:30 Mass/Break Out Groups 10:30 12:00 Lunch 1:00 2:00 Snack Social 2:30 Balloon Volleyball | |
|  | 7:30 Coffee Convos/Daily Chronical 8:00 Breakfast /Mind over miles 9:30 Mass/Break Out Groups 10:30 Swaddled Sock snowmen 12:00 Lunch 1:00 Make the fishing game 2:00 Snack Social 2:30 Magnetic Fishing | 7:30 Coffee Convos/Daily Chronical 8:00 Breakfast /Mind over miles 9:30 Mass/Break Out Groups 10:30 Dunkin Field Trip 12:00 Lunch 1:00 Cross Stitch 2:00 Snack Social 2:30 Will Virtual games | 7:30 Coffee Convos/Daily Chronical 8:00 Breakfast /Mind over miles 9:30 Mass/Break Out Groups 10:30 Baking Club 12:00 Lunch 1:00 Table top Snowman 2:00 Snack Social 2:30 axe throwing competition | January 2024 Saint Francis Adult Day Health Business Hours Monday-Saturday 7:30-3:30 Life Enrichment Director: Miranda Nickson (508) 752 2546 EXT:220 | | | |