



JANUARY 2019



NORTHSHORE ADULT DAY HEALTH & WELLNESS



Monday-Fri 10-3pm (425)488-4821

Mon	Tue	Wed	Thu	Fri
	<p>1</p> <p>HAPPY NEW YEAR 2019</p>	<p>2 <u>Coffee social/Fine motor</u> 10:45 Balance program 11:00 Art group 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Current events 1:30 Rockin w/Jon P.</p>	<p>3 <u>Coffee social/Fine motor</u> 10:45 Balance program 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Current events 1:15 Sing Along</p>	<p>4 <u>Coffee social/Fine motor</u> 10:45 Balance program 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Current events 1:15 Favorites w/Shannon</p>
<p>7 <u>Coffee social/Fine motor</u> 10:45 Balance program 11:00 Reminscining w/Bruce 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Current events 1:15 12 strings w/Lee</p>	<p>8 <u>Coffee social/Fine motor</u> 10:45 Balance program 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Current events 1:15 Guitar w/Josh</p>	<p>9 <u>Coffee social/Fine motor</u> 10:45 Balance program 11:00 Art group 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Current events 1:15 B.I.N.G.O.</p>	<p>10 <u>Coffee social/Fine motor</u> 10:45 Balance program 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Current events 1:15 Saxophone w/Bill B.</p>	<p>11 <u>Coffee social/Fine motor</u> 10:45 Balance program 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Current events 1:30 Guitar w/Dave Hoffman</p>
<p>14 <u>Coffee social/Fine motor</u> 10:45 Balance program 11:00 Reminscining w/Bruce 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Current events 1:15 Piano w/Conor</p>	<p>15 <u>Coffee social/Fine motor</u> 10:45 Balance program 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Current events 1:15 Keyboard w/Gary H.</p>	<p>16 <u>Coffee social/Fine motor</u> 10:45 Balance program 11:00 Art group 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Current events 1:15 Music w/Lyle & Berd</p>	<p>17 <u>Coffee social/Fine motor</u> 10:45 Balance program 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Current events 1:15 Accordion w/David L.</p>	<p>18 <u>Coffee social/Fine motor</u> 10:45 Balance program 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Current events 1:15 Keyboard w/Ted Y.</p>
<p>21</p> <p>CLOSED</p> 	<p>22 <u>Coffee social/Fine motor</u> 10:45 Balance program 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Current events 1:15 Favorites w/Shannon</p>	<p>23 <u>Coffee social/Fine motor</u> 10:45 Balance program 11:00 Art group 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Current events 1:15 Sing Along</p>	<p>24 <u>Coffee social/Fine motor</u> 10:45 Balance program 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Current events 1:15 Celebrating the 50's</p>	<p>25 <u>Coffee social/Fine motor</u> 10:45 Balance program 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Current events 1:15 Guitar w/David A</p>
<p>28 <u>Coffee social/Fine motor</u> 10:45 Balance program 11:00 Reminscining w/Bruce 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Current events 1:15 Bowling/Wii bowling</p>	<p>29 <u>Coffee social/Fine motor</u> 10:45 Balance program 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Current events 1:15 B.I.N.G.O.</p>	<p>30 <u>Coffee social/Fine motor</u> 10:45 Balance program 11:00 Art group 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Current events 1:15 Comedy Hour</p>	<p>31 <u>Coffee social/Fine motor</u> 10:45 Balance program 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Current events 1:15 Piano w/Jennifer</p>	