

Northshore Adult Day Health Activities Calander

January 2026

Monday-Friday 10:00am 2:00pm

Mon	Tue	Wed	Thu	Fri
<p>NOTES -</p> <ul style="list-style-type: none"> • All activities subject to change • Monthly Fire drills - No Notice • Black = Large Activity Room • Blue = Special Activity • Red = Event/Holiday/Birthday • Green = Small Activity Room 			1  <p>HAPPY NEW YEAR ! Center Closed</p>	2 10:00 Coffee Social/Squeeze Ball 10:45 Exercise 11:30 9 letter Puzzle/Hangman 12:00 Lunch 1:00 Dice
5 10:00 Coffee Social/Chip Stacking 10:45 Exercise 11:30 Rebus Puzzle/Cards 12:00 Lunch 1:00 BINGO National Bird Day	6 10:00 Coffee Social/Black Jack 10:45 Exercise 11:30 Solve The Riddle/Match Game 12:00 Lunch 1:00 Craft - Travel Suitcase National Bean Day	7 10:00 Coffee Social/Squeeze Ball 10:45 Exercise 11:30 9 Letter puzzle/Arts & Crafts 12:00 Lunch 1:00 Drum Circle/Kick Ball	8 10:00 Coffee Social/Pong 10:45 Exercise 11:30 Crossword/Scrabble 12:00 Lunch 1:00 Music with Dave Hoffman National Bubble Bath Day	9 10:00 Coffee Social/Black Jack 10:45 Exercise 11:30 Word Jumble/Story Time 12:00 Lunch 1:00 Craft -Polar Bear K National Apricot Day
12 10:00 Coffee Social/Name The Place 10:45 Exercise 11:30 Rebus Puzzles/Dice 12:00 Lunch 1:00 Ladder Ball National Curried Chicken Day	13 10:00 Coffee Social/Pong 10:45 Exercise 11:30 Totally Trivia/Pass The Ball 12:00 Lunch 1:00 Musical Ball Happy Birthday Kathy R.	14 10:00 Coffee Social/Chip Stacking 10:45 Exercise 11:30 Hang Man/Story Time 12:00 Lunch 1:00 Music with Dennis and Jojo National Dress Up Your Pet Day	15 10:00 Coffee Social/Squeeze Ball 10:45 Exercise 11:30 Crossword/Cards 12:00 Lunch 1:00 Music with Commander Tom National Hat Day/Happy Birthday Kathleen, Robert B.	16 10:00 Coffee Social/Black Jack 10:45 Exercise 11:30 MLK Tribute/Crosswords 12:00 Lunch 1:00 BINGO
19 MLK Holiday Center Closed <i>I have a dream</i> Martin Luther King Jr. Day	20 10:00 Coffee Social/Squeeze Ball 10:45 Exercise 11:30 9 Letter Puzzle/Cards 12:00 Lunch 1:00 Music with Ted Picket National Cheese Lovers Day	21 10:00 Coffee Social/Name The Place 10:45 Exercise 11:30 Rebus Puzzles/Dice 12:00 Lunch 1:00 Music with Jon Pressman	22 Coffee Social/Black Jack 10:45 Exercise 11:30 Crossword/Hangman 12:00 Lunch 1:00 Corn Hole National Celebration of Life Day	23 Coffee Social/Name The Place 10:45 Exerci 11:30 Nine Letter Puzzle/Nine Letter 12:00 Lunch 1:00 Craft - Penguin - T National Pie Day
26 10:00 Coffee Social/Squeeze Ball 10:45 Exercise 11:30 9 Letter Puzzle/Scrabble 12:00 Lunch 1:00 Ladder Ball National Green Juice Day	27 10:00 Coffee Social/Name The Face 10:45 Exercise 11:30 Crossword/Pass The Ball 12:00 Lunch 1:00 Harry The Science Guy National Viet Nam Peace Day	28 10:00 Coffee Social/Black Jack 10:45 Exercise 11:30 Hang Man 12:00 Lunch 1:00 Music with Bill Blackstone	29 10:00 Coffee Social/Pong 10:45 Exercise 11:30 Solve The Riddle/Pass The Ball 12:00 Lunch 1:00 BINGO National Corn Chip Day	30 10:00 Coffee Social/Squeeze Ball 10:45 Exercise 11:30 9 Letter puzzle/Arts & Crafts 12:00 Lunch 1:00 Sing Alone National Fun at Work Day