





# January 2023

## Minnesota Veterans Home-Adult Day Center



| Mon   | Tue   | Wed   | Thu   | Fri  |
|---|---|---|---|--|
| <b>2 ADC CLOSED</b><br><b>Happy New Years!</b><br>  | <b>3</b><br>8:00 Morning Chat/ News<br>9:45 Brain Fitness<br>10:00 Exercise<br>10:30 Disc Slam<br>11:30 MadLibs<br>12:00 Lunch<br>1:00 Roll a Snowman<br>2:00 Vets Choice           | <b>4 National Trivia Day</b><br>8:00 Morning Chat/ News<br>9:45 Interesting News<br>10:00 20 Questions<br>10:30 Exercise<br>11:00 Beanbag Toss<br>12:00 Lunch<br>1:00 Howie and Dennis<br>2:00 Vets Choice  | <b>5 National Bird Day</b><br>8:00 Morning Chat/ News<br>9:45 Jokes and Riddles<br>10:00 Exercise<br>10:30 Target Golf<br>11:30 Bird Trivia<br>12:00 Lunch<br>1:00 Bird Documentary<br>2:00 Vets Choice           | <b>6</b><br>8:00 Morning Chat/ News<br>9:45 Interesting News<br>10:00 Exercise<br>10:30 Horse Shoes<br>11:30 Guess the Song<br>12:00 Lunch<br>1:00 BINGO<br>2:00 Vets Choice   |
| <b>9</b><br>8:00 Morning Chat/ News<br>9:45 Jokes and Riddles<br>10:00 Exercise<br>10:30 Skeeball<br>11:30 20 Questions<br>12:00 Lunch<br>1:00 Jeopardy<br>2:00 Vets Choice               | <b>10</b><br>8:00 Morning Chat/ News<br>9:45 Interesting News<br>10:00 Ava and Lou<br>10:30 Exercise<br>11:00 Parachute Game<br>12:00 Lunch<br>1:00 BINGO<br>2:00 Vets Choice       | <b>11 National Milk Day</b><br>8:00 Morning Chat/ News<br>9:45 Brain Fitness<br>10:00 Who Wants to be a Millionaire<br>10:30 Exercise<br>11:30 Ladder Ball<br>12:00 Lunch<br>1:00 BINGO<br>2:00 Vets Choice | <b>12</b><br>8:00 Morning Chat/ News<br>9:45 Brain Fitness<br>10:00 David Jones Concert<br>11:00 Exercise<br>11:30 Hangman/Madlibs<br>12:00 Lunch<br>1:00 Conversation Ball<br>2:00 Vets Choice                   | <b>13 National Rubber Ducky Day</b><br>8:00 Morning Chat/ News<br>9:45 Interesting News<br>10:00 Exercise<br>10:30 Ladder Ball<br>11:00 Michael Orange Concert<br>12:00 Lunch<br>1:00 Dice Questions<br>2:00 Vets Choice |
| <b>16 Martin Luther King Jr. Day</b><br><b>ACD CLOSED</b><br>  | <b>17</b><br>8:00 Morning Chat/ News<br>9:45 Riddles and Jokes<br>10:00 Snowman Crafts<br>11:00 Exercise<br>11:30 Big Dice Game<br>12:00 Lunch<br>1:00 Jeopardy<br>2:00 Vets Choice | <b>18</b><br>8:00 Morning Chat/ News<br>9:45 Riddles and Jokes<br>10:00 Fact or Crap<br>10:30 Exercise<br>11:00 News Paper Toss<br>12:00 Lunch<br>1:00 Howie and Dennis<br>2:00 Vets Choice                 | <b>19 National Popcorn Day</b><br>8:00 Morning Chat/ News<br>9:45 Interesting News<br>10:00 Exercise<br>10:30 Parachute Game<br>11:30 Movie Trivia<br>12:00 Lunch<br>1:00 Movie and POP-CORN!<br>2:00 Vets Choice | <b>20 National Cheese Lovers Day</b><br>8:00 Morning Chat/ News<br>9:45 Brain Fitness<br>10:00 Exercise<br>10:30 Bowling<br>11:30 Trivia<br>12:00 Lunch<br>1:00 BINGO<br>2:00 Vets Choice                                |
| <b>23</b><br>8:00 Morning Chat/ News<br>9:45 Brain Fitness<br>10:00 Exercise<br>10:30 Beanbag Toss<br>11:30 You be the Judge<br>12:00 Lunch<br>1:00 Conversation Ball<br>2:00 Vets Choice | <b>24</b><br>8:00 Morning Chat/ News<br>9:45 Brain Fitness<br>10:00 Ava and Lou<br>10:30 Exercise<br>11:00 Horse Shoes<br>12:00 Lunch<br>1:00 BINGO<br>2:00 Vets Choice             | <b>25</b><br>8:00 Morning Chat/ News<br>9:45 Interesting News<br>10:00 Deal or No Deal<br>10:30 Exercise<br>11:00 Bullseye<br>12:00 Lunch<br>1:00 Dice Games<br>2:00 Vets Choice                            | <b>26 National Spouses Day</b><br>8:00 Morning Chat/ News<br>9:45 Jokes and Riddles<br>10:00 Exercise<br>10:30 Ring Toss<br>11:30 Dice Questions<br>12:00 Lunch<br>1:00 BINGO<br>2:00 Vets Choice                 | <b>27 National Chocolate Cake Day</b><br>8:00 Morning Chat/ News<br>9:45 Interesting News<br>10:00 Exercise<br>10:30 Dutch Shuffle<br>11:30 Ladder Ball<br>12:00 Lunch<br>1:00 Guess that Tune<br>2:00 Vets Choice       |
| <b>30</b><br>8:00 Morning Chat/ News<br>9:45 Interesting News<br>10:00 Exercise<br>10:30 Putting Green<br>11:30 Trivia<br>12:00 Lunch<br>1:00 Big Cross Word<br>2:00 Vets Choice          | <b>31</b><br>8:00 Morning Chat/ News<br>9:45 Interesting News<br>10:00 Exercise<br>10:30 Disc Slam<br>11:30 Deal or No Deal<br>12:00 Lunch<br>1:00 Documentary<br>2:00 Vets Choice  |   |   |  |