Example: Monthly Calendar – Adult Day Center

	Monday		Tuesday		Wednesday		Thursday		Friday
		4		**5**		**6**		**7**	
		8	Morning Greeting	8	Morning Greeting	8	Morning Greeting	8	Morning Greeting
		9	Coffee/Reminisce	9	Coffee Talk/Rebus	9	Coffee Talk	9	Coffee/Horoscopes
		10	Word Game/Painting	10	Art with Susie/Trivia	10	Current Events/Painting	10	Computer Class
		11	Chair Yoga/Music	11	Chair Aerobics/Talk	11	Chair Yoga/Walking	**10**	**Jewelry Class***
		12	Lunch	12	Lunch	12	Lunch	11	Get Fit/Discussion
		1	Carol's Corner	1	Painting with Pat	1	Advanced Painting	12	Lunch
		1	Mind Stretcher Trivia	1	Sing-A-Long	**1**	**Sunshine Duo Singers***	1	Music and Dancing
		2	Guy Talk	2	Trivia/Card Games	2	Live and Learn Book Talk	2	Music and Dancing
		2	Hangman/Word List	2	Fall Table Arrangements	3	Foil Art	3	Grandparents Project
		3	Get Fit/Trivia	3	Chair Yoga/Reading	3	Chair Yoga/Storytelling	3	Chair Yoga/Puzzles
		4	Music Bingo/Cards	4	Word Games/Cards	4	Classical Music/Bridge	4	In A Word/Scrabble
10		**11**		**12**		**13**		**14**	
8	Morning Greeting	8	Morning Greeting	8	Morning Greeting	8	Morning Greeting	8	Morning Greeting
9	Coffee/Horoscopes	9	Coffee/News	9	Coffee/Word Search	9	Coffee/Editorial Talk	9	Coffee/Word Scramble
10	Professions Group	10	Painting/Scattergories	10	Art with Susie	10	Current Events/Painting	10	Computer Class
11	Chair Aerobics/Talk	**10**	**Belinda's Apple Craft**	10	Nostalgic Picture Talk	11	Chair Yoga/Walking	11	Get Fit/Reading
12	Lunch	11	Chair Yoga/Music	11	Chair Aerobics/Talk	12	Lunch	12	Lunch
1	**Music with Carol Lynn***	12	Lunch	12	Lunch	1	Advanced Painting	1	Music and Dancing
2	Drawing with Barbara	1	Trivia/Carol's Corner	1	Outburst/Reminisce	1	Girl Talk/Hangman	2	Music and Dancing
2	Rebus Picture Puzzles	2	Name That Tune	1	Painting with Pat	**2**	**Tea Lecture and Sampling**	3	Henna Ink Hand Art
3	Chair Yoga/Art Class	2	Patriot's Day Craft	**2**	**Immigration Lecture***	3	Ceramics	3	Chair Yoga
3	Questions To Think About	3	Get Fit/Crossword Puzzle	3	Chair Yoga/Reading	3	Chair Yoga/Storytelling	3	Reminisce Discussion
4	Last Two Word Game	4	Bingo/Scrabble/Cards	4	Hangman Word Game	4	Music Bingo/Cards	4	Music and Relaxation
17		**18**		**19**		**20**		**21**	
8	Morning Greeting	8	Morning Greeting	8	Morning Greeting	8	Morning Greeting	8	Morning Greeting
9	Coffee/Editorial Talk	9	Coffee Chat/Word Find	9	Coffee Chat/Horoscopes	9	Coffee/Word Search	9	Coffee/Boggle
10	Rosh Hashanah Discussion	10	Guy Talk	10	Shut the Box	10	Jacobo's Current Events	10	Painting with Pat
11	Chair Aerobics/Mozart	10	Shut the Box game	10	Art with Susie	10	Painting/**Spa Services**	10	Computer Class
12	Lunch	11	Chair Yoga/Music	11	Chair Aerobics/Talk	11	Chair Yoga/Walking	11	Get Fit/ Discussion
1	In A Word	12	Lunch	12	Lunch	12	Lunch	12	Lunch
2	Drawing with Barbara	**1**	**Music by InSpirit***	1	Trivia/Jewelry Class	**1**	**Spa Services**/Adv. Painting	1	Music and Dancing
2	**Belinda's Health Lecture**	2	Ice Cream Social	1	Famous Buildings	1	Vicki Shines	2	Music and Dancing
3	Live and Learn Book	3	Critical Thinking Trivia	2	Storytelling/Canvas Art	2	Radio Memories/Trivia	3	Chair Yoga
3	Chair Yoga	3	Get Fit Chair Aerobics	3	Chair Yoga/Share a Story	3	Chair Yoga/Watercolor Art	3	Feel Good Stories
4	Word Games/Billiards	4	Boggle/Bridge/Scrabble	4	Music and Relaxation	4	In A Word/Bridge	4	Bingo/Jenga/Cards
24		**25**		**26**		**27**		**28**	
8	Morning Greeting	8	Morning Greeting	8	Morning Greeting	8	Morning Greeting	8	Morning Greeting
9	Coffee Talk/Things Game	9	Coffee Talk/Editorials	9	Coffee Chat	9	Coffee Talk	9	Coffee/Horoscopes
9	Things Game	**10**	**Jewelry ***/Painting	9	Word Search	10	Painting with Pat	9	Trivial Pursuit
10	Painting with Pat/Trivia	**10**	**Jamaica Discussion**	10	Art with Susie	10	Jacobo's Current Events	10	Art Lecture with Pat
10	Pet Visit with Gwen Herb	11	Chair Yoga/Music	10	Yom Kippur Discussion	11	Chair Yoga/Walking	11	Reminisce Discussion
11	Chair Aerobics/Talk	12	Lunch	11	Chair Aerobics/Talk	12	Lunch	11	Get Fit Chair Aerobics
12	Lunch	**1**	**Jamaica Discussion**	12	Lunch	1	Advanced Painting	12	Lunch
1	**Dance Demonstration***	1	Carol's Corner	1	Sing-A-Long	1	Famous Buildings	1	Music and Dancing
2	Drawing with Barbara	2	Reminisce Discussion	2	Debate Topics/Scrabble	**2**	**Ron Dagan Live***	2	Music and Dancing
2	Crossword/Storytelling	3	Uplifting Stories	2	Autumn Craft	3	Wooden Craft	3	Chair Yoga
3	Chair Yoga/Trivia Talk	3	Get Fit	3	Chair Yoga/Reminisce	3	Chair Yoga	4	Word List Game
4	Classical Music/Bridge	4	Bingo/Bridge	4	Boggle/Card Games	4	Word Families Game	4	Scrabble/Cards