

Milestones Adult Day Health Center
 1725 O Avenue NW, Cedar Rapids Iowa 52405 • Phone 319-398-3647

6:45 - 9:45 AM Breakfast / Preparation for day
 10:00-10:30 AM Current News
 10:20-10:45 AM Exercise
 10:45-11:45 AM Scheduled programming
 12:00-1:00 PM Lunch
 1:00-2:00 PM Scheduled programming
 2:00-3:00 PM Recap the day, LIFTS Pick-up
 3:00-3:30 PM Tea Time
 3:30-4:30 PM Scheduled programming
 4:30-5:30 PM Individual programming



Nancy E. 12 Jean J. 21
 Ben G. 12 Patty B. 23
 Larry W. 12 Pam N. 29
 Wes P. 13 June D. 31

JANUARY 2019 PROGRAMMING SCHEDULE

	CLOSED 	PET THERAPY with Pete and Gunnar Table Games w/Laith Reminiscing with Alla Open Arts Studio Uno Players TEA TIME/CHOICE	MUSIC THERAPY Humanities Group Uno Players TRAVELING TO CZECHOSLOVAKIA Open Arts Studio Kings Korner TEA TIME/CHOICE	Client Council Meeting HOWS THAT RESOLUTION DOING? Open Arts Studio Table Games w/Laith WELCOME WILD BILL Wii / Puzzle Frolics TEA TIME/CHOICE
CRAFTING with Shari and Beth SNOW DAYS Open Arts Studio WELCOME HAROLD G. w/Guitar Table Games Wii/ Puzzle Power TEA TIME/CHOICE	GAME OF KNOWLEDGE Art Studio with Joyce Bell Choir PIANO with Eldred and Judy Milestones Singers Kings Korner TEA TIME/CHOICE	PUTTING THE PAST IN ORDER Table Games w/Laith Open Arts Studio SPIRITUAL REFLECTIONS with Doc and Beth Uno Players TEA TIME/CHOICE	MUSIC THERAPY Humanities Group Uno Players HEALTH & NUTRITION HYGEINE Open Arts Studio Kings Korner TEA TIME/CHOICE	FOCUS ON JANUARY Open Arts Studio Table Games w/Laith Wii / Puzzle Frolics TEA TIME/CHOICE
TEAM SUPPORT Theres No Man Like A Snowman BRAIN AEROBICS Wii/ Puzzle Power TEA TIME/CHOICE	AMELIA EARHART with Marci Art Studio with Joyce Bell Choir Milestones Singers Kings Korner TEA TIME/CHOICE	WHO, WHAT, WHERE? Table Games w/Laith Open Arts Studio WELCOME THE DIAMONDS Uno Players TEA TIME/CHOICE	MUSIC THERAPY Humanities Group Uno Players A LITTLE OF THIS A LITTLE OF THAT!! Open Arts Studio Kings Korner TEA TIME/CHOICE	Pictionary WHEEL OF FORTUNE Table Games w/Laith KARAOKEE with Maggie D Wii / Puzzle Frolics TEA TIME/CHOICE
PIANO GREATS with Betty Open Arts Studio MARTIN LUTHER KING DAY Table Games Wii/ Puzzle Power TEA TIME/CHOICE	POKEENO Art Studio with Joyce Bell Choir KARAOKEE with Maggie D DRUMMING TOO!! Milestones Singers Kings Korner TEA TIME/CHOICE	BATTLE OF THE SEXES Table Games w/Laith Open Arts Studio SPIRITUAL REFLECTIONS with Doc and Beth Uno Players TEA TIME/CHOICE	MUSIC THERAPY Humanities Group Compliments Day!! Try It You'll Like it Open Arts Studio Kings Korner TEA TIME/CHOICE	PUZZLING POWERS "OPPOSITES" Open Arts Studio Table Games w/Laith OPPOSITES DAY THE LONG LIST Wii / Puzzle Frolics TEA TIME/CHOICE
BLURT Open Arts Studio Table Games Wii/ Puzzle Power TEA TIME/CHOICE	RESIDENT DOCTOR PROGRAM Art Studio with Joyce Bell Choir THE HEARTLAND BAND Milestones Singers Kings Korner TEA TIME/CHOICE	COLLEGE BOWLS Table Games w/Laith Open Arts Studio SPIRITUAL REFLECTIONS w/Beth Open Arts Studio Uno Players TEA TIME/CHOICE	MUSIC THERAPY Humanities Group Uno Players PROGRAM with Brenda and June Open Arts Studio Kings Korner TEA TIME/CHOICE	

* All programs are subject to change