

**Intrepid Lane Daybreak**

**161 Intrepid Lane  
Syracuse, New York**



**January 2019**  
**Recreation Calendar**

**January Birthdays**

**1<sup>st</sup> Sherin G. 6<sup>th</sup> Mildred J. 6<sup>th</sup> Bob E. 13<sup>th</sup> Linda S.  
14<sup>th</sup> Jo S. 16<sup>th</sup> Carolyn J. 22<sup>nd</sup> Theresa E.  
24<sup>th</sup> Karen S. 25<sup>th</sup> Vicki L. 25<sup>th</sup> Donna M.  
28<sup>th</sup> Deborah M 30<sup>th</sup> Roseanne L.**

**Birthstone: Garnet  
Flower: Carnation  
Colors: Black & Dark Blue**

**DAYBREAK: 498-4405**

**NOTE: An \* represents programs requested/chosen by clients at  
their monthly Program Planning Meeting.**



**Tuesday, January 1<sup>st</sup>**

*~New Year's Day Dress in Roses~*

- 8:00-10:00**     **Rose Bowl Parade**  
**9:30-10:00**     **New Year's Resolutions**  
**10:00-11:00**    **150<sup>th</sup> Rose Bowl Parade history and  
make a word.**  
**11:00-11:30**    **Exercise/Morning Walk & Talk**  
**1:30-2:00**       **Pet visits with Willow and Bentley**  
**2:00-3:00**       **January facts discussion/NY trivia**  
**2:30-3:00**       **Walking Program**  
**3:00-4:00**       **\*Individual activities/small groups**

**Wednesday, January 2<sup>nd</sup>**

*~National Skating Month~*

- 9:30-10:00**     **Astronaut trivia**  
**10:00-11:00**    **Program planning meeting and  
calendar review**  
**11:00-11:30**    **Fun fitness**  
**1:30-2:30**       **Ice Skating Disaster Story/questions**  
**2:30-3:00**       **Walking Program**  
**3:00-4:00**       **\*Individual activities/small groups**

**Thursday, January 3<sup>rd</sup>**

- 9:30-10:00**     **Calendar Questions**  
**10:00-11:00**    **Fruitcake toss day**  
**11:00-11:30**    **I Spy**  
**1:30-2:30**       **Jenga Jam**  
**2:30-3:00**       **Walking Program**  
**3:00-4:00**       **\*Individual activities/small groups**



**Friday, January 4<sup>th</sup>**

- 9:30-10:00** Name as many birds as you can with the letters of the alphabet.
- 10:00-11:00** \*Bingo
- 11:00-11:30** Morning movement
- 1:30-2:30** Bird fun facts, trivia and coloring
- 2:30-3:00** Walking Program
- 3:00-4:00** \*Individual activities/small groups

**Sunday, January 6<sup>th</sup>**

- 9:30-10:30** News and coffee
- 10:30-11:30** \*Sock Snowman craft
- 11:30** Morning exercise
- 1:30-2:30** Scrabble slam
- 2:30-2:45** Walking Program
- 3:00-4:00** \*Individual activities/small groups

**Monday, January 7<sup>th</sup>**

- 9:30-10:00** Old rock day trivia and fun facts
- 10:00-11:00** Rock craft
- 11:00-11:30** Ball toss
- 1:30-2:30** News and Views
- 2:30-3:00** Walking Program
- 3:00-4:00** \*Individual activities/small groups



**Tuesday, January 8<sup>th</sup>**

- 9:30-10:00** 1970's trivia  
**10:00-11:00** Group crosswords  
**11:00-11:30** Popcorn toss  
**1:30-3:30** \*Movie and popcorn  
**3:00-4:00** \*Individual activities/small groups

**Wednesday, January 9<sup>th</sup>**

*~National Eye Care Month~*

- 9:30-10:00** Flash mob day- show us your dance moves  
**10:00-10:30** Boggle  
**10:30-11:15** Kathy's health education-Can you see me now?  
**11:15-11:30** Fit & Fabulous  
**1:30-2:30** "Eye" ball toss  
**2:30-3:00** Walking Program  
**3:00-4:00** \*Individual activities/small groups

**Thursday, January 10<sup>th</sup>**

- 9:30-10:00** Houseplant appreciation day trivia  
**10:00-11:00** \*Bingo  
**11:00-11:30** Get moving exercises  
**1:30-2:30** \*Creative Arts- planters  
**2:30-2:45** Walking Program  
**3:00-4:00** \*Individual activities/small groups



**Friday, January 11<sup>th</sup>**

- 9:30-10:00** National Milk day facts and trivia  
**10:00-11:00** Council meeting with Chris  
**11:00-11:30** Morning Walk & Talk  
**1:30-2:30** Sports game  
**2:30-3:00** Walking Program  
**3:00-4:00** \*Individual activities/small groups

**Sunday, January 13<sup>th</sup>**

- 9:30-10:00** News and views  
**10:00-11:00** \*Snowman pillows  
**11:00-11:30** Exercise  
**1:30-2:30** Table Top Games  
**2:30-2:45** Walking Program  
**3:00-4:00** \*Individual activities/small groups

**Monday, January 14<sup>th</sup>**

*~National Soup Month~*

- 9:30-10:00** Just Joking  
**10:00-11:00** How many different soups can we name? Soup month fun facts/trivia.  
**11:00-11:30** Morning stretches  
**1:30-2:30** \*Participant Choice  
**2:30-3:00** Afternoon Strolls  
**3:00-4:00** \*Individual activities/small groups



**Tuesday, January 15<sup>th</sup>**

*~National Hat Day, Wear your favorite hat~*

- |                    |  |
|--------------------|--|
| <b>9:30-10:00</b>  | <b>Hat Trivia</b>                          |
| <b>10:00-11:00</b> | <b>*Bingo</b>                              |
| <b>11:00-11:30</b> | <b>Pass the hat to music</b>               |
| <b>1:30-2:30</b>   | <b>True or false and candy quiz</b>        |
| <b>2:30-3:00</b>   | <b>Walking Program</b>                     |
| <b>3:00-4:00</b>   | <b>*Individual activities/small groups</b> |

**Wednesday, January 16<sup>th</sup>**

- |                    |  |
|--------------------|--|
| <b>9:30-10:00</b>  | <b>News and views</b>                          |
| <b>10:00-11:00</b> | <b>*<u>Entertainment by Dennis McGuire</u></b> |
| <b>11:00-11:30</b> | <b>Morning Walk &amp; Talk</b>                 |
| <b>1:30-2:30</b>   | <b>Story ball</b>                              |
| <b>2:30-3:00</b>   | <b>Walking Program</b>                         |
| <b>3:00-4:00</b>   | <b>Individual activities/small groups</b>      |

**Thursday, January 17<sup>th</sup>**

- |                    |  |
|--------------------|--|
| <b>9:30-10:00</b>  | <b>Popeye Day fun facts and trivia</b>     |
| <b>10:00-11:00</b> | <b>Hangman</b>                             |
| <b>11:00-11:30</b> | <b>Popeye exercises</b>                    |
| <b>1:30-2:30</b>   | <b>Popeye the Sailor man make a word</b>   |
| <b>2:30-3:00</b>   | <b>Walking Program</b>                     |
| <b>3:00-4:00</b>   | <b>*Individual activities/small groups</b> |



**Friday, January 18<sup>th</sup>**

- 9:30-10:00** Winnie the Pooh Day- Name the characters. Who are you most like?
- 10:00-12:00** \*Winnie the Pooh movie
- 1:30-2:30** Afternoon sport game
- 2:30-3:00** Walking Program
- 3:00-4:00** \*Individual activities/small groups

**Sunday, January 20<sup>th</sup>**

*~Penguin Awareness Day~*

- 9:30-10:00** Penguin facts and trivia
- 10:00-11:00** \*Penguin craft
- 11:00-11:30** Morning exercise
- 1:30-3:00** \*Penguin movie
- 3:00-3:30** Walking Program
- 3:30-4:00** \*Individual activities/small groups

**Monday, January 21<sup>nd</sup>**

*~Martin Luther King Day~*

- 9:30-10:00** \*MLK fun facts and trivia. I Have A Dream Speech
- 10:00-11:00** \*MLK Day Make a Word
- 11:00-11:30** Fun fitness and walking program
- 1:30-2:30** Ladder Ball
- 2:30-3:00** Afternoon Strolls
- 3:00-4:00** \*Individual activities/small groups



Tuesday, January 22<sup>rd</sup>

- 9:30-10:00** Toaster true or false  
**10:00-11:00** Word Pictures and \*Spelling bee  
**11:00-11:30** Stretch & Breathe Relaxation  
**1:30-2:30** High or Low competition  
**2:30-3:00** Walking Program  
**3:00-4:00** \*Individual activities/small groups

Wednesday, January 23<sup>rd</sup>

*~National Pie day~*

- 9:30-9:50** How many pies can you name  
with each letter of the alphabet?  
**10:00-11:00** Balloon Volley Challenge  
**11:00-11:30** January birthday recognition  
**12:00** Birthday Bash-Blueberry pie  
**1:30-2:30** Ring Toss  
**2:30-3:00** Walking Program  
**3:00-4:00** \*Individual activities/small groups

Thursday, January 24<sup>th</sup>

*~Compliment Your Neighbor Day~*

- 9:30-10:00** Complement Your Neighbor round  
the room  
**10:00-11:00** \*Bingo  
**11:00-11:30** Morning Walk & Talk  
**1:30-2:30** 1950s trivia, baby “boomers” trivia  
**2:30-3:00** Walking Program  
**3:00-4:00** \*Individual activities/small groups





**Friday, January 25<sup>th</sup>**

- 9:30-10:00** News and Views  
**10:00-11:00** \***Blair Frodelius Entertainment**  
**11:00-11:30** Opposite day exercise – use the opposite body part  
**1:30-2:30** Name the opposite  
**2:30-3:00** Walking Program  
**3:00-4:00** \*Individual activities/small groups

**Sunday, January 27<sup>th</sup>**

- 9:30-10:00** News and coffee  
**10:00-11:00** \*Whitney Houston Movie  
**1:30-2:30** Afternoon Games  
**2:30-3:00** Walking Program  
**3:00-4:00** \*Individual activities/small groups

**Monday, January 28<sup>th</sup>**

- 9:30-10:00** Trivia  
**10:00-11:00** Basketball toss  
**11:15-11:30** Money Talks group crossword  
**1:30-2:30** \*Winter Craft  
**2:30-3:00** Walking Program  
**3:00-4:00** \*Individual activities/small groups



**Tuesday, January 29<sup>th</sup>**

- 9:30-10:00** National Puzzle day pick a puzzle  
**10:00-11:00** Ring toss  
**11:00-11:30** Words with “RA” in them  
**1:30-2:30** \*Participants choice  
**2:30-3:00** Walking Program  
**3:00-4:00** \*Individual activities/small groups

**Wednesday, January 30<sup>st</sup>**

- 9:30-10:00** Roosevelt’s birthday. All about FDR  
**10:00-11:00** Baggo  
**11:00-11:30** Franklin Delano Roosevelt’s  
Birthday make a word  
**1:30-2:30** Horse Racing  
**2:30-3:00** Walking Program  
**3:00-4:00** \*Individual activities/small groups

**Thursday, January 31<sup>st</sup>**

- 9:30-10:00** Trivia/person place or thing  
**10:00-11:15** \*Bingo  
**11:00-11:30** News and views  
**1:30-2:30** \*Inspire Your Heart with Art Day  
craft  
**2:30-3:00** Walking Program  
**3:00-4:00** \*Individual activities/small groups