Syracuse Daybreak
700 E. Brighton Ave.
Syracuse, New York

January 2020
Recreation Calendar

Birthdays:

January Events
6th – Morning Country Drive
14th – Lunch Outing – Spaghetti Warehouse
22nd – Bowling at Flamingo Lanes
30th – Shopping Trip to 5 Below

BIRTHSTONE: Garnet
FLOWER: Carnation, Snowdrop
COLOR: Black, Dark Red, Dark Blue

DAYBREAK: 315-498-4405
NOTE: A * represents programs specifically requested by clients at their monthly Program Planning Meeting.
In addition to scheduled programs, Daybreak participants may choose from the following:

- **Leisure Resource Center**
  - Books and Magazines
  - Board Games
  - Cards
  - Puzzles
  - Word Searches
  - Adult Coloring

- **Alternative Activities (available upon request)**
  - Craft supplies
  - Wii
  - iPad

**Additional activity materials may be available upon request. Please talk with Blake about acquiring any items not listed above.**
Wednesday, January 1\textsuperscript{st}  
~New Year’s Day~

9:00 – Morning Meet and Greet  
9:45 – Resolutions and how to stick with them!  
10:15 – Wednesday Workout  
11:00 – Walking Program  
1:30 – Table Games  
2:30 – *Individual Activities/Small Groups

Thursday, January 2\textsuperscript{nd}

9:00 – Morning Meet and Greet  
9:45 – What to look forward to in 2020…  
10:15 – \textit{Participant Planning and Calendar Review}  
11:00 – Walking Program  
1:30 – Day Room Decorating  
2:30 – *Individual Activities/Small Groups

Friday, January 3\textsuperscript{rd}

9:00 – Morning Meet and Greet  
9:45 – Trivia Warm-Up  
10:15 – Wits and Wagers  
11:00 – Walking Program  
1:30 – Friday Fun!  
2:30 – *Individual Activities/Small Groups
Sunday, January 5th

9:00 – Morning Meet and Greet
9:45 – Twelfth Day of Christmas – can you name them all?
10:15 – Creative Arts with Cindy
11:00 – Walking Program
1:30 – Table Games
2:30 – *Individual Activities/Small Groups

Monday, January 6th

9:00 – Morning Meet and Greet
9:45 – New and Views
10:00 – Morning Country Drive
10:15 – Participant Council Meeting with Chris
11:00 – Walking Program
1:30 – National Smith Day
2:30 – *Individual Activities/Small Groups

Tuesday, January 7th

9:00 – Morning Meet and Greet
9:45 – Wheel of Fortune Anniversary Trivia
10:15 – Wheel of Fortune
11:00 – Walking Program
1:30 – Dart Gun Challenge
2:30 – *Individual Activities/Small Groups
Wednesday, January 8th

9:00 – Morning Meet and Greet
9:45 – Scottish Tartan
10:15 – Annual Argyle Day Craft
11:00 – Walking Program
1:30 – Pet Visits with Willow and Bentley
2:30 – *Individual Activities/Small Groups

Thursday, January 9th

9:00 – Morning Meet and Greet
9:45 – Definition of the Day: Oxymoron
10:15 – Kickball
10:15 – Reading with Barb
11:00 – Walking Program
1:30 – Baggo
2:30 – *Individual Activities/Small Groups

Friday, January 10th

9:00 – Morning Meet and Greet
9:45 – What is Morse Code?
10:15 – Morse Code Project
11:00 – Walking Program
1:30 – A New Day Word Game
2:30 – *Individual Activities/Small Groups
**Sunday, January 12th**

9:00 – Morning Meet and Greet  
9:45 – Horoscopes  
10:15 – Snowman Craft  
11:00 – Walking Program  
2:30 – *Individual Activities/Small Groups

**Monday, January 13th**

9:00 – Morning Meet and Greet  
9:45 – Rose Bowl Review  
10:15 – Football Toss  
11:00 – Walking Program  
1:30 – Frisbee’s Birthday 1957 – Frisbee Games  
2:30 – *Individual Activities/Small Groups

**Tuesday, January 14th**

9:00 – Morning Meet and Greet  
9:45 – I Spy  
10:15 – Higher or Lower  
10:30 – *Lunch Outing to Spaghetti Warehouse  
11:00 – Walking Program  
1:30 – Hot Pastrami Sandwich – Make-a-word  
2:30 – *Individual Activities/Small Groups
Wednesday, January 15th

9:00 – Morning Meet and Greet
9:45 – A New Day Word Game
10:15 – Wednesday Workout
11:00 – Walking Program
1:30 – Dance Contest
2:30 – *Individual Activities/Small Groups

Thursday, January 16th

9:00 – Morning Meet and Greet
9:45 – Two Truths and a Lie
10:15 – Bake-a-Biscuit
11:00 – Walking Program
1:30 – Ladder Ball
2:30 – *Individual Activities/Small Groups

Friday, January 17th

~Wear a Hat for National Hat Day~
9:00 – Morning Meet and Greet
9:45 – Types of Hats
10:15 – Knock the Hat off the Dummy
11:00 – Walking Program
1:30 – Friday Free Time
2:30 – *Individual Activities/Small Groups
Sunday, January 19th

9:00 – Morning Meet and Greet
9:45 – News and Views
10:15 – Crafts Led by Lisa
11:00 – Walking Program
1:30 – Card Club
2:30 – *Individual Activities/Small Groups

Monday, January 20th
~Martin Luther King Jr. Day~

9:00 – Morning Meet and Greet
9:45 – MLK Jr. Recognition
10:15 – Penguin Craft
11:00 – Walking Program
1:30 – Monday Matinee – Penguin Movie
2:30 – *Individual Activities/Small Groups

Tuesday, January 21st

9:00 – Morning Meet and Greet
9:45 – History of the Kazoo
10:15 – Kazoo Craft and Concert
11:00 – Walking Program
1:30 – Getting Squirrely
2:30 – *Individual Activities/Small Groups
Wednesday, January 22\textsuperscript{nd}

9:00 – Morning Meet and Greet  
9:30 – \textbf{Bowling at Flamingo Lanes}  
9:45 – Giant Jenga  
10:15 – \textit{Health Talk with Kathy – Winter Deep Freeze}  
11:00 – Walking Program  
1:30 – Bulletin Board Trivia  
2:30 – *Individual Activities/Small Groups

Thursday, January 23\textsuperscript{rd}

9:00 – Morning Meet and Greet  
9:45 – Tricky Trivia  
10:15 – BINGO  
11:00 – Walking Program  
1:30 – Wii Games  
2:30 – *Individual Activities/Small Groups

Friday, January 24\textsuperscript{th}

9:00 – Morning Meet and Greet  
9:45 – \textit{California Gold Rush}  
10:15 – Gold Rush Game  
11:00 – Walking Program  
Noon – \textit{Extra Dessert for Birthday Social}  
1:30 – Name That Can  
2:30 – *Individual Activities/Small Groups
Sunday, January 26th

9:00 – Morning Meet and Greet
9:45 – Australia Trivia
10:15 – Creative Arts with Cindy
11:00 – Walking Program
1:30 – Hangman
2:30 – *Individual Activities/Small Groups

Monday, January 27th

9:00 – Morning Meet and Greet
9:45 – The Year of the Rat
10:15 – Monday Movement
11:00 – Walking Program
1:30 – Bottle Bash
2:30 – *Individual Activities/Small Groups

Tuesday, January 28th

9:00 – Morning Meet and Greet
9:45 – Rattlesnake Appreciation Day
10:15 – Deal or no Deal
11:00 – Walking Program
1:30 – Afternoon Aerobics
2:30 – *Individual Activities/Small Groups
Wednesday, January 29\textsuperscript{th}

9:00 – Morning Meet and Greet
9:45 – Mindful Meditation
10:15 – National Puzzle Day
11:00 – Walking Program
1:30 – More Puzzles
2:30 – *Individual Activities/Small Groups

Thursday, January 30\textsuperscript{th}

9:00 – Morning Meet and Greet
9:30 – Community Outing - Shopping at 5 Below
9:45 – Card Shuffle
10:30 – Nutrition Talk with Vicki
11:00 – Walking Program
1:30 – A New Day Word Game
2:30 – *Individual Activities/Small Groups

Friday, January 31\textsuperscript{st}

~Backwards Day~

9:00 – *Individual Activities/Small Groups
9:45 – Resolution Check-In
10:15 – Show Your Stripes for Zebra Day
11:00 – Walking Program
1:30 – Friday Fitness
2:30 – Morning Meet and Greet