



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><b>1</b> <b>CLOSED FOR NEW YEARS DAY</b></p>	<p><b>2</b> <b><i>Cream Puff Day</i></b></p> <p><b>8 AM Coffee Chat</b></p> <p><b>9 AM Nail Painting</b></p> <p><b>10 AM Crafts at the La Crosse Library Creation Space (Depart MERIT at 9:30am)</b></p> <p><b>11 AM Sherry Zak Exercise</b></p> <p><b>11:30 AM Lunch</b></p> <p><b>12:30 PM Left, Right, Center</b></p> <p><b>1:30 PM Snack</b></p> <p><b>2 PM Mini Pool</b></p> <p><b>3 PM New Year Reminisce</b></p>	<p><b>3</b> <b><i>Chocolate Covered Cherry Day</i></b></p> <p><b>8 AM Coffee Chat</b></p> <p><b>9 AM Shut the Box</b></p> <p><b>10 AM Shopping at Goodwill (Depart MERIT at 9:30am)</b></p> <p><b>11 AM Paul Eugene Exercise</b></p> <p><b>11:30 AM Lunch</b></p> <p><b>12:30 PM Bingo with MERIT Centre North</b></p> <p><b>1:30 PM Happy Hour</b></p> <p><b>2 PM Snowmen Fork Paintings</b></p> <p><b>3 PM Reading &amp; Conversation</b></p>

# MERIT Centre South

# January 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 <i>Technology Day</i>	7 <i>Bobblehead Day</i>	8 <i>Elvis' Birthday</i>	9 <i>Apricot Day</i>	10 <i>Travel Day</i>
8 AM Coffee Chat	8 AM Coffee Chat	8 AM Coffee Chat	8 AM Coffee Chat	8 AM Coffee Chat
9 AM Colored Pencil Art	9 AM Cover the Number	9 AM Popsicle Stick Snowmen	9 AM Mancala	9 AM Nail Painting
10 AM Shopping at Five Below (Depart MERIT at 9:30am)	10 AM Bean Bag Toss	10 AM Wii Bowling	10 AM Coffee at McDonald's (Depart MERIT at 9:30am)	10 AM Shopping at Dollar Tree (Depart MERIT at 9:30am)
11 AM Hangman	11 AM Chair Dancing Exercise	11 AM Exercise of Choice	11 AM Sherry Zak Exercise	11 AM Paul Eugene Exercise
11:30 AM Lunch	11:30 AM Lunch	11:30 AM Lunch	11:30 AM Lunch	11:30 AM Lunch
12:30 PM Ball Drumming	1 PM Crafts at the La Crosse Library Creation Space (Depart MERIT at 12:30pm)	1 PM Music by the Driftless River Band at Shelby Terrace (Depart MERIT at 12:45pm)	12:30 PM Torn Paper Snowmen Craft	12:30 PM Bingo with MERIT Centre North
1:30 PM Snack	1:30 PM Snack	1:30 PM Snack	1:30 PM Snack	1:30 PM Happy Hour
2 PM UNO	2 PM Go Fish	2 PM Shut the Box	2 PM UNO	2 PM Balloon Badminton
3 PM Reading & Conversation	3 PM Jenga	3 PM Jenga	3 PM Trivia	3 PM War Card Game

\*Activities are Subject to Change\*

\*If a participant does not wish to engage in a scheduled activity, participant may choose another option\*

# MERIT Centre South

# January 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>13</b> <i>Rubber Duck Day</i>	<b>14</b> <i>Dress Up Your Pet Day</i>	<b>15</b> <i>Hat Day</i>	<b>16</b> <i>Fig Newton Day</i>	<b>17</b> <i>Classy Day</i>
8 AM Coffee Chat	8 AM Coffee Chat	8 AM Coffee Chat	8 AM Coffee Chat	8 AM Coffee Chat
9 AM Blackjack	9 AM Mancala	9 AM Shut the Box	9 AM Nail Painting	9 AM Add On's
10 AM Shopping at The Great Big Outlet Store (Depart MERIT at 9:30am)	10 AM Cover the Number 11 AM Sherry Zak Exercise	10 AM Countryside Scenic Drive (Depart MERIT at 9:30am)	10 AM Coffee at Bean Juice (Depart MERIT at 9:30am)	10 AM Shopping at Good Steward (Depart MERIT at 9:30am)
11 AM Category Game	11:30 AM Lunch	11 AM Exercise	11 AM Sherry Zak Exercise	11 AM Paul Eugene Exercise
11:30 AM Lunch	1 PM Crafts at the La Crosse Library Creation Space (Depart MERIT at 12:30pm)	11:30 AM Lunch	11:30 AM Lunch	11:30 AM Lunch
12:30 PM Ball Drumming	1:30 PM Snack	12:30 PM Beaded Snowflakes	12:30 PM Rummikub	12:30 PM Dough Lab with Alison
1:30 PM Snack	2 PM Basketball Toss	1:30 PM Snack	1:30 PM Snack	1:30 PM Happy Hour
2 PM Sorry	3 PM Funny Animal Videos on YouTube	2 PM Wii Bowling	2 PM UNO	2 PM Bingo
3 PM Jenga		3 PM Trivia	3 PM Shut the Box	3 PM Reading & Conversation

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# MERIT Centre South

# January 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>20</b> <i>Martin Luther King Jr. Day</i>	<b>21</b> <i>Squirrel Day</i>	<b>22</b> <i>Polka Dot Day</i>	<b>23</b> <i>Pie Day</i>	<b>24</b> <i>Peanut Butter Day</i>
8 AM Coffee Chat	8 AM Coffee Chat	8 AM Coffee Chat	8 AM Coffee Chat	8 AM Coffee Chat
9 AM Shut the Box	9 AM Colored Pencil Art	9 AM War Card Game	9 AM Nail Painting	9 AM Shut the Box
10 AM Shopping at Valley Market (Depart MERIT at 9:45am)	10 AM Cover the Number	10 AM Coffee at McDonald's (Depart MERIT at 9:30am)	10 AM Coffee at McDonald's (Depart MERIT at 9:30am)	10 AM Shopping at Aldi's (Depart MERIT at 9:30am)
11 AM Paul Eugene Exercise	11 AM Sherry Zak Exercise	11 AM Exercise of Choice	11 AM Sherry Zak Exercise	11 AM Paul Eugene Exercise
11:30 AM Lunch	11:30 AM Lunch	11 AM Lunch	11:30 AM Lunch	11:30 AM Lunch
12:30 PM Rummikub	1 PM Crafts at the La Crosse Library Creation Space (Depart MERIT at 12:30pm)	12:30 PM Coffee Filter Snowflakes	12:30 PM Rummikub	12:30 PM Bingo with MERIT Centre North
1:30 PM Snack	1:30 PM Snack	1:30 PM Snack	1:30 PM Snack	1:30 PM Happy Hour
2-4 PM Movie Matinee: Viewer's Choice	2 PM Left, Right, Center	2 PM Sorry	2 PM Wii Bowling	2 PM Sorry
	3 PM War Card Game	3 PM Wintertime Reminisce	3 PM Trivia	3 PM Jenga

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>27</b> <b>Chocolate Cake Day</b>  <b>8 AM Coffee Chat</b>  <b>9 AM Shut the Box</b>  <b>10 AM Shopping at Thrifty Pickins &amp; Buckie's</b> (Depart MERIT at 9:30am)  <b>11 AM Chair Yoga Exercise</b>  <b>11:30 AM Lunch</b>  <b>12:30 PM Games with The Game Guy</b>  <b>1:30 PM Snack</b>  <b>2 PM Sorry</b>  <b>3 PM Trivia</b>	<b>28</b> <b>Ladybug Day</b>  <b>8 AM Coffee Chat</b>  <b>9 AM Mancala</b>  <b>10 AM Sorry</b>  <b>11 AM Chair Dancing Exercise</b>  <b>11:30 AM Lunch</b>  <b>1 PM Crafts at the La Crosse Library Creation Space</b> (Depart MERIT at 12:30pm)  <b>1:30 PM Snack</b>  <b>2 PM Category Game</b>  <b>3 PM Reading &amp; Conversation</b>	<b>29</b> <b>Puzzle Day</b>  <b>8 AM Coffee Chat</b>  <b>9 AM Shut the Box</b>  <b>10 AM Winter Birding Presentation by Michael Huffman at the Onalaska Library</b> (Depart MERIT at 9:15am)  <b>11 AM Paul Eugene Exercise</b>  <b>11:30 AM Lunch</b>  <b>12:30 PM Balloon Badminton</b>  <b>1:30 PM Snack</b>  <b>2 PM Left, Right, Center</b>  <b>3 PM Group Puzzle Work</b>	<b>30</b> <b>Plan a Vacation Day</b>  <b>8 AM Coffee Chat</b>  <b>9 AM Nail Painting</b>  <b>10 AM Countryside Scenic Drive</b> (Depart MERIT at 9:30am)  <b>11 AM Paul Eugene Exercise</b>  <b>11:30 AM Lunch</b>  <b>12:30 PM Mini Pool</b>  <b>1:30 PM Snack</b>  <b>2 PM Wii Bowling</b>  <b>3 PM Colored Pencil Art</b>	<b>31</b> <b>Hot Chocolate Day</b>  <b>8 AM Coffee Chat</b>  <b>9 AM Hot Chocolate Craft</b>  <b>10 AM Shopping at Salvation Army Thrift Store</b> (Depart MERIT at 9:30am)  <b>11 AM Sherry Zak Exercise</b>  <b>11:30 AM Lunch</b>  <b>12:30 PM Bingo with MERIT Centre North</b>  <b>1:30 PM Happy Hour</b>  <b>2-4 PM Movie Matinee: Viewer's Choice</b>