

**MERIT Centre  
North**

*January 2025*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1 <b><i>World Peace Day</i></b>  <b>Merit Centre Closed</b>  <b>NEW YEARS Day</b></p>	<p>2 <b><i>World Introvert Day</i></b>  <b>8 AM: Morning Brews and News</b>  <b>9 AM Manicures &amp; Hand Massages</b>  <b>10 AM Create 2026 Vision Boards</b>  <b>11 AM Paul Eugene Exercise</b>  <b>11:30 AM Lunch</b>  <b>12:30 PM Goodwill</b>  <b>1:30 PM Snack</b>  <b>3 PM Brain Games</b></p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>5</b> <i>National Bird Day</i>  <b>8am:</b> Morning Brews and News  <b>9 AM</b> Snowflake Suncatcher  <b>10 AM</b> Jumbo Bowling/ Wii Bowling  <b>11 AM</b> Paul Eugene Exercise  <b>11:30 AM</b> Lunch  <b>12:30 PM</b> Bingo at MERIT Centre South (Depart MERIT at noon)  <b>1:30 PM</b> Snack  <b>3 PM</b> Brain Games	<b>6</b> <i>National Bean Day</i>  <b>8am:</b> Morning Brews and News  <b>9 AM</b> Nerf Gun Target Practice  <b>10 AM</b> Checkers  <b>11 AM</b> Paul Eugene Exercise  <b>11:30 AM</b> Lunch  <b>12:30 PM</b> Goose Island  <b>1:30 PM</b> Snack  <b>2 PM</b> Guided Meditation  <b>3 PM</b> Brain Games	<b>7</b> <i>Bobble Head Day</i>  <b>8am:</b> Morning Brews and News  <b>9 AM</b> Snowman Snowball Shooters  <b>10 AM</b> Shut The Box  <b>11 AM</b> Paul Eugene Exercise  <b>11:30 AM</b> Lunch  <b>1PM</b> Greg Grokowsky Musician @ MCN  <b>1:30 PM</b> Snack  <b>2pm:</b> Cribbage	<b>8</b> <i>Bubble Bath Day</i>  <b>8am:</b> Morning Brews and News  <b>9 AM</b> Two Ingredient Snow Dough  <b>10 AM</b> Yahtzee  <b>11 AM</b> Paul Eugene Exercise  <b>11:30 AM</b> Lunch  <b>12:30 PM</b> Dahl Auto Museum  <b>1:30 PM</b> Snack  <b>3 PM</b> Brain Games	<b>9</b> <i>Law Enforcement Appreciation Day</i>  <b>8am:</b> Morning Brews and News  <b>9 AM</b> Manicures & Hand Massages  <b>10 AM</b> Make Cards for La Crosse PD  <b>11 AM</b> Paul Eugene Exercise  <b>11:30 AM</b> Lunch  <b>12:30 PM</b> Deliver Cards to Lax PD  <b>1:30 PM</b> Snack  <b>3 PM</b> Brain Games

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>12</b>  <i>Pharmacist Day</i></p> <p><b>8am:</b> Morning Brews and News</p> <p><b>9 AM</b> Neon Glow Snowmen</p> <p><b>10 AM</b> Rummikub</p> <p><b>11 AM</b> Paul Eugene Exercise</p> <p><b>11:30 AM</b> Lunch</p> <p><b>1 PM</b> Bingo at MERIT Centre South (Depart MERIT at 12:30)</p> <p><b>1:30 PM</b> Snack</p> <p><b>3 PM</b> Brain Games</p>	<p><b>13</b>  <i>Stephen Foster Memorial Day</i></p> <p><b>8am:</b> Morning Brews and News</p> <p><b>9 AM UNO</b></p> <p><b>10 AM Stephen Foster</b> Youtube Video</p> <p><b>11 AM Paul Eugene</b> Exercise</p> <p><b>11:30 AM</b> Lunch</p> <p><b>12:30 PM</b> Good Steward's</p> <p><b>1:30 PM</b> Snack</p> <p><b>3 PM</b> Brain Games</p>	<p><b>14</b>  <i>Dress Up Your Pet Day</i></p> <p><b>8am:</b> Morning Brews and News</p> <p><b>9 AM Group Winter Hangman</b></p> <p><b>10am:</b> Mall Walking</p> <p><b>11 AM Paul Eugene</b> Exercise</p> <p><b>11:30 AM</b> Lunch</p> <p><b>12:30 PM</b> Short Stories</p> <p><b>1:30 PM</b> Snack</p> <p><b>3 PM</b> Brain Games</p>	<p><b>15</b>  <i>Hat Day</i></p> <p><b>8am:</b> Morning Brews and News</p> <p><b>9 AM Q-Tip Snowflakes</b></p> <p><b>10 AM Bunco</b></p> <p><b>11 AM Paul Eugene</b> Exercise</p> <p><b>11:30 AM</b> Lunch</p> <p><b>1 PM</b> Visit Humane Society</p> <p><b>1:30 PM</b> Snack</p> <p><b>2 PM</b> Remote Control Car Races</p> <p><b>3 PM</b> Brain Games</p>	<p><b>16</b>  <i>Hot &amp; Spicy Food Day</i></p> <p><b>8am:</b> Morning Brews and News</p> <p><b>9 AM Manicures &amp; Hand Massages</b></p> <p><b>10AM</b> Coffee @ McDonald's</p> <p><b>11 AM Paul Eugene</b> Exercise</p> <p><b>11:30 AM</b> Lunch</p> <p><b>12:30 PM</b> Activity with Alison</p> <p><b>1:30 PM</b> Snack</p> <p><b>2 PM</b> Movie Matinee</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>19</b> <b>Confederate Heroes Day</b>  8am: Morning Brews and News  9 AM Folded Paper Icicles  10 AM Scenic Drive Scavenger Hunt  11 AM Paul Eugene Exercise  11:30 AM Lunch  12:30 PM The Game Guy  1:30 PM Snack  2 PM Brain Games	<b>20</b> <b>Cheese Lover's Day</b>  8am: Morning Brews and News  9 AM Puzzles  10 AM Cheese Sampling & Cheese Trivia  11 AM Paul Eugene Exercise  12:30 PM Root Beer @ A&W  11:30 AM Lunch  1:30 PM Snack  3 PM Brain Games	<b>21</b> <b>Squirrel Appreciation Day</b>  8am: Morning Brews and News  9 AM Paint a Squirrel  10 AM Funniest Squirrel moments on Youtube  11 AM Paul Eugene Exercise  11:30 AM Lunch  1:30 PM Snack  2 PM Brain Games	<b>22</b> <b>Blonde Brownie Day</b>  8am: Morning Brews and News  9 AM Paper Plate/ Cotton Ball Snowman  10 AM Guess the Movie Quiz on Youtube  11 AM Paul Eugene Exercise  11:30 AM Lunch  12:30 PM Craft Barn in Galesville  1:30 PM Snack  3 PM Brain Games	<b>23</b> <b>Fun At Work Day</b>  8am: Morning Brews and News  9 AM Manicures & Hand Massages  10 AM Bingo at MERIT Centre North (Depart MERIT at 9:30)  11 AM Paul Eugene Exercise  11:30 AM Lunch  1:30 PM Snack  2 PM Brain Games

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>26</b> <b>Peanut Brittle Day</b>  <b>8am: Morning Brews and News</b>  <b>9 AM Cardinal Button Craft</b>  <b>10 AM All about Cardinals on Youtube</b>  <b>11 AM Paul Eugene Exercise</b>  <b>11:30 AM Lunch</b>  <b>12:30 PM Apple Blossom Overlook Scenic Drive</b>  <b>1:30 PM Snack</b>  <b>3 PM Brain Games</b>	<b>27</b> <b>Chocolate Cake Day</b>  <b>8am: Morning Brews and News</b>  <b>9 AM Baking chocolate cake/cupcakes</b>  <b>10 AM Snowball Toss</b>  <b>11 AM Paul Eugene Exercise</b>  <b>11:30 AM Lunch</b>  <b>12:30 AM Linda's Bakery</b>  <b>1:30 PM Snack</b>  <b>3 PM Brain Games</b>	<b>28</b> <b>Lego Day</b>  <b>8am: Morning Brews and News</b>  <b>9 AM Snowball Ski Ball</b>  <b>10 AM Lego Building</b>  <b>11 AM Paul Eugene Exercise</b>  <b>11:30 AM Lunch</b>  <b>12:30 PM Activity with Alison</b>  <b>1:30 PM Snack</b>  <b>3 PM Brain Games</b>	<b>29</b> <b>Puzzle Day</b>  <b>8am: Morning Brews and News</b>  <b>9 AM Puzzles</b>  <b>10 AM Mystery Puzzle Race</b>  <b>11 AM Paul Eugene Exercise</b>  <b>11:30 AM Lunch</b>  <b>12:30 PM Group Crossword Puzzle</b>  <b>1:30 PM Snack</b>  <b>3 PM Brain Games</b>	<b>30</b> <b>Croissant Day</b>  <b>8am: Morning Brews and News</b>  <b>9 AM Manicures &amp; Hand Massages</b>  <b>11 AM Paul Eugene Exercise</b>  <b>11:30 AM Lunch</b>  <b>12:30 PM Activity with Alison</b>  <b>1:30 PM Snack</b>  <b>2 PM Movie Matinee</b>

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**The following outings are optional. Please bring money if interested in purchasing anything:**

- Friday January 2<sup>nd</sup> Goodwill
- Tuesday January 13<sup>th</sup> Good Steward's Thrift Shop
- Wednesday January 14<sup>th</sup> Mall Walking
- Friday January 16<sup>th</sup> McDonald's
- Tuesday January 20<sup>th</sup> A&W
- Thursday January 22<sup>nd</sup> Craft Barn in Galesville
- Tuesday January 27<sup>th</sup> Linda's Bakery in West Salem