

**MERIT Centre
South**

January 2025



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

Activities are Subject to Change

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

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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12 <i>Pharmacist Day</i> 8am: Morning Brews and News 9 AM Neon Glow Snowmen 10 AM Rummikub 11 AM Paul Eugene Exercise 11:30 AM Lunch 1 PM Bingo at MERIT Centre South (Depart MERIT at 12:30) 1:30 PM Snack 3 PM Brain Games	13 <i>Stephen Foster Memorial Day</i> 8am: Morning Brews and News 9 AM UNO 10 AM Stephen Foster Youtube Video 11 AM Paul Eugene Exercise 11:30 AM Lunch 12:30 PM Good Steward's 1:30 PM Snack 3 PM Brain Games	14 <i>Dress Up Your Pet Day</i> 8am: Morning Brews and News 9 AM Group Winter Hangman 10am: Mall Walking 11 AM Paul Eugene Exercise 11:30 AM Lunch 12:30 PM Short Stories 1:30 PM Snack 3 PM Brain Games	15 <i>Hat Day</i> 8am: Morning Brews and News 9 AM Q-Tip Snowflakes 10 AM Bunco 11 AM Paul Eugene Exercise 11:30 AM Lunch 1 PM Visit Humane Society 1:30 PM Snack 3 PM Brain Games	16 <i>Hot & Spicy Food Day</i> 8am: Morning Brews and News 9 AM Manicures & Hand Massages 10AM Coffee @ McDonald's 11 AM Paul Eugene Exercise 11:30 AM FIESTA! Making Walking Tacos/Nachos 12:30 PM Roll the Dice Tic Tac Toe 1:30 PM Snack 2 PM Brain Games

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 <i>Confederate Heroes Day</i> 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 On Beat Challenge on Youtube 1:30 PM Snack 2 PM Brain Games	20 <i>Cheese Lover's Day</i> 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 12:30 AM Lunch 1:30 PM Snack 3 PM Brain Games	21 <i>Squirrel Appreciation Day</i> 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 12:30 PM Greg Grokowsky Musician 1:30 PM Snack 3 PM Brain Games	22 <i>Blonde Brownie Day</i> 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	23 <i>Fun At Work Day</i> 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 12:30 PM Movie Matinee Participant's choice 1:30 PM Snack 3 PM Brain Games

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26 Peanut Brittle Day 8am: Morning Brews and News 9 AM Cardinal Button Craft 10 AM All about Cardinals on Youtube 11 AM Paul Eugene Exercise 11:30 AM Lunch 12:30 PM Game Guy 1:30 PM Snack 3 PM Brain Games	27 Chocolate Cake Day 8am: Morning Brews and News 9 AM Baking chocolate cake/cupcakes 10 AM Snowball Toss 11 AM Paul Eugene Exercise 11:30 AM Lunch 12:30 AM Linda's Bakery 1:30 PM Snack 3 PM Brain Games	28 Lego Day 8am: Morning Brews and News 9 AM Snowball Ski Ball 10 AM Lego Building 11 AM Paul Eugene Exercise 11:30 AM Lunch 12:30 PM Activity with Alison 1:30 PM Snack 3 PM Brain Games	29 Puzzle Day 8am: Morning Brews and News 9 AM Puzzles 10 AM Mystery Puzzle Race 11 AM Paul Eugene Exercise 11:30 AM Lunch 12:30 PM Stroll/ Drive through Murals at Artist's Alley 1:30 PM Snack 3 PM Brain Games	30 Croissant Day 8am: Morning Brews and News 9 AM Manicures & Hand Massages 10 AM Play Doh Croissant Molding 11 AM Paul Eugene Exercise 11:30 AM Lunch 12:30 PM Apple Blossom Overlook Scenic Drive 1:30 PM Snack 3 PM Brain Games

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

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