

January 2019 Hourly Activity Calendar

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------|---|-----------|---|-----------|-----------|-----------|
| | | <u>1</u> | <u>2</u> Craft at Robey Memorial Library and go for supper in the community after the craft. | <u>3</u> | <u>4</u> | <u>5</u> |
| <u>6</u> | <u>7</u> Exercise at WWC | <u>8</u> | <u>9</u> Exercise at WWC & Bingo at WWC | <u>10</u> | <u>11</u> | <u>12</u> |
| <u>13</u> | <u>14</u> Exercise at WWC | <u>15</u> | <u>16</u> Exercise at WWC & Join your peers for supper in the community | <u>17</u> | <u>18</u> | <u>19</u> |
| <u>20</u> | <u>21</u> Exercise at WWC | <u>22</u> | <u>23</u> Exercise at WWC and Game and Pizza night at the apartments. | <u>24</u> | <u>25</u> | <u>26</u> |
| <u>27</u> | <u>28</u> Exercise at WWC Free Community Meal | <u>29</u> | <u>30</u> Bowling at Oneota Lanes in Decorah Iowa OR Going out to eat in Waukon | <u>31</u> | | |
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Person Served/Parents/Guardians: Please circle the activities you would like to attend and send back to TASC. If you need to reach Jill please call TASC at 563-568-4060.

This is so we can plan accordingly for staff and transportation.

ALL Monday's: Exercise at the Waukon Wellness Center (Please bring \$3.00 entrance fee and a clean pair of shoes).

Wednesday January 2nd: Craft at Robey Memorial Library. We are making bird houses. No cost for this activity.

Wednesday January 9th : Exercise at the WWC (Please bring \$3.00 entrance fee and a clean pair of shoes) and then join your peers in playing Bingo in the community room located in the WWC. Bingo costs \$1.50 per person.

Wednesday, January 16th: Exercise at the Waukon Wellness Center (Please bring \$3.00 entrance fee and a clean pair of shoes). Then join your peers for super in the community.

Wednesday January 23rd : Exercise at the WWC (Please bring \$3.00 entrance fee and a clean pair of shoes). Join your peers to for cards/game night and order pizza at the apartments. Please bring \$5.00 to order pizza.

Wednesday January 30th: Bowling at Oneota Lanes in Decorah Iowa or go out for supper with peers in Waukon,

Monday January 28th: Exercise at the WWC (Please bring \$3.00 entrance fee and a clean pair of shoes). Then join your peers for the Free Community Meal at the First Presbyterian Church 4:30pm-7pm.

Reminders

*** Please remember to bring dry shoes to exercise at the Waukon Wellness Center. They have asked us to help keep their facility clean by not wearing our outside shoes that are dirty. In order to use the machines shoes are required.**

