

# Hand in Hand Adult Day Center 2026



## December

This month went by especially quick at the Adult Day Center. We had fun decorating our tree, listening to Christmas music and completing several holiday themed activities. We welcomed the 1st grade class from St. Victor School who performed the Gingerbread Man....and we also enjoyed gingerbread cookies! We ended the month with music with Mary and John, a wonderful way to celebrate together before Christmas.



## January

Happy New Year! The new year will bring another month of great activities. We will welcome Bill Reints Music and Bonnie's timeslip presentation. We look forward to celebrating a birthday and recognizing National Bird Day. We will hope for reasonable winter weather and sunny days.

-Hand in Hand meets every Tuesday and Friday from 9:30 AM to 2:30 PM at the United Methodist Church, 2227 4th Street, Monroe.

-Contact the ADRC at 608-328-9499 for more information or to arrange a tour.

The Hand in Hand Adult Day Center provides a Day Out With Friends

Our mission is to provide older adults facing health or social changes with the opportunity to build and maintain social, cognitive and physical skills through a planned program of enriching activities.

# Tuesdays

## January 6th

- 9:30 Snack & Social Time
- 10:30 Movin' to the Music
- 11:15 Bird Songs & Trivia
- 12:00 Lunch: Tator Tot Casserole w/Peas and Carrots, Green Beans, Pear Cup, Cookie
- 1:00 Washers
- 1:30 Birds of America

## January 13th

- 9:30 Snack & Social Time
- 10:30 Movin' to the Music
- 11:15 Clock Dice
- 12:00 Lunch: Cranberry Roast Pork, Seasoned Roasted Carrots, Whole Kernel Corn, Applesauce Cup, Frosted Marble Cake
- 1:00 Parachute
- 1:30 Bill Reints Music

## January 20th

- 9:30 Snack & Social Time
- 10:30 Movin' to the Music
- 11:15 Group Crossword
- 12:00 Lunch: BBQ Country Beef Tips, Roasted Red Potatoes, Steamed Peas w/Butter, Tropical Fruit Cup, Confetti Sheet Cake
- 1:00 Yoga Ball Exercises
- 1:30 Timeslips with Bonnie

## January 27th

- 9:30 Snack & Social Time
- 10:30 Movin' to the Music
- 11:15 Famous Faces
- 12:00 Lunch: Chicken Patty Sandwich, Red Potatoes, Roasted Broccoli & Cauliflower Mix, Cinnamon Apples
- 1:00 Tic Tac Toss
- 1:30 Bingo

# Fridays

## January 2nd      January 9th

9:30 Snack & Social Time

10:30 Strengthening Exercises

11:15 Welcome January Word Game

12:00 Lunch: Chicken Patty Sandwich, Herb Red Potatoes, Steamed Peas w/Butter, Cinnamon Apple Chips, Cookie

1:00 Ring Toss

1:30 Puzzle Time

9:30 Snack & Social Time

10:30 Strengthening Exercises

11:15 Elvis Presley Trivia

12:00 Lunch: Creamed Turkey over Mashed Potatoes, Roasted Cauliflower, Berry Cup

1:00 Noodle Ball

1:30 Birthday Jingo

## January 16th

9:30 Snack & Social Time

10:30 Strengthening Exercises

11:15 History in the Mail

12:00 Lunch: Beef Tips in Mushroom Gravy, Noodles, Roasted Cauliflower, Salad w/Dressing, Mandarin Oranges

1:00 Bocce Ball

1:30 Yahtzee

## January 23rd

9:30 Snack & Social Time

10:30 Strengthening Exercises

11:15 Winter Anagrams

12:00 Lunch: Beer Battered Cod Loin, Cheddar Cheese Slice, Roasted Broccoli, Mashed Potatoes, Coleslaw, Fruit Cocktail

1:00 Snowball Toss

1:30 Snowflake Craft

## January 30th

9:30 Snack & Social Time

10:30 Strengthening Exercises

11:15 Treasure Chest Trivia

12:00 Lunch: Beef Pot Roast, Garlic Mashed Potatoes, Creamed Corn, Tropical Fruit Cup, Mandarin Orange Cake

1:00 Basketball

1:30 Adult Coloring

Name: \_\_\_\_\_

Date: \_\_\_\_\_



# JANUARY

## Word Search



Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.

ARCTIC

C L Z H P I H S R E B M E M M Y G D J

BOOTS

R Y T Q B L C O L D Q N W N G I K P K

COLD

J S E U L B Y R A U N A J K N N Q P Q

CONSTITUTION

G P T G N I I K S T C T M T I A N O E

FIREPLACE

N H T K P T X V H L I N X R D U R L L

FROST

I F N N S J N T X I T T B G D G F A Y

GYM MEMBERSHIP

K L N Q A E K E H F C Y V N E U I R T

HAT

R M C C R S L W D N R I X R L R R B S

HEALTHY LIFESTYLE

E Y K O T M I A O I A T C N S A E E E

HOT COCOA

H E T O N N N I S V S D A L P T P A F

ICE

T X O Q T S T K S Y A E S H E I L R I

ICICLE

U B S E X U T C N O R N R T W O A S L

INAUGURATION

L Z R K L P A I C E E A K P L N C N Y

JACKET

N H H O A R E O T T C F U M H X E O H

JANUARY BLUES

I F S L F T C N T U R F S N O W G W T

JANUARY SALES

T E K T P T I I G O T Z H H A K V M L

MARTIN LUTHER KING JR.

R M H X O T M N S U P I V H R J N A A

MITTENS

A L Q H Y T P T G N I Y O G Z R Z N E

NEW YEAR

M H N E W Y E A R K T N G N R W G G H

PENGUIN

RESOLUTION



POLAR BEAR

SCARF

PRESIDENT

SKATING

SLEDDING

SKIING

SNOW

SNOWMAN

WINTER

