



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

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

January 9th

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
BOOTS
COLD
CONSTITUTION
FIREPLACE
FROST
GYM MEMBERSHIP
HAT
HEALTHY LIFESTYLE
HOT COCOA
ICE
ICICLE
INAUGURATION
JACKET
JANUARY BLUES
JANUARY SALES
MARTIN LUTHER
KING JR.
MITTENS
NEW YEAR
PENGUIN
POLAR BEAR
PRESIDENT

C	L	Z	H	P	I	H	S	R	E	B	M	E	M	M	Y	G	D	J
R	Y	T	Q	B	L	C	O	L	D	Q	N	W	N	G	I	K	P	K
J	S	E	U	L	B	Y	R	A	U	N	A	J	K	N	N	Q	P	Q
G	P	T	G	N	I	I	K	S	T	C	T	M	T	I	A	N	O	E
N	H	T	K	P	T	X	V	H	L	I	N	X	R	D	U	R	L	L
I	F	N	N	S	J	N	T	X	I	T	T	B	G	D	G	F	A	Y
K	L	N	Q	A	E	K	E	H	F	C	Y	V	N	E	U	I	R	T
R	M	C	C	R	S	L	W	D	N	R	I	X	R	L	R	R	B	S
E	Y	K	O	T	M	I	A	O	I	A	T	C	N	S	A	E	E	E
H	E	T	O	N	N	N	I	S	V	S	D	A	L	P	T	P	A	F
T	X	O	Q	T	S	T	K	S	Y	A	E	S	H	E	I	L	R	I
U	B	S	E	X	U	T	C	N	O	R	N	R	T	W	O	A	S	L
L	Z	R	K	L	P	A	I	C	E	E	A	K	P	L	N	C	N	Y
N	H	H	O	A	R	E	O	T	T	C	F	U	M	H	X	E	O	H
I	F	S	L	F	T	C	N	T	U	R	F	S	N	O	W	G	W	T
T	E	K	T	P	T	I	I	G	O	T	Z	H	H	A	K	V	M	L
R	M	H	X	O	T	M	N	S	U	P	I	V	H	R	J	N	A	A
A	L	Q	H	Y	T	P	T	G	N	I	Y	O	G	Z	R	Z	N	E
M	H	N	E	W	Y	E	A	R	K	T	N	G	N	R	W	G	G	H



RESOLUTION

SCARF

SKATING

SKIING

SLEDDING

SNOW

SNOWMAN

WINTER

