Winter Session 2019-2020 Weekday Fridays 9-3pm

Friday 9-3 November 29th:
9:00– Arrival
9:00- 9:15am – Daily job assignment and COF Rule Review/Circle Concept/Tornado & Fire Drill
9:15- 9:30am – Warm Up with This or That
9:30- 10:00am – Weights
10:00- 10:15am – Snack
10:15- 10:30am – Volunteer: Placemats
10:30-11:00am – Product Creation: Dog Biscuits
11:00- 11:15am – Now Trending: Foods Trends / Build a...
11:15- 11:30am – Product Creation: Ornaments
11:30- 12:00pm Lunch Prep / Table Games / Relaxation
12:00- 12:30pm – Eat Lunch and Clean up
12:30- 12:45pm Action Dice (update actions)
12:45 – 1:00pm –News 2 You
1:00- 1:15pm – Exercise: Pilates
1:15- 1:45pm – Product Creation: Candles
1:45- 2:00pm – Swinging 60’s: Dancing / Dances
2:00- 2:30pm – I Want My MTV: History of MTV / Trivia
2:30- 2:45pm – Games / Technology: Journals
2:45- 3:00pm – Cleaning Jobs and Goodbyes
**Friday 9-3  December 6th: Community**

9:00– Arrival
9:00- 9:15am – Daily job assignment
9:15- 9:30am – Warm Up with Warm Up Board
9:30- 9:45am – Eat Snack / Review Community Rules
9:45- 10:00am – Drive to DPCC
10:00-11:00am – Volunteer
11:00- 11:15am – Drive to COF
11:15- 11:30am – Make SNS Decorations: Mitten Garland
11:30- 12:00pm –Lunch Prep / Table Games / Relaxation
12:00- 12:30pm – Eat Lunch and Clean Up
12:30- 1:00pm – Review Community Rules / Drive to Sipping Muse
1:00- 2:00pm – Sipping Muse
2:00- 2:15pm – Drive to COF
2:15-2:45pm – Games / Technology: Journals
2:45- 3:00pm – Cleaning Jobs and Goodbyes

**Friday 9-3  December 13th: Community**

9:00– Arrival
9:00- 9:15am – Daily job assignment
9:15- 9:30am – Warm Up with Freeze Dance
9:30- 10:00am – Snack
10:00- 10:15am – Film NATM Video
10:15-10:45am – Bake Cupcakes / Make Birthday Cards
10:45- 11:15am – Now Trending: Vinyl / Bingo
11:15- 11:45am – Make SNS Decorations: Gingerbread People
11:45- 12:00pm – Drive to Blackberry Market
12:00- 12:45pm – Eat Lunch and Clean Up
12:45- 1:00pm – Review Community Rules / Drive to GEPL
1:00- 1:45pm – Library
1:45- 2:00pm – Drive to COF
2:00- 2:15pm – Volunteer: Holiday Cards
2:15- 2:45pm – Technology: Journals / Games
2:45- 3:00pm – Cleaning Jobs and Goodbyes
Winter Session 2019-2020 Weekday Fridays 9-3pm

Friday 9-3 December 20th:
9:00– Arrival
9:00- 9:15am – Daily job assignment
9:15- 9:30am – Warm Up with Question Board
9:30- 10:00am – Pilates
10:00- 10:15am – Snack
10:15- 10:30am – Christmas Music Freeze Dance / Name That Tune
10:30-11:00am – I Want My MTV: Music Videos / 80’s Music Bingo
11:00- 11:30am – Christmas Mad Libs / Karaoke
11:30- 12:00pm – Lunch Prep / Table Games / Relaxation
12:00- 12:30pm – Eat Lunch and Clean up
12:30- 12:45pm Mitten to Win It Games (SNS Rotation)
12:45 – 1:00pm –Dreidel
1:00- 1:15pm – Exercise: Abdominal Workout
1:15- 1:45pm – Swinging 60’s: Movies / Matching
1:45- 2:15pm – Make SNS Decorations: Snowflakes
2:15-2:45pm – Technology: Journals / Games
2:45- 3:00pm – Cleaning Jobs and Goodbyes

Friday 9-3 December 27th:
9:00– Arrival
9:00- 9:15am – Daily job assignment
9:15- 9:30am – Warm Up with Fitness Cards
9:30- 10:00am – Pilates
10:00- 10:15am – Snack
10:15- 10:30am – Silent Circle / Hunt the Object
10:30-11:00am – Now Trending: Athleisure / Matching
11:00- 11:30am – Swinging 60’s: Music / 60’s Karaoke
11:30- 12:00pm – Lunch Prep / Table Games / Relaxation
12:15 – 12:30pm Eat Lunch and Clean up
12:30- 12:45pm – Name 3 Cards
12:45- 1:00pm –News 2 You
1:00- 1:15pm – Exercise: Abdominal Workout
1:15- 1:45pm – I Want My MTV: Pop Stars / Name That Tune
1:45- 2:15pm – Product Creation: Cork Coasters
2:15-2:45pm – Technology: Journals / Games
2:45- 3:00pm – Cleaning Jobs and Goodbyes
Friday 9-3 January 3rd
9:00– Arrival
9:00 - 9:15am – Daily job assignment
9:15 - 9:30am – Warm Up with Movement Dice
9:30 - 10:00am – Circuit Training
10:00- 10:15am – Snack
10:15 - 10:30am – Volunteer: Placemats
10:30-11:00am – Now Trending: Reboots / Trivia
11:00- 11:30am – Swinging 60’s: Food Trends / Recipe Scavenger Hunt
11:30- 12:00pm – Lunch Prep / Table Games / Relaxation
12:15 - 12:30pm – Eat Lunch and Clean Up
12:30 - 12:45pm – Balloon Tennis
12:45 - 1:00pm – New Year’s Goals—Motivation Board (Magazines)
1:00- 1:15pm – Exercise: Zumba
1:15 - 1:45pm – Make SNS Decorations: Question Marks
1:45 - 2:15pm – I Want My MTV: Unplugged / Karaoke
2:15-2:45pm – Technology: Journals / Games
2:45 - 3:00pm – Cleaning Jobs and Goodbyes

Friday 9-3 January 10th: Community
9:00– Arrival
9:00 - 9:15am – Daily job assignment
9:15 - 9:30am – Warm Up with Dancing / Review Community Rules
9:30 - 10:00am – Drive to HSP
10:00- 11:00am – Volunteer
11:00- 11:30am – Drive to COF
11:30 - 12:00pm – Lunch Prep / Table Games / Relaxation
12:00 - 12:30pm – Eat Lunch / Clean Up
12:30 - 1:00pm – Review Community Rules / Drive to Kids Science Lab
1:00- 2:00pm – Kids Science Lab
2:00 - 2:15pm – Drive to COF
2:15-2:45pm – Technology: Journals / Games
2:45 - 3:00pm – Cleaning Jobs and Goodbyes
Winter Session 2019-2020 Weekday Fridays 9-3pm

**Friday 9-3 January 17th:**
9:00– Arrival
9:00- 9:15am – Daily job assignment
9:15 - 9:30am – Warm Up with Keep the Balloon Up
9:30 - 10:00am – Circuit Training
10:00- 10:15am – Snack
10:15- 10:30am – Volunteer: Placemats
10:30-11:00am – Bake Cupcakes / Birthday Cards
11:00- 11:30am – Product Creation: Cork Coasters
11:30- 12:00pm –Lunch Prep / Table Games / Relaxation
12:15- 12:30pm–12:00- 12:30pm – Eat Lunch and Clean Up
12:30- 12:45pm –COF Drumline—Landry basket drums—music list
12:45- 1:00pm –News 2 You
1:00- 1:15pm – Exercise: Yoga
1:15- 1:45pm – Product Creation: Plant Markers
1:45- 2:15pm – Make SNS Decorations: Winnie the Pooh
2:15-2:45pm – Technology: Journals / Games
2:45- 3:00pm – Cleaning Jobs and Goodbyes

**Friday 9-3 January 24th: Community**
9:00– Arrival
9:00- 9:15am – Daily job assignment
9:15 - 9:30am – Warm Up with Freeze Dance
9:30- 9:45am – Eat Snack / Review Community Rules
9:45- 10:00am – Drive to DPCC
10:00-11:00am – Volunteer
11:00- 11:15am – Drive to COF
11:15- 11:30am – Product Creation: Flower Pots
11:30- 12:00pm –Lunch Prep / Table Games / Relaxation
12:00- 12:30pm – Eat Lunch & Clean Up
12:30- 12:45pm – This or That
12:45- 1:00pm – Review Community Rules / Drive to GEPL
1:00- 1:45pm – Library
1:45 - 2:00m – Drive to COF
2:00- 2:15pm – Product Creation: String Bowls
2:15-2:45pm – Games / Technology: Journals
2:45- 3:00pm – Cleaning Jobs and Goodbyes
Winter Session 2019-2020 Weekday Fridays 9-3pm

Friday 9-3 January 31st:

9:00– Arrival
9:00- 9:15am – Daily job assignment
9:15- 9:30am – Warm Up with Movement Dice
9:30- 10:00am – Circuit Training
10:00- 10:15am – Snack
10:15- 10:30am – Make SNS Decorations: Bubbles
10:30-11:00am – Swinging 60’s: TV / Name That Tune
11:00- 11:30am – Now Trending: 90’s Fashion / Make an Outfit Scavenger Hunt
11:30- 12:00pm –Lunch Prep / Table Games / Relaxation
12:00- 12:30pm – Eat Lunch & Clean Up
12:30- 12:45pm –COF Drumline—Landry basket drums—music list
12:45- 1:00pm – Volunteer: Scarce
1:00- 1:15pm – Exercise: Yoga
1:15- 1:45pm – Product Creation: Flower Pots
1:45- 2:15pm – I Want My MTV: V-Jays / Scavenger Hunt
2:15-2:45pm – Technology: Journals / Games
2:45- 3:00pm – Cleaning Jobs and Goodbyes

Friday 9-3 February 7th: Community

9:00– Arrival
9:00- 9:15am – Daily job assignment
9:15- 9:30am – Warm Up with Dancing / Review Community Rules
9:30- 10:00am – Drive to HSP
10:00- 11:00am – Volunteer
11:00- 11:30am – Drive to COF
11:30- 12:00pm –Lunch Prep / Table Games / Relaxation
12:00- 12:30pm – Eat Lunch / Clean Up
12:30- 12:45pm – This or That
12:45- 1:00pm – Review Community Rules / Drive to Whole Foods
1:00- 2:00pm – Whole Foods Tour
2:00- 2:15pm – Drive to COF
2:15-2:45pm – Volunteer: Valentine’s Day Cards / Games
2:45- 3:00pm – Cleaning Jobs and Goodbyes
Winter Session 2019-2020 Weekday Fridays 9-3pm

**Friday 9-3 February 14th**

9:00– Arrival
9:00- 9:15am – Daily job assignment
9:15 - 9:30am – Warm Up with Question Ball
9:30- 10:00am – Weights
10:00- 10:15am – Snack
10:15- 10:30am – Volunteer: Placemats
10:30-11:00am – Bake Cupcakes / Birthday Cards
11:00- 11:30am – Now Trending: Hashtags / Matching
11:30- 12:00pm –Lunch Prep / Table Games / Relaxation
12:00- 12:30pm – Eat Lunch & Clean Up
12:30- 12:45pm –Action Hearts
12:45 – 1:00pm – Motivation Board—Things they love about themselves
1:00- 1:15pm – Exercise: Yoga
1:15- 1:45pm – Swinging 60’s: USA in the 60’s / Trivia
1:45 - 2:15pm – Make SNS Decorations: Heart Garland
2:15-2:45pm – Technology: Journals / Games
2:45- 3:00pm – Cleaning Jobs and Goodbyes

**Friday 9-3 February 21st: Community**

9:00– Arrival
9:00- 9:15am – Daily job assignment
9:15 - 9:30am – Warm Up with Dancing
9:30- 9:45am – Eat Snack / Review Community Rules
9:45- 10:00am – Drive to DPCC
10:00-11:00am – Volunteer
11:00- 11:15am – Drive to COF
11:15- 11:30am – I Want My MTV: TV Shows / Matching
11:30- 12:00pm –Lunch Prep / Table Games / Relaxation
12:00- 12:30pm – Eat Lunch & Clean Up
12:30- 12:45pm – Freeze Dance
12:45 – 1:00pm – Review Community Rules / Drive to GEPL
1:00- 1:15pm – Library
1:15 - 2:00pm – Drive to COF
2:00- 2:15pm –Deep Breathing—Yoga Mats/Soft Music/Fellowship Hall
2:15-2:45pm – Games / Technology: Send Journals Home
2:45- 3:00pm – Cleaning Jobs and Goodbyes