



January 2020

		<p>Program Scheduling Notes:</p> <ul style="list-style-type: none"> The outing on Tuesday the 19th has been rescheduled to Thursday the 21st so some staff may attend a training session. We are tie dying for 2 days since some members are only here certain days of the week. 	<p>1 New Years Day</p> <p>PWC closed so our members and staff can ring in the new year with their friends and families.</p>	
<p>4</p> <p>AM: Rotating Centers (1-5) Lunch Options: Kroger / KFC PM: Large Group Activity: Dancercise Then: Rotating Centers (1-5)</p> <p>Outing: Weight Club</p>	<p>5</p> <p>AM: Rotating Centers Lunch Options: Kroger / Subway PM: Large Group Activity: Dancercise Then: Rotating Centers</p> <p>Outing: Ryan's for Lunch (A) *\$*</p>	<p>6 Happy Birthday to Lisa H. and Samantha!! </p> <p>AM: Rotating Centers (1-5) Lunch Options: Kroger / Moe's PM: Large Group Activity: Strength Training Then: Rotating Centers (1-5)</p> <p>Outing: Weight Club</p>	<p>7</p> <p>AM: Rotating Centers (1-5) Lunch Options: Kroger / Burger King PM: Large Group Activity: Dancing w/ Rick Then: Rotating Centers (1-5)</p> <p>Outing: Weight Club</p>	<p>8 Elvis Presley's Birthday</p> <p>AM: Rotating Centers Lunch Options: Kroger / KFC PM: Large Group Activity: BINGO Then: Rotating Centers</p> <p>Outing: Ryan's for Lunch (B) *\$*</p>
<p>11</p> <p>AM: Rotating Centers (1-5) Lunch Options: Kroger / KFC PM: Large Group Activity: Dancercise Then: Rotating Centers (1-5)</p> <p>Outing: Weight Club</p>	<p>12 Virginia's Birthday </p> <p>AM: Rotating Centers Lunch Options: Kroger / Subway PM: Large Group Activity: Strength Training Then: Rotating Centers</p> <p>Outing: Ryan's for Lunch (C) *\$*</p>	<p>13 Tie Dye Day!!</p> <p>Bring something in to tie dye: shirt, socks, etc.</p> <p>AM: Rotating Centers (1-5) Lunch Options: Kroger/Sub Station II PM: Large Group Activity: Dancing w/ Rick Then: Rotating Centers (1-5)</p> <p>Outing: Weight Club</p>	<p>14 Tie Dye Day!!</p> <p>Bring something in to tie dye: shirt, socks, etc.</p> <p>AM: Rotating Centers (1-5) Lunch Options: Kroger / Wendy's PM: Large Group Activity: BINGO Then: Rotating Centers (1-5)</p> <p>Outing: Weight Club</p>	<p>15 Hat Day:</p> <p>Wear Favorite, Crazy or Fun Hat</p> <p>AM: Rotating Centers Lunch Options: Kroger / KFC PM: Large Group Activity: Movie **Progress Notes**</p> <p>Outing: Ryan's for Lunch (D) *\$*</p>
<p>18 Martin Luther King Jr. Day</p> <p>AM: Rotating Centers (1-5) Lunch Options: Kroger / KFC PM: Large Group Activity: Strength Training Then: Rotating Centers (1-5)</p> <p>Outing: Weight Club</p>	<p>19 National Popcorn Day</p> <p>AM: Rotating Centers Lunch Options: Kroger / Subway PM: Large Group Activity: Dancing w/ Rick Then: Rotating Centers</p> <p>Outing: Weight Club</p>	<p>20 Penguin Awareness Day</p> <p>AM: Rotating Centers (1-5) Lunch Options: Kroger / Macado's PM: Large Group Activity: BINGO Then: Rotating Centers (1-5)</p> <p>Outing: Weight Club</p>	<p>21 Hug a Squirrel Day</p> <p>AM: Rotating Centers (1-5) Lunch Options: Kroger / Papa John's PM: Large Group Activity: Weight Training Then: Rotating Centers (1-5)</p> <p>Outing: Dollar Tree (A) *\$*</p>	<p>22</p> <p>AM: Rotating Centers Lunch Options: Kroger / KFC PM: Large Group Activity: Dancercise Then: Rotating Centers</p> <p>Outing: Dollar Tree (B) *\$*</p>
<p>25 Opposite Day</p> <p>AM: Rotating Centers (1-5) Lunch Options: Kroger / KFC PM: Large Group Activity: Dancing w/ Rick Then: Rotating Centers (1-5)</p> <p>Outing: Weight Club</p>	<p>26</p> <p>AM: Rotating Centers Lunch Options: Kroger / Subway PM: Large Group Activity: BINGO Then: Rotating Centers</p> <p>Outing: Dollar Tree (C) *\$*</p>	<p>27</p> <p>AM: Rotating Centers (1-5) Lunch Options: Kroger / Taco Bell PM: Large Group Activity: Weight Training Then: Rotating Centers (1-5)</p> <p>Outing: Weight Club</p>	<p>28 Blueberry Pancake Day</p> <p>AM: Rotating Centers (1-5) Lunch Options: Kroger / Wendy's PM: Large Group Activity: Dancercise Then: Rotating Centers (1-5)</p> <p>Outing: Weight Club</p>	<p>29</p> <p>AM: Rotating Centers Lunch Options: Kroger / KFC PM: Large Group Activity: Movie **Progress Notes**</p> <p>Outing: Dollar Tree (D) *\$*</p>

Group Outings in January Please read more about outings in the cover letter for the January calendar packet!!!

Lunch at Ryan's: groups will be eating lunch out at Ryan's (in Christiansburg). Their lunch buffet features a wide variety of food from sirloin to salad. Sadly, the manager doesn't believe that they will still be running their lunch special so the costs will be \$6.99 for the buffet, \$1.99 for drink (including water), about \$1.00 for tax and about \$1.50 (15%) for a tip, so plan about \$12.00 for lunch.

The Dollar Tree and Lunch Out: groups will be headed to Dollar Tree and then out to lunch at the restaurant of their choice. Members may bring money to shop as well as money for lunch. If you need to, you may pack a cold lunch. (Please plan at least \$6 for lunch.)

IMPORTANT: Groups 1-5 for Rotating Centers and Groups A-D for Outings listed on back!! *lunch* = pack a brown bag (cold) lunch!! *lunch + \$* = lunch and \$ (if desired) *\$* = \$ (if desired)

January 2010



Rotating Centers:

Group 1	Group 2	Group 3	Group 4	Group 5
Betty B. (M, T, F)	Angel L.	Ann H. (F)	Del W. (M, W, F)	Bobby A.
Bill S. (M, W, F)	Erica L.	Ashley B.	Kay C. (M-Th)	Brandon M.
Dillard F. (T, W)	Jared P.	Debbie W.	Linda A. (M-F, am)	Brenda H.
Holly C.	Michael Q.	HD F.	Matthew M. (M, F)	Debbie C. (M-F, am)
Ida D. (Th, F pm)	Mike A.	Jerry A. (M, W, F)	Rick W.	Ethan H. (M)
Jimmy L. (Th, F)	Nick H.	Kathy B.	Rusty H.	John A. (T, Th)
Tana F.	Rhonda K.	Randy O. (M, W, F am)	Stanley D. (M, T, Th, F ½ days AM)	Mandy M. (M, W, F pm)
Virginia M. (M-F, pm)		Susie C. (M, W, F)		Ricky L. (T, Th)
Katherine F.	Cody S. (1hr /wk)			

Groups for Outings:

Group A Tuesday	Group B Friday	Group C Tuesday	Group D Friday
Betty B.	Tana F.	Brenda H.	Bill S.
Holly C.	Jimmy L.	Katherine	Rhonda K.
Angel L.	Virginia M.	Dillard F.	Nick H.
Erica L.	Mike A.	Michael Q.	Jerry A.
Kathy B.	Jared P.	Brandon M	Ashley B.
Rick W.	Matthew M.	Debbie C.	Susie C.
Ricky L.	HD F.	Stanley D.	Mandy M
Debbie W.	Randy O.	Bobby A.	Del W
	Ann H.	Rusty H.	Linda A.

Staff Assignment (for group task purposes):

Group	Staff
1	Claire
2	Joel & Carol
3	Lisa & Sam
4	Andrea
5	Brandi & Mary