

January 2025



Monday		Tuesday		Wednesday		Thursday		Friday	
30		31		1 New Year's Day		2 No Rec & Roll		3 No Rec & Roll	
6 Carol Stream Library Visit Research Famous Person or Hobby Morning Basketball Shoot		7 GE Karaoke at Round One Sing Your Favorite Song Morning Stretch Bring Lunch or \$ to Buy		8 In-House Craft Day with Timothy Christian Valentine Banner/Snowman Turf Time Activities		9 In-House Four Brothers Chocolate Hot Cocoa, Tour Morning Chair Yoga Cocoa Provided by R&R		10 NAP, WIN Pound Fitness Class Workout to the Beat Healthy Eating Video	
13 WIN Bowling At Stardust Lanes Bowl and Lunch Morning Exercise Bring Lunch or \$ to Buy		14 Multi-Site Timothy Christian Visit Gym Games Dancing		15 Lombard Fitness Workout, Lift Weights Discuss Healthy Recipes		16 Tour Police Department Carol Stream Chair Yoga		17 In-House/FV Snowball Dance Learn New Steps Wear Frozen Colors	
20 Dine Out at McAlister's Deli Money Management Exercise Giant Beach ball Volley		21 Volunteer Day Aurora Food Pantry Feed Those in Need		22 Lizzadro Lapidary Art Museum Learn All About Gemstones Morning Stretch		23 In-House Cooking Skills Try a New Recipe Exercise on Turf		24 FV, FH, WIN Disney on Ice Compliment Someone Day Create Note for a Friend	
27 FH Tae Kwon Do Winter Craft Gym Games at CAC		28 In-House National Lego Day Let's Build Something Make a Snack		29 FV Swimming at FV Beach Ball Volley Lunch and Games		30 NAP Diamond Art -Part 2 Finish Dec.Project Mindful Meditation		31 CS Color Me Mine Pottery Painiting Morning Gym Workout	
3		Notes Rec & Roll 2025/2026 Registration will open next month. Stay tuned!							