



# BENTON SITE ACTIVITY CALANDER FOR JANUARY 2019

SU N	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	S A
<p><b>Cards, dominoes &amp; puzzles are available any time. Exercise equipment available during working hours. We are always looking for volunteers! If you would like to see an activity added on our calendar, please call for suggestions at 318-965-9981.</b></p> <p><b>Hours of Operation: 9:00am – 1:00pm. MON-THUR</b></p> <p style="text-align: center;"><b>ACTIVITIES ARE SUBJECT TO CHANGE</b></p> <p style="text-align: center;"><b><i>Please call ahead for your meal reservation.</i></b></p>						
		<p>1 9:00 Chair Aerobics 10:00 Nutrition Education- Solve the Fruit &amp; Veggie Puzzle 11:00</p>	<p>2 9:00 Bounce-Off 10:00 Bingo 11:00 Start to Finish</p>	<p>3 9:00 Walk With Ease 9:30 Stomp The Balloon 10:00 Crime and Prevention- How to keep a Highly Effective Brain</p>	<p>4 <b>CLOSED</b>  Groceries+ Brookshires</p>	5
6	<p>7 9:00 Beanbag Baseball</p>	<p>8 9:00 Chair Aerobics Elvis Matinee </p>	<p>9 9:00 Bounce-Off 10:00 Bingo w/ United Health Care 11:00 Hand &amp; Eye Coordination-Inflatable ball</p>	<p>10 9:00 Walk With Ease 10:00 Back to back drawing 11:00 Nourishing mind/body/and soul</p>	<p>11 <b>CLOSED</b></p>	1 2
13	<p>14 9:00 Beanbag Baseball</p>	<p>15 9:00 Chair Aerobics 10:00 K-9 Demonstration 11:00 Group Conversation- MLK Day</p>	<p>16 10:00 Bingo &amp; Blood Pressure w/ Professional Home Health 11:00 Speaker-Kim Umpries <b>NATIONAL SOUP DAY</b></p>	<p>17 9:00 Walk With Ease 10:00 Bring your coffee cup for a pick-up- Don Crook</p>	<p>18 <b>CLOSED</b>  Groceries Wal-Mart</p>	1 9
20	<p>21 9:00 Beanbag Baseball</p>	<p>22 9:00 Chair Aerobics 10:30 Speaker- Jenny Wilhite 1:00 Grief Support Group</p>	<p>23 9:00 Bounce-Off 10:00 Bingo 11:00 Hand &amp; Eye Coordination- Inflatable ball</p>	<p>24 9:00 Walk With Ease 10:00 Plane Crash- Creative Problem Solving 11:00 Mystery Corner</p>	<p>25 <b>CLOSED</b></p>	2 6
27	<p>28 9:00 Beanbag Baseball</p>	<p>29 9:00 Chair Aerobics 10:00 Big Bingo <b>NATIONAL PUZZLE DAY</b> 11:00 Stroop Test 1:00 Grief Support Group</p>	<p>30 9:00 Mind Imaging 10:00 Bingo 11:00 Hand and eye coordination- noodles 12:00 Bounce-Off</p>	<p>31 9:00 Walk With Ease 9:30-11:00 Arts &amp; Crafts- Epsom salt Luminary</p>	