

















JANUARY 2012 *Misler Adult Day Center*

1801 East Jefferson St., Rockville, MD 301-468-1740

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Happy New Year!</p>	<p>Arrival 3 Coffee Social Outburst Sittercise</p> <p>Lunch, Tea and Rest Word Games Jingo</p>	<p>Arrival 4 Coffee Social 1912 vs 2012 Stretch and Flex</p> <p>Lunch, Tea and Rest Storyteller Candace Wolf Frisbee Toss</p>	<p>Arrival 5 Coffee Social 2011: The Year in Review Strength Training Art Corner</p> <p>Lunch, Tea and Rest Exploring English Language Pt. 3 Ball Toss T Group with Carol</p>	<p>Arrival 6 Coffee Social Music of Max Bruch Exercise</p> <p>Lunch, Tea and Rest Good Times Show Band</p> <p>Shabbat Service</p>
<p>Arrival 9 Coffee Social Current Events Stretch and Tone Art Corner Lunch, Tea and Rest Nicknames of The Famous Pt. 3 Bean Bag Toss</p>	<p>Arrival 10 Coffee Social Picture This Strength Training Har Shalom Bingo Lunch, Tea and Rest Jeopardy Bowling</p> 	<p>Arrival 11 Coffee Social Exploring Values: Gratitude Sittercise</p> <p>Lunch, Tea and Rest Health Talk with Susan Volleyball</p>	<p>Arrival 12 Coffee Social Winter Birds in Maryland Fitness Fun</p>  <p>Lunch, Tea and Rest You Be the Judge Dance with Sue Green</p>	<p>Arrival 13 Coffee Social Tribute to Martin Luther King, Jr.</p>  <p>Lunch, Tea and Rest Outburst Bean Bag Toss Shabbat Service</p>
<p>Center Closed for Martin Luther King, Jr. Holiday</p> 	<p>Arrival 17 Coffee Social Guatamala: Land of Eternal Spring Sittercise Uno Lunch, Tea and Rest Current Events Noodle Ball</p> 	<p>Arrival 18 Coffee Social How the States Got Their Shape Musclemania</p>  <p>Lunch, Tea and Rest Favorite Things about January Ring Toss</p>	<p>Arrival 19 Coffee Social Art History with Donna McKee Fitness Fun</p>  <p>Lunch, Tea and Rest Follow Your Nose Back to Memories Horse Shoes T Group with Carol</p>	<p>Arrival 20 Coffee Social Albert Schweitzer: A Life of Service Stretch and Tone Puzzles Lunch, Tea and Rest Frank Plumer Sings</p> <p>Shabbat Service</p>
<p>Arrival 23 Coffee Social Chinese New Year: Year of the Dragon Exercise Chinese Lunch, Tea and Rest Picture This Volleyball</p> 	<p>Arrival 24 Coffee Social Current Events: Asia Yoga Chinese Calligraphy Lunch, Tea and Rest Comfort Food: Ode to the Potato Frisbee Toss</p> 	<p>Arrival 25 Coffee Social Let's Talk About it: Humor and Health Sittercise Visit Botanical Gardens, D.C. Lunch, Tea and Rest The Good Old Days When We Were We" Bean Bag Toss</p> 	<p>Arrival 26 Coffee Social Red Star Rising Creative Movement with Sandra</p>  <p>Lunch, Tea and Rest Health Talk with Susan Noodle Ball Mah Jong</p>	<p>Arrival 27 Coffee Social Winter Patterns Fitness Fun</p>  <p>Lunch, Tea and Rest Violinist Anthony Hyatt</p> <p>Shabbat Service</p>
<p>Arrival 30 Coffee Social Current Events Stretch and Tone Art Corner Lunch, Tea and Rest Magician Kevin Kirtley</p> 	<p>Arrival 31 Coffee Social You Be The Judge Strength Training Memory Magic Lunch, Tea and Rest Outburst Misler Town Meeting</p>	<p><i>In January we will Celebrate New Years Day, review the year past, Observe Martin Luther King Jr. Day with a special program and a holiday, and devote a week to programs on China and Asia, beginning with a celebration and Special Chinese lunch for the Chinese New Year. We will visit Temple Har Shalom for a community Bingo, and The Botanical Gardens in D.C. with Kensington Club to enjoy flowers in bloom in January. Happy New Year!</i></p>  		

Caregivers' Support Group is held on the 2nd and 4th Mondays of each Month at the Misler Center, 1:00-2:30 January 9 and 23.

To schedule an appointment with Dr. Pabla, Podiatrist, call 301-593-9250 for Wed. April 4 or Thurs. April 5.

MISLER WEBSITE: www.Misler_center.org



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