



DC Day Service Class Catalog: January 3rd-31st



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <ul style="list-style-type: none"> Group Choice Helping Hands Marathon Club Bread Making: Biscuits <ul style="list-style-type: none"> Coffee Filter Snowflakes Game Time- Board Games Tech Time Group Choice 	<p>4</p> <ul style="list-style-type: none"> Ceramics- Pinch Pot Snowman Guest Teacher Music Therapy Group Choice <ul style="list-style-type: none"> Exercise-Flexibility Scrapbooking Club Coffee Shop Melting Felt Snowman 	<p>5</p> <ul style="list-style-type: none"> Group Choice Crafting Research Helping Hands Movie: Group Choice <ul style="list-style-type: none"> Marathon Club Humane Society Treats Painting- Freestyle Group Choice 	<p>6</p> <ul style="list-style-type: none"> Healthy Snacks: Parmesan Cauliflower Bites TP Phone Holder Ceramics- Glaze Pinch Pot Snowman Group Choice <ul style="list-style-type: none"> January Craft Shopping Tech Time Dance and Movement Game Time: Wii Sports 	<p>7</p> <ul style="list-style-type: none"> Coffee Shop DIY Snowy Mason Jars Animal Visits/Care Tech Time <ul style="list-style-type: none"> Marathon Club Guest Teacher Karaoke Group Choice
<p>10</p> <ul style="list-style-type: none"> Group Choice Salt and Watercolor Snowflake Art Marathon Club Bread Making: Whole Wheat Egg Bread <ul style="list-style-type: none"> Helping Hands Game Time- Board Games January Craft Shopping Crafting Freestyle 	<p>11</p> <ul style="list-style-type: none"> Exercise-Chair Yoga Ceramics - Mitten Coaster Group Choice DIY- Fake Snow <ul style="list-style-type: none"> Bowling: Royal Crest Lanes Guest Teacher Scrapbooking Club Music Therapy 	<p>12</p> <ul style="list-style-type: none"> Group Choice Humane Society Treats Helping Hands Snow Painting <ul style="list-style-type: none"> Marathon Club Crafting Research Group Choice Tech Time 	<p>13</p> <ul style="list-style-type: none"> Dance and Movement Ceramics- Glaze Mitten Coaster Snowman Luminary Mass St. Soda <ul style="list-style-type: none"> Group Choice Tech Time Healthy Snacks: Zucchini Pizza Bites Game Time: Wii Sports 	<p>14</p> <ul style="list-style-type: none"> Group Choice DIY Scarf Clothing Protectors Tech Time Movie: Group Choice <ul style="list-style-type: none"> Marathon Club Karaoke Mass St. Soda Animal Visits/Care
<p>17</p> <ul style="list-style-type: none"> Group Choice MLK Day Activities Marathon Club Bread Making: Sprouted Wheat Bread <ul style="list-style-type: none"> Snowman Clothespins Game Time- Board Games Public Library Tape Resists Snowflake Painting 	<p>18</p> <ul style="list-style-type: none"> Group Choice Guest Teacher Ceramics- Votive Candle Holders Music Therapy <ul style="list-style-type: none"> Exercise-Flexibility Snowman Face Mask Group Choice Scrapbooking Club 	<p>19</p> <ul style="list-style-type: none"> Public Library Helping Hands Painting- Freestyle Movie: Group Choice <ul style="list-style-type: none"> Marathon Club Crafting Research Humane Society Treats Group Choice 	<p>20</p> <ul style="list-style-type: none"> Dance and Movement Ceramics- Glaze Candle Holder Popsicle Stick Snowman Group Choice <ul style="list-style-type: none"> Group Choice Tech Time Healthy Snacks: Baked Carrot Chips Game Time- Wii Sports 	<p>21</p> <ul style="list-style-type: none"> Group Choice Tech Time Mini Yarn Hats Animal Visits/Care <ul style="list-style-type: none"> Marathon Club Guest Teacher Karaoke Mass St Soda
<p>24</p> <ul style="list-style-type: none"> Helping Hands Marathon Club Bread Making: Tomato Rye Bread Group Choice <ul style="list-style-type: none"> No Sew T-Shirt Bags Rock Chalk Park Game Time- Wii Sports Polar Bear Mask 	<p>25</p> <ul style="list-style-type: none"> Group Choice Guest Teacher Ceramics- Snowflake Keychains Music Therapy <ul style="list-style-type: none"> Exercise Pound Scrapbooking Club Group Choice Build Olaf Snowman 	<p>26</p> <ul style="list-style-type: none"> Rock Chalk Park Helping Hands Humane Society Treats Icicle Drip Painting <ul style="list-style-type: none"> Marathon Club Crafting Research Group Choice Tech Time 	<p>27</p> <ul style="list-style-type: none"> Ceramics- Glaze Snowflake Keychains Tech Time Game Time- Board Games Group Choice <ul style="list-style-type: none"> Humane Society Treat Drop Off Dance and Movement Healthy Snacks: Broccoli Cheddar Bites Movie: Group Choice 	<p>28</p> <ul style="list-style-type: none"> Group Choice Tech Time Kansas Day Craft Animal Visits/Care <ul style="list-style-type: none"> Marathon Club Guest Teacher Karaoke Group Choice
<p>31</p> <ul style="list-style-type: none"> Helping Hands Exercise- Chair Yoga Bread Making: Prune Bread Group Choice <ul style="list-style-type: none"> Roll Painting Group Choice Game Time- Wii Sports Crafting Freestyle 	<p>Want to Join a Class or Visit? Email kimberlygray@mygoodlife.org or ashleygoodman@mygoodlife.org</p>			

Day Service Class Descriptions

Exercise - Pound Workout- Marathon Club- Chair Yoga- Stretching-

Being active and healthy by walking, dancing, stretching and moving our bodies!

Guest Teacher

Staff will take turns sharing and creating activities that they enjoy!

Community Outings

Exploring the community and getting involved!

Helping Hands

Working together and building life skills.

Movie

Enjoying watching favorites or classic movies.

Cooking: Baking Breads and Making Healthy Snacks

Measuring and following a recipe are great life skills to practice!

Ceramics

Build ceramics by molding clay and firing it in the kiln then adding color by glazing it.

Game Time

Having fun and playing games while building healthy social skills.

Music Therapy and Karaoke

Singing and enjoying a variety of songs!

Crafting

Making a wide variety of crafts.

Humane Society Treats

Making treats for the local shelter animals.

Tech Time

Building technology skills by using computers.