

MERIT Centre South

February 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Carrot Cake Day</p> <p>8 AM Coffee Chat</p> <p>9 AM Pamper & Polish</p> <p>10 AM Monday Mornings at Main: Musical Performance with the Grumpy Old Men Band (Depart MERIT at 9:30 am)</p> <p>11 AM Paul Eugene Exercise</p> <p>11:30 AM Lunch</p> <p>12:30 PM Sorry</p> <p>1:30 PM Snack</p> <p>2 PM Bean Bag Toss</p> <p>3 PM Magazine Scavenger Hunt</p>	<p>4</p> <p>Homemade Soup Day</p> <p>8 AM Coffee Chat</p> <p>9 AM Brain Games (Word Searches, Puzzles, & More)</p> <p>10 AM Crafts at the La Crosse Library Creation Space (Depart MERIT at 9:30 am)</p> <p>11 AM Sherry Zak Exercise</p> <p>11:30 AM Lunch</p> <p>12:30 PM Interactive Music Circle</p> <p>1:30 PM Snack</p> <p>2 PM Mancala</p> <p>3 PM Shut the Box</p>	<p>5</p> <p>Nutella Day <i>Happy Birthday Sharon S!</i></p> <p>8 AM Coffee Chat</p> <p>9 AM Shut the Box</p> <p>10 AM Shopping at The Great Big Outlet (Depart MERIT at 9:30 am)</p> <p>11 AM Paul Eugene Exercise</p> <p>11:30 AM Lunch</p> <p>12:30 PM Winter Snow Paintings</p> <p>1:30 PM Snack</p> <p>2 PM Left, Right, Center</p> <p>3 PM Jigsaw Puzzles</p>	<p>6</p> <p>Frozen Yogurt Day <i>(Please Join Us in Wearing your Favorite Sports Team's Attire)</i></p> <p>8 AM Coffee Chat</p> <p>9 AM Football Crafts</p> <p>10 AM Coffee at McDonald's (Depart MERIT at 9:30 am)</p> <p>11 AM- 3 PM Super Bowl Party with MERIT Centre North</p> <p>11- 11:30 am Exercise</p> <p>11:30- 12 pm Lunch</p> <p>12 pm- 2 pm Football Themed Games & Activities</p> <p>2- 2:30 pm Football Themed Snack</p>	<p>7</p> <p>Wear Red Day <i>(Please Join Us in Wearing Red!)</i></p> <p>8 AM Coffee Chat</p> <p>9 AM Tissue Paper Hearts</p> <p>10 AM Ball Drumming</p> <p>11 AM Hangman</p> <p>11:30 AM Lunch</p> <p>12:30 PM Shopping at Burlington (Depart MERIT at 12:30 pm)</p> <p>1:30 PM Happy Hour <i>(Featuring Strawberry Sprite Mocktails)</i></p> <p>2 PM Bingo</p> <p>3 PM Reading & Conversation</p>

Activities are Subject to Change

If a participant does not wish to engage in a scheduled activity, participant may choose another option

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10 <i>Umbrella Day</i> 8 AM Coffee Chat 9 AM Pamper & Polish 10 AM Monday Mornings at Main: The Clearwater Farm Story (Depart MERIT at 9:30 am) 11 AM Paul Eugene Exercise 11:30 AM Lunch 12:30 PM Puzzle Piece Valentine's Wreaths 1:30 PM Snack 2 PM Sorry 3 PM Valentine's Reminisce	11 <i>Inventors Day</i> 8 AM Coffee Chat 9 AM Foam Valentine Craft Kits 10 AM Rummikub 11 AM Sherry Zak Exercise 11:30 AM Lunch 12:30 PM Crafts at the La Crosse Library Creation Space (Depart MERIT at Noon) 1:30 PM Snack 2 PM Mancala 3 PM Jigsaw Puzzles	12 <i>Oatmeal Day</i> 8 AM Coffee Chat 9 AM Add On's 10 AM Brutus the Mini Pig at the Onalaska Library (Depart MERIT at 9:15 am) 11 AM Paul Eugene Exercise 11:30 AM Lunch 12:30 PM Valentine's Day Boxes with Alison 1:30 PM Snack 2 PM Checkers/ Chinese Checkers 3 PM Reading & Conversation	13 <i>Giving Hearts Day</i> 8 AM Coffee Chat 9 AM Valentine Scratch Art Cards 10 AM Wii Bowling Tournament 11 AM Sherry Zak Exercise 11:30 AM Lunch 1 PM Music Café at the Southside Neighborhood Center (Depart MERIT at 12:30 pm) 1:30 PM Snack 2 PM UNO 3 PM Shut the Box	14 <i>Valentine's Day</i> 8 AM Coffee Chat 9 AM Valentine Bear's Craft 10- 2 PM Valentine's Day Party at MERIT Centre North (Depart MERIT at 9:30 am) 10 am- Valentine's Themed Activities & Games 11 am- Exercise 11:30 am- Lunch Noon- Valentine's Themed Activities & Games 1:30 pm Valentine's Themed Snack

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
17 <i>Presidents Day</i> 8 AM Coffee Chat 9 AM American Flag Craft 10 AM Monday Mornings at Main: "Protecting Paradise in the Driftless: How the Kickapoo Valley Reserve Came to Be" with Author Marcy West (Depart MERIT at 9:30 am) 11 AM Paul Eugene Exercise 11:30 AM Lunch 12:30 PM Games with the Game Guy 1:30 PM Snack 2 PM Sorry 3 PM Reading & Conversation	18 <i>Pluto Day</i> 8 AM Coffee Chat 9 AM "Ice Chunk Men" Craft 10 AM Rummikub 11 AM Paul Eugene Exercise 11:30 AM Lunch 12:30 PM Crafts at the La Crosse Library Creation Space (Depart MERIT at Noon) 1:30 PM Snack 2 PM Blackjack 3 PM Shut the Box	19 <i>Chocolate Mint Day</i> 8 AM Coffee Chat 9 AM Shut the Box 10 AM "Time to Ship Another Steer" Presentation by Author Bill Mueller at the Onalaska Library (Depart MERIT at 9:15 am) 11 AM Sherry Zak Exercise 11:30 AM Lunch 12:30 PM Heart String Art 1:30 PM Snack 2 PM UNO 3 PM Jigsaw Puzzles	20 <i>Muffin Day</i> 8 AM Coffee Chat 9 AM Pamper & Polish 10 AM Wii Bowling Tournament 11 AM Sherry Zak Exercise 11:30 AM Lunch 1 PM Music Café at the Southside Neighborhood Center (Depart MERIT at 12:30 pm) 1:30 PM Snack 2 PM Blackjack 3 PM Shake Loose Some Memories	21 <i>Language Day</i> 8 AM Coffee Chat 9 AM Colored Pencil Art 10 AM Shopping at Good Steward (Depart MERIT at 9:30 am) 11 AM Paul Eugene Exercise 11:30 AM Lunch 12:30 PM Bingo with Brandi (MERIT Centre North will be joining) 1:30 PM Happy Hour (Featuring Sunrise Mocktails) 2 PM Checkers/Chinese Checkers 3 PM Shut the Box

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>24 <i>Tortilla Chip Day</i></p> <p>8 AM Coffee Chat</p> <p>9 AM Q-Tip Heart Painting</p> <p>10 AM Monday Mornings at Main: "Finding Your Third Space" with Author Rick Kyte (Depart MERIT at 9:30 am)</p> <p>11 AM Category Game</p> <p>11:30 AM Lunch</p> <p>12:30 PM Ball Drumming</p> <p>1:30 PM Snack</p> <p>2- 4 PM Movie Matinee: Viewer's Choice</p>	<p>25 <i>Horse Day</i></p> <p>8 AM Coffee Chat</p> <p>9 AM Colored Pencil Art</p> <p>10 AM Horse Racing Game</p> <p>11 AM Sherry Zak Exercise</p> <p>11:30 AM Lunch</p> <p>12:30 PM Crafts at the La Crosse Library Creation Space (Depart MERIT at Noon)</p> <p>1:30 PM Snack</p> <p>2 PM Go Fish</p> <p>3 PM Magazine Scavenger Hunt</p>	<p>26 <i>Tell a Story Day</i></p> <p>8 AM Coffee Chat</p> <p>9 AM Pamper & Polish</p> <p>10 AM Works of Art Presentation by Sculptor Mike Martino at the Onalaska Library (Depart MERIT at 9:15 am)</p> <p>11 AM Sherry Zak Exercise</p> <p>11:30 AM Lunch</p> <p>12:30 PM Squeegie Pull Painting with Alison</p> <p>1:30 PM Snack</p> <p>2 PM Washer Toss</p> <p>3 PM Fireside Stories & Hot Cocoa</p>	<p>27 <i>Bird Feeding Day</i></p> <p>8 AM Coffee Chat</p> <p>9 AM Cheerio Bird Feeders</p> <p>10 AM Wii Bowling Tournament</p> <p>11 AM Paul Eugene Exercise</p> <p>11:30 AM Lunch</p> <p>1 PM Music Café at the Southside Neighborhood Center (Depart MERIT at 12:30 pm)</p> <p>1:30 PM Snack</p> <p>2 PM Go Fish</p> <p>3 PM Shut the Box</p>	<p>28 <i>Pink Day</i> <i>(Please Join Us in Wearing Pink!)</i></p> <p>8 AM Coffee Chat</p> <p>9 AM Shut the Box</p> <p>10 AM Shopping at Goodwill (Depart MERIT at 9:30 am)</p> <p>11 AM Parachute Exercise</p> <p>11:30 AM Lunch</p> <p>12:30 PM Bingo with Brandi (MERIT Centre North will be joining)</p> <p>1:30 PM Happy Hour (Featuring Sparkling Grape Juice)</p> <p>2 PM Sorry</p> <p>3 PM Reading & Conversation</p>

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