



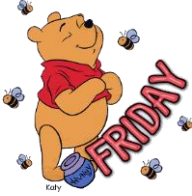



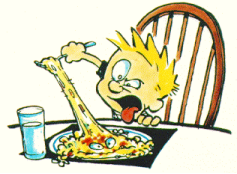

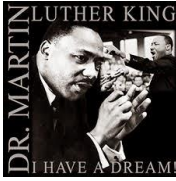






Daily Activities for January

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Make your Monday Marvelous!</p> 	<p>Taco Tuesday</p> 	<p>Hump Day !</p> 	<p>It's almost Friday!</p> 	<p>Finally Friday !</p> 

Fresh starts.....

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Join our Grab and Go Lunch Program! Call us before noon to order for the next day! 402-293-3041</p>				<p>1 Get more Sleep!</p> 
<p>4 Drink less caffeine</p> 	<p>5 Smile More</p> 	<p>6 Be positive</p> 	<p>7 Pay it Forward</p>  <p>Pay it forward</p>	<p>8 Let yourself laugh out Loud</p> 
<p>11 Wave Hello</p> 	<p>12 Enjoy your meals</p> 	<p>13 Treat yourself to a Pedicure</p> 	<p>14 Try a new hair style</p> 	<p>15 Eat Healthier</p> 
<p>18 CLOSED</p> 	<p>19 Try to get more steps in</p> 	<p>20 Read more, less TV</p> 	<p>21 Start a new hobby</p> 	<p>22 Organize a closet</p> 
<p>25 Do something good</p> 	<p>26 Phone a friend</p>  <p>CALL ME</p>	<p>27 Tell grandkids your story</p>  <p>"That's a great story, grandpa. Have you sold the movie rights?"</p>	<p>28 Watch birds out of your window</p> 	<p>29 Have help rearranging furniture</p> 