

January Flex Friday Plan NAME: _____ COLOR: _____

1/3	BLUE GROUP	GREEN GROUP	YELLOW GROUP	ORANGE GROUP	RED GROUP	PURPLE GROUP
Staff	Ashley + Cris + Chey	Steve	Lacie + Zach	Amanda + Susan	Kevin + Dreama + Staff	Julie + Reggie
Activity	Winter Paint & Sip & Lunch @ Mumfords	Arcade Games @ Game Cycle in Springfield	Movie Day: Mufasa The Lion King	Fun Day @ The Farm	Movie Day: Moana 2	Fun Day @ The Farm
Cost*	\$3 for Paint & Sip + \$15 for lunch @ Mumford's	Quarters for games + Optional Spending \$	\$6.25 + Optional Spending Money	\$0	\$6.25 + Optional Spending Money	\$0
Lunch	\$15 for lunch	Non-Microwavable packed lunch or \$ to buy	Non-Microwavable packed lunch or \$ to buy	Pack	Non-Microwavable packed lunch or \$ to buy	Pack
Location	JC/Community/JC	JC/Community/JC	JC/Community/JC	Farm	JC/Community/JC	Farm
Add. Info	We will head to the JC for a small coffee or hot chocolate then we will start our paintings. After we finish the background to our paintings we will head to Mumfords for lunch. After lunch we will head back to the JC to finish our paintings and watch a movie.	We will stop by the JC for a quick rr break then we will head to Game Cycle to play some arcade games. Please bring quarters or \$1 bills to play games. Afterwards, we will head to a restaurant of group choice for lunch then we will head back to the JC for games.	We will stop by the JC for a quick rr break then we will head straight to the movie theater to see the 10:25 showing of Mufasa. After the movie we will head to a restaurant close by of group choice then we will head back to Urbana.	We will head to the farm for a cozy day in! We will make snow day snack mix, put on a movie a group choice, and do a winter themed craft. We will also be planning at least 2 Flex Friday activities for February and sending them to Lacie. After lunch we will play a round of Bingo!	We will stop by the JC for a quick rr break then head to Piqua for an early lunch. Then we will head to the 11:45 showing of Moana at the Piqua Theater.	We will head to the farm for a cozy day in! We will make snow day snack mix, put on a movie a group choice, and do a winter themed craft. We will also be planning at least 2 Flex Friday activities for February and sending them to Lacie. After lunch we will play a round of Bingo!

1/10	BLUE GROUP	GREEN GROUP	YELLOW GROUP	ORANGE GROUP	RED GROUP	PURPLE GROUP
Staff	Ashley + Cris + Chey	Steve	Lacie + Zach	Amanda + Susan	Kevin + Dreama + Staff	Julie + Reggie
Activity	Tai Chi Lessons @ make a healthy lunch	Bowling	Shop/Walk Downtown Springfield & lunch @ Charlo's	Bowling	Tai Chi Lessons @ make a healthy lunch	Pizza Hut Lunch Buffet & Winter Walk
Cost*	\$5 (\$3 for lesson/\$2 for lunch)	\$4.25	Optional Spending \$ + \$15-\$20 for lunch	\$4.25	\$5 (\$3 for lesson/\$2 for lunch)	\$12-\$15 for lunch
Lunch	Pack or \$2	Non-Microwavable packed lunch or \$ to buy	\$15-\$20 for lunch	Non-Microwavable packed lunch or \$ to buy	Pack or \$2	\$12-\$15 for lunch
Location	Farm	JC/Community/JC	JC/Community/JC	Farm/Community/Farm	Farm	JC/Community/JC
Add. Info	Please wear comfy clothes that you can move freely in and comfy shoes. We will be doing a Tai Chi lesson with our friend, Sofia at the farm. Afterwards we will work together to make a healthy lunch!	We will head to the JC for a bit then head to the bowling alley. We will play a game of bowling then have lunch. Then we will head back to the JC for more fun and games.	We will stop by the JC for a quick rr break then head to Springfield to shop/walk the downtown area then head to Charlo's for lunch. After lunch we will head back to the JC for more fun & games!	We will head to the farm for a bit then head to the bowling alley. We will play a game of bowling then have lunch. Then we will head back to the farm for more fun and games.	Please wear comfy clothes that you can move freely in and comfy shoes. We will be doing a Tai Chi lesson with our friend, Sofia at the farm. Afterwards we will work together to make a healthy lunch!	We will head to the JC for a round of Uno or game of group choice then we will head to Pizza Hut for lunch. After lunch we will go for a walk outside if weather allows, if not we will go for an indoor walk a Walmart or a local spot of group choice.

1/17	BLUE GROUP	GREEN GROUP	YELLOW GROUP	ORANGE GROUP	RED GROUP	PURPLE GROUP
Staff	Ashley + Cris + Chey	Steve	Lacie + Zach	Amanda + Susan	Kevin + Dreama + Staff	Julie + Reggie
Activity	Pizza Hut Lunch Buffet & Winter Walk	Fun Day @ The Farm	Fun Day @ The Farm	Winter Paint & Sip & Lunch @ Mumfords	Arcade Games @ Game Cycle in Springfield	Bowling
Cost*	\$12-\$15 for lunch	\$0	\$0	\$3 for Paint & Sip + \$15 for lunch @ Mumford's	Quarters for games + Optional Spending \$	\$4.25
Lunch	\$12-\$15 for lunch	Pack	Pack	\$15 for lunch	Non-Microwavable packed lunch or \$ to buy	Non-Microwavable packed lunch or \$ to buy
Location	JC/Community/JC	Farm	Farm	JC/Community/JC	JC/Community/JC	Farm/Community /Farm
Add. Info	We will head to the JC for a round of Uno or game of group choice then we will head to Pizza Hut for lunch. After lunch we will go for a walk outside if weather allows, if not we will go for an indoor walk a Walmart or a local spot of group choice.	We will head to the farm for a cozy day in! We will make snow day snack mix, put on a movie a group choice, and do a winter themed craft. We will also be planning at least 2 Flex Friday activities for February and sending them to Lacie. After lunch we will play a round of Bingo!	We will head to the farm for a cozy day in! We will make snow day snack mix, put on a movie a group choice, and do a winter themed craft. We will also be planning at least 2 Flex Friday activities for February and sending them to Lacie. After lunch we will play a round of Bingo!	We will head to the JC for a small coffee or hot chocolate then we will start our paintings. After we finish the background to our paintings we will head to Mumfords for lunch. After lunch we will head back to the JC to finish our paintings and watch a movie.	We will stop by the JC for a quick rr break then we will head to Game Cycle to play some arcade games. Please bring quarters or \$1 bills to play games. Afterwards, we will head to a restaurant of group choice for lunch then we will head back to the JC for games.	We will head to the farm for a bit then head to the bowling alley. We will play a game of bowling then have lunch. Then we will head back to the farm for more fun and games.

1/24	BLUE GROUP	GREEN GROUP	YELLOW GROUP	ORANGE GROUP	RED GROUP	PURPLE GROUP
Staff	Ashley + Cris + Chey	Steve	Lacie + Zach	Amanda + Susan	Kevin + Dreama + Staff	Julie + Reggie
Activity	Bowling	Pizza Hut Lunch Buffet & Winter Walk	Bowling	Make & Take Homemade Soup & Bread	Fun Day @ The Farm	Winter Paint & Sip & Lunch @ Mumfords
Cost*	\$4.25	\$12-\$15 for lunch	\$4.25	\$5	\$0	\$3 for Paint & Sip + \$15 for lunch @ Mumford's
Lunch	Non-Microwavable packed lunch or \$ to buy	\$12-\$15 for lunch	Non-Microwavable packed lunch or \$ to buy	\$5 for soup or pack	Pack	\$15 for lunch
Location	Farm/Community/ Farm	JC/Community/JC	JC/Community/JC	Farm	Farm	JC/Community/JC
Add. Info	We will head to the farm for a bit then head to the bowling alley. We will play a game of bowling then have lunch. Then we will head back to the farm for more fun and games.	We will head to the JC for a round of Uno or game of group choice then we will head to Pizza Hut for lunch. After lunch we will go for a walk outside if weather allows, if not we will go for an indoor walk a Walmart or a local spot of group choice.	We will head to the JC for a bit then head to the bowling alley. We will play a game of bowling then have lunch. Then we will head back to the JC for more fun and games.	We will be making a HUGE batch of homemade chicken & noodle soup and will even have enough left for you to take some home to have for later or to share. We will also be making rolls, salad & having lunch together. Please bring a good size container or mason jar from home for your leftovers. If you do not have a container we will provide one. 😊	We will head to the farm for a cozy day in! We will make snow day snack mix, put on a movie a group choice, and do a winter themed craft. We will also be planning at least 2 Flex Friday activities for February and sending them to Lacie. After lunch we will play a round of Bingo!	We will head to the JC for a small coffee or hot chocolate then we will start our paintings. After we finish the background to our paintings we will head to Mumfords for lunch. After lunch we will head back to the JC to finish our paintings and watch a movie.

1/31	BLUE GROUP	GREEN GROUP	YELLOW GROUP	ORANGE GROUP	RED GROUP	PURPLE GROUP
Staff	Ashley + Cris + Chey	Steve	Lacie + Zach	Amanda + Susan	Kevin + Dreama + Staff	Julie + Reggie
Activity	Fun Day @ The Farm	Winter Paint & Sip & Lunch @ Mumfords	Winter Paint & Sip & Lunch @ Mumfords	Pizza Hut Lunch Buffet & Winter Walk	Bowling	Make & Take Homemade Soup & Bread
Cost*	\$0	\$3 for Paint & Sip + \$15 for lunch @ Mumford's	\$3 for Paint & Sip + \$15 for lunch @ Mumford's	\$12-\$15 for lunch	\$4.25	\$5
Lunch	Pack	\$15 for lunch	\$15 for lunch	\$12-\$15 for lunch	Non-Microwavable packed lunch or \$ to buy	\$5 for soup or pack
Location	Farm	JC/Community/JC	JC/Community/JC	JC/Community/JC	Farm/Community/ Far	Farm
Add. Info	We will head to the farm for a cozy day in! We will make snow day snack mix, put on a movie a group choice, and do a winter themed craft. We will also be planning at least 2 Flex Friday activities for February and sending them to Lacie. After lunch we will play a round of Bingo!	We will head to the JC for a small coffee or hot chocolate then we will start our paintings. After we finish the background to our paintings we will head to Mumfords for lunch. After lunch we will head back to the JC to finish our paintings and watch a movie.	We will head to the JC for a small coffee or hot chocolate then we will start our paintings. After we finish the background to our paintings we will head to Mumfords for lunch. After lunch we will head back to the JC to finish our paintings and watch a movie.	We will head to the JC for a round of Uno or game of group choice then we will head to Pizza Hut for lunch. After lunch we will go for a walk outside if weather allows, if not we will go for an indoor walk a Walmart or a local spot of group choice.	We will head to the farm for a bit then head to the bowling alley. We will play a game of bowling then have lunch. Then we will head back to the farm for more fun and games.	We will be making a HUGE batch of homemade chicken and noodle soup and will even have enough left for you to take some home to have for later or to share with family. We will also be making rolls and salad and having lunch together. Please bring a good size Tupperware bowl or mason jar from home for your leftovers. If you do not have a container we will provide one. 😊