

Adult Day Program Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	<i>Note: Weather permitting, we try to take a short stroll around our yard...generally after lunch...as often as possible.</i>		1 10:00 Coffee Social 10:30 Fun & Fitness – Yoga Ball Drumming 11:30 Bean Bag Darts 12:15 Lunch 2:00 Afternoon Refreshments 2:30-3:00 Pick ups & rides home	2 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Crossword 12:15 Lunch 1:00 Active Games 2:00 Afternoon Refreshments 2:30-3:00 Pick ups & rides home	3 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Word Game 12:15 Lunch 1:00 Ball in a Bucket 2:00 Music in the main Lounge 2:30-3:00 Pick ups & rides home	4 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Word Game 12:15 Lunch 1:00 Baking with Pinky & Doreen 2:00 Afternoon Refreshments 2:30-3:00 Pick ups & rides home
5	6 Oreo Cookie Day 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Word Game 12:15 Lunch 1:00 Family Feud 2:00 Afternoon Refreshments 2:30-3:00 Pick ups & rides home	7 Nat'l Flap Jack Day 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Word Game 12:15 Lunch 1:00 Making Flap Jacks 2:00 Afternoon Refreshments 2:30-3:00 Pick ups & rides home	8 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Active Game – Bean Bag Darts 12:15 Lunch 1:00 Games Day 2:30-3:00 Pick ups & rides home	9 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Word Game 12:15 Lunch 1:00 Jenga 2:00 Afternoon Refreshments 2:30-3:00 Pick ups & rides home	10 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Crossword Puzzle 12:15 Lunch 1:00 Entertainment with Two Among Friends 2:00 Afternoon Refreshments 2:30-3:00 Pick ups & rides home	11 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Word Game 12:15 Lunch 1:00 DIY Mushroom Garden Decor 2:00 Afternoon Refreshments 2:30-3:00 Pick ups & rides home
12	13 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Word Game 12:15 Lunch 1:00 Jenga 2:00 Afternoon Refreshments 2:30-3:00 Pick ups & rides home	14 Nat'l Pi Day 10:00 Coffee Social 10:30 Fun & Fitness – Yoga Ball Drumming 11:30 Word Game 12:15 Lunch 1:00 Yoga Ball Drumming 2:00 Pie & Coffee/Tea 2:30-3:00 Pick ups & rides home	15 10:00 Coffee Social 10:30 Fun & Fitness – Yoga Ball Drumming 11:30 Active Game 12:15 Lunch 1:00 Bingo 2:00 Afternoon Refreshments 2:30-3:00 Pick ups & rides home	16 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Crossword 12:15 Lunch 1:00 Snakes & Ladders 2:00 Afternoon Refreshments 2:30-3:00 Pick ups & rides home	17 St. Patrick's Day 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Active Game 12:15 Lunch 1:00 St. Patrick's Day Ice Cream Floats 2:00 Music in the main Lounge 2:30-3:00 Pick ups & rides home	18 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Word Game 12:15 Lunch 12:45 Scenic Bus Ride 2:00 Afternoon Refreshments 2:30-3:00 Pick ups & rides home
19	20 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Word Game 12:15 Lunch 1:00 Snakes & Ladders 2:00 Afternoon Refreshments 2:30-3:00 Pick ups & rides home	21 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Jokes & Tongue Twisters 12:15 Lunch 1:00 Scrabble 2:00 Afternoon Refreshments 2:30-3:00 Pick ups & rides home	22 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Active Game 12:15 Lunch 1:00 Farkle 2:00 Afternoon Refreshments 2:30-3:00 Pick ups & rides home	23 Nat'l Puppy Day 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Word Game 12:15 Lunch 1:00 DIY Garden Decor 2:00 Afternoon Refreshments 2:30-3:00 Pick ups & rides home	24 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Word Game 12:15 Lunch 1:00 Active Game 1:45 Music in the main Lounge 2:30-3:00 Pick ups & rides home	25 10:00 Coffee & Pancakes 11:30 Fun & Fitness 12:15 Lunch 1:00 Farkle 2:00 Afternoon Refreshments 2:30-3:00 Pick ups & rides home
26	27 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Crossword 12:15 Lunch 1:00 Farkle 2:00 Afternoon Refreshments 2:30-3:00 Pick ups & rides home	28 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Word Game 12:15 Lunch 1:00 Bake a Black Forest Cake 2:00 Afternoon Refreshments 2:30-3:00 Pick ups & rides home	29 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Word Game 12:15 Lunch 1:00 TV Game Show 2:00 Afternoon Refreshments 2:30-3:00 Pick ups & rides home	30 Nat'l Take a Walk in the Park Day 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Word Game 12:15 Lunch 1:00 Walking in the Garden 2:00 Afternoon Refreshments 2:30-3:00 Pick ups & rides home	31 10:00 Coffee Social 10:30 Fun & Fitness 11:30 Word Game 12:15 Lunch 1:00 Active Game 1:45 Music in the main Lounge 2:30-3:00 Pick ups & rides home	