

# EDEN WEST CALENDAR OF EVENTS

## BASIC DAILY SCHEDULE

LANDIS HOMES

7:30-10:00 - Breakfast

10:45-11:30 - Current Events

2:00-2:15 -Snack

Adult Day Services Eden West

7:30-10:15 - Crafts/Service Projects/Games

11:30-1:00 - Lunch / Relaxation/ Walking Program


2:45-4:30 -Dismissal

1001 East Oregon Road

10:15-10:45 -Group Exercise and Walking Program

1:00-4:00 - Activities Monthly Blood Pressure/Pulse/Weight

Lititz, PA 17543 (717) 581-3975

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BARBER IS HERE</b> 2 9:30 Uno / Crafts 1:00 Chapel Donna Becker 1:45 Snack 2:00 Ladder Golf 2:45 Who Am I	9:30 Swimming 3 9:30 Uno / Crafts <b>12:30 Field Trip Middle Creek</b> 1:00 Let's Go Fly a Kite. 1:45 Snack 2:00 Famous Faces 2:45 Word Morph	9:15 Uno / Crafts 4 1:00 Names and Their Meanings 1:45 Snack 2:00 Wally Ball 2:45 Chain Reaction	9:30 Uno / Crafts 5 9:30 Swimming 1:00 Signs of Spring L, Sanchez 1:45 Snack 2:00 Carpet Ball 2:45 Brainiac	9:30 AM BINGO 6 1:00 Homeschool Performance 1:45 Snack 2:00 Bowling 2:45 Family Feud
9:30 Uno / Crafts 9 1:00 PIG 1:45 Snack 2:00 Roll The Pig 2:45 Pictionary	9:30 Uno / Crafts 10 9:30 Swimming 11:00 Field Trip: Owl Hill Bistro 1:00 Shuffleboard / Billiards 1:45 Snack 2:00 Lawn Darts 2:45 What State is it ?	9:30 Uno / Crafts 11 9:30 Book Club 1:00 - 1:30 Frozen Food Day 1:45 Snack 2:00 Ring on the Green 2:45 Scattergories	9:30 Uno / Crafts 12 9:30 Swimming 10:00 MT Middle School Program 1:00 Game Time 1:45 Snack 2:00 Tic Tac WIN! 2:45 Hangman	9:30 Uno / Crafts 13 1:00 Wildlife Moment PANDA 1:45 Snack 2:00 Splat 2:45 THINGS
9:30 Uno / Crafts 16 1:00 Don't act your age 1:45 Snack 2:00 Horseshoes 2:45 Horserace Hoe Down	9:30 Uno / Craft 17 9:30 Swimming 1:00 An Irish Story 1:45 Snack 2:00 Ring it to Win It 2:45 "21"	9:30 Uno / Crafts 18 9:30 Book Club 1:00 Irish Travelog 1:45 Snack 2:00 Birdie Toss 2:45 Word Ladders	9:30 Uno / Crafts 19 9:30 Swimming 1:00 Farm Stories 1:45 Snack 2:00 Ring Throw 2:45 Wordies/ Concentration	9:30 Uno / Crafts 20 1:00 Storytelling Day 1:45 Snack 2:00 Target 2:45 Cliche
9:30 Uno / Crafts 23 1:00 Rick Thompson Guitar 1:45 Snack 2:00 Skee Ball 2:45 Millionaire	9:30 Uno / Crafts 24 9:30 Swimming 10:30 - 1:00 MOVIE DAY "Gus the Donkey" 1:45 Snack 2:00 Corn Hole 2:45 Cranium Crunchers	9:30 Uno / Crafts 25 9:30 Book Club 1:00 Chris is Cooking 1:45 Snack 2:00 Noodle Hockey 2:45 Mad GaB	<b>Field Trip Mill 72</b> 26 9:30 Uno / Crafts 9:30 Swimming 1:00 Price is Right 1:45 Snack 2:00 Ladder Golf 2:45 Bubble Talk	9:30 Uno / Crafts 27 1:00 Sing Along Fran/ Lisa 1:45 Snack 2:00 Ring on Green 2:45 Dear Abby
9:30 Uno / Crafts 30 1:00 BINGO 1:45 Snack 2:00 Carpet Ball 2:45 Word Morph	9:30 Uno / Crafts 31 9:30 Swimming 1:00 Name that Tune Table Competition 1:45 Snack 2:00 Basketball Throw 2:45 Roll a Memory+++++			

## EDEN WEST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Caesar Salad</b> 2 <b>Beef Lasagna</b> <b>Marinara Sauce</b> <b>Julienne Vegetables</b> <b>Whole Wheat Bread</b> <b>Berries w/ Whipped Cream</b> <b>2% Milk</b>	<b>Green Salad w/Fat Free Raspberry Drsg</b> 3 <b>Baked Pork Chop</b> <b>SR Mashed Potatoes</b> <b>Fresh Green Beans</b> <b>Whole Wheat Bread</b> <b>Fruit Cup</b> <b>2% Milk</b>	<b>Chow Chow</b> 4 <b>Savory Baked Chicken</b> <b>Mashed Potatoes</b> <b>Parmesan Roasted Carrots</b> <b>Whole Wheat Bread</b> <b>Apple Slices</b> <b>2% Milk</b>	<b>Golden Beets</b> 5 <b>Rotisserie Turkey Breast</b> <b>Mashed Potatoes</b> <b>Carrot and Zucchini Blend</b> <b>Whole Wheat Dinner Roll</b> <b>Chopped Fresh Fruit Cup</b> <b>2%Milk</b>	<b>Lettuce Wedge</b> 6 <b>Grilled Chicken Breast</b> <b>Penne Rigate Pasta</b> <b>Roasted Vegetables</b> <b>Whole Wheat Bread</b> <b>Fresh Fruit Cup</b> <b>2% Milk</b>
<b>Small Garden Salad w/ GreekYogurt Ranch</b> 9 <b>Roast Turkey</b> <b>SR Mashed Potatoes</b> <b>Peas &amp; Carrots</b> <b>Wheat Dinner Roll</b> <b>Fresh Fruit Cup</b> <b>2%Milk</b>	<b>Cucumber, Tomato &amp; Pepper Salad</b> 10 <b>Lemon Pepper Shrimp</b> <b>Steamed Rice</b> <b>SR California Vegetables</b> <b>Wheat Dinner Roll</b> <b>Blueberries</b> <b>2% Milk</b>	<b>Broccoli Salad</b> 11 <b>Grilled chicken</b> <b>Baked Sweet Potato</b> <b>Roasted Brussel Sprouts</b> <b>Whole Wheat Bread</b> <b>Fresh Fruit Cup</b> <b>2% Milk</b>	<b>Three Bean Salad</b> 12 <b>Roast Pork Loin</b> <b>Scallion Potatoes</b> <b>Succotash</b> <b>Whole Wheat Bread</b> <b>Cubed Watermelon</b> <b>2% Milk</b>	<b>Spinach Side Salad w/ Fat Free Tomato Herb Drsg</b> 13 <b>Meatballs</b> <b>Penne Rigate Pasta</b> <b>Fresh Asparagus</b> <b>Whole Wheat Bread</b> <b>Fresh Fruit Cup</b> <b>2% Milk</b>
<b>Green Salad w/ Low Sodium Strawberry Vin.</b> 16 <b>Herb Roasted Pork</b> <b>Roasted Sweet Potatoes</b> <b>Roasted Beets</b> <b>Wheat Dinner Roll</b> <b>Fresh Fruit Cup</b> <b>2% Milk</b>	<b>Tossed Salad w/Lemon, Herb, Olive Oil Drsg</b> 17 <b>Savory Baked Chicken</b> <b>Parslied Potatoes</b> <b>Red Cabbage with Raisins</b> <b>Whole Grain Bread</b> <b>Blueberries</b> <b>2% Milk</b>	<b>Tomato &amp; Mozzarella Salad</b> 18 <b>Pesto Crusted Cod</b> <b>Baked Potato</b> <b>Steamed Carrots</b> <b>Whole Wheat Bread</b> <b>Fresh Fruit Cup</b> <b>2% Milk</b>	<b>Deviled Eggs, no tomato, no relish</b> 19 <b>Roast Turkey</b> <b>Classic Bread Stuffing</b> <b>Fresh Vegetable Medley</b> <b>Whole Wheat Bread</b> <b>Honeydew and Catalope</b> <b>2% Milk</b>	<b>Tossed Salad w/Lemon, Herb, Olive Oil Drsg</b> 20 <b>Roast Beef</b> <b>Herbed Noodles</b> <b>Steamed Fresh Broccoli</b> <b>Whole Wheat Bread</b> <b>Apple Slices</b> <b>2% Milk</b>
<b>Garden Green Salad w/Low Sodium Balsamic Vin.</b> 23 <b>Savory Baked Chicken</b> <b>Mashed Potatoes</b> <b>Steamed Spinach, Sauteed Garlic</b> <b>Whole Wheat Bread</b> <b>Cubed Cantaloupe</b> <b>2% Milk</b>	<b>Tossed Salad</b> 24 <b>Roast Turkey, Turkey Gravy</b> <b>Baked Sweet Potato</b> <b>Roasted Beets</b> <b>Whole Wheat Roll</b> <b>Cubed Pineapple</b> <b>2% Milk</b>	<b>Green Salad</b> 25 <b>Baked Pork Chop</b> <b>Sweet &amp; Sour Sauce</b> <b>Basmati Rice</b> <b>Broccoli</b> <b>Whole Wheat Bread</b> <b>Fresh Fruit Cup</b> <b>2% Milk</b>	<b>Tossed Salad w/Homemade Balsamic Vin.</b> 26 <b>Grilled Chicken Breast</b> <b>Mashed Potatoes</b> <b>Roasted Autumn Vegetable</b> <b>Whole Wheat Bread</b> <b>Apple Slices</b> <b>2% Milk</b>	<b>SR Tomato Juice</b> 27 <b>Meatloaf with Gravy</b> <b>Mashed Potatoes</b> <b>Fresh Cauliflower</b> <b>Whole Wheat Bread</b> <b>Fresh Fruit Cup</b> <b>2% Milk</b>
<b>Caesar Salad</b> 30 <b>Beef Lasagna</b> <b>Marinara Sauce</b> <b>Julienne Vegetables</b> <b>Whole Wheat Bread</b> <b>Berries w/ Whipped Cream</b> <b>2% Milk</b>	<b>Green Salad w/Fat Free Raspberry Drsg</b> 31 <b>Baked Pork Chop</b> <b>SR Mashed Potatoes</b> <b>Fresh Green Beans</b> <b>Whole Wheat Bread</b> <b>Fruit Cup</b> <b>2% Milk</b>	