

# AUGUST 2020 LANDIS ADULT DAY SERVICE EDEN WEST CALENDAR OF EVENTS

## BASIC DAILY SCHEDULE

7:00-10:00 – Coffee and Toast

7:30-10:15 - Conversation / Newspaper/Choice of Activity

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


10:45-11:30 - Current Events

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

1:00-4:00 – Active Games / Input Varied for Interest/ Brain Games

2:00-2:15 -Snack

2:45-5:00 -Dismissal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:30 Word Search/Puzzlers Art/Craft Choices</p> <p>1:00 * TP it Everything you wanted to Know about TP</p> <p>1:50 Snack</p> <p>2:00 Ladder Golf</p> <p>2:45 Picture ID</p>	<p>9:30 Wordsearch/Puzzlers Art /Craft Choices</p> <p>1:00 *TRADEMARK Detective</p> <p>1:50 Snack</p> <p>2:00 Carpet Ball</p> <p>2:45 True/ False</p>	<p>9:30 Word Search/Puzzlers Art /Craft Choices</p> <p>9:30 Book Club</p> <p>1:00 American Bandstand</p> <p>1:45 Snack</p> <p>2:00 Bucket Toss</p> <p>2:45 Over or Under</p>	<p>9:30 Word Search/Puzzlers Art /Craft Choices</p> <p>1:00 Happy Birthday LUCY!</p> <p>1:45 Snack</p> <p>2:00 Lawn Darts</p> <p>2:45 Cranium Crunchers</p>	<p>9:30 Word Search/Puzzlers Art/ Craft Choices</p> <p>1:00 * Where are We?</p> <p>1:45 Snack</p> <p>2:00 Tic Tac Throw</p> <p>2:45 Myth Busters</p>
<p>9:30 Word Search/Puzzlers Art /Craft Choices</p> <p>1:00 World LION DAY</p> <p>1:50 Snack</p> <p>2:00 Corn Hole</p> <p>2:45 Scattergories</p>	<p>9:30 Word Search/Puzzlers Art /Craft Choices</p> <p>1:00 Lisa Sanchez via Zoom Natural Weather Predictors</p> <p>1:50 Snack</p> <p>2:00 Ring Toss</p> <p>2:45 Chain Reaction</p>	<p>9:30 WordSearch/Puzzlers Art/ Craft Choices</p> <p>1:00 Book Club</p> <p>1:50 World Elephant Day</p> <p>1:50 Snack</p> <p>2:00 Frisbee Free Throw</p> <p>2:45 Cliché Clas</p>	<p>9:30 Word Search/Puzzlers/Art Craft Choices</p> <p>1:00 Summer Song Saga</p> <p>1:45 Snack</p> <p>2:00 Carpet Ball</p> <p>2:45 License Plate ID</p>	<p>9:30 Word search/Puzzlers Art/ Craft Choices</p> <p>1:00 * Klondike Day</p> <p>1:45 Snack</p> <p>2:00 Ring it to Win it</p> <p>2:45 Pictionary</p>
<p>9:30 Word Search/Puzzlers Art /Craft Choices</p> <p>1:00 * Fore! A Bit about Golf</p> <p>1:45 Snack</p> <p>2:00 Golf Shot</p> <p>2:45 Word Ladders</p>	<p>9:30 Word Search/Puzzlers Art /Craft Choices</p> <p>1:00 Oldsmobile Birth</p> <p>1:45 Snack</p> <p>2:00 Target Toss</p> <p>2:45 Wheel of Fortune</p>	<p>9:30 Word Search/Puzzlers Art /Craft Choices</p> <p>9:30 Book Club</p> <p>1:00 TV Game Show Fun</p> <p>1:45 Snack</p> <p>2:00 Ring on Green</p> <p>2:45 Family Feud</p>	<p>9:30 Word Search/Puzzlers Art /Craft Choices</p> <p>1:00 Loving Hawaii</p> <p>1:45 Snack</p> <p>2:00 Hoops</p> <p>2:45 21 Questions</p>	<p>9:30 Word Search/Puzzlers Art / Craft Choices</p> <p>1:00 *Cooking with Chris</p> <p>1:45 Snack</p> <p>2:00 Corn Hole</p> <p>2:45 Scrabble Scramble</p>
<p>9:30 Word Search/Puzzlers Art /Craft Choices</p> <p>1:00 * Senior Celebration!</p> <p>1:45 Snack</p> <p>2:00 Carpet Ball</p> <p>2:45 Concentration/ Wordies</p>	<p>9:30 Word Search/Puzzlers Art /Craft Choices</p> <p>1:00 * Detective Duty.</p> <p>1:45 Snack</p> <p>2:00 Splat</p> <p>2:45 Tic Tac Know</p>	<p>9:30 Word Search/Puzzler Art/ Craft Choices</p> <p>1:00 * My Dog's the Best.....</p> <p>1:45 Snack</p> <p>2:00 Horseshoes</p> <p>2:45 Three in Common</p>	<p>9:30 Word Search/Puzzlers Art / Craft Choices</p> <p>1:00 * I Heard it on the Radio</p> <p>1:45 Snack</p> <p>2:00 Ladder Golf</p> <p>2:45 Brain Teasers</p>	<p>9:30 Uno / Crafts</p> <p>1:00 BINGO</p> <p>1:45 Snack</p> <p>2:00 Washer Toss</p> <p>2:45 Boggle</p>
<p>9:30 Movie Day ....</p> <p>1:00 Movie Day</p> <p>1:45 Snack</p> <p>2:00 Lawn Darts</p> <p>2:45 Word in Round</p>				



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Green Salad with Low Sodium Strawberry Vinaigrette</p> <p>Salmon Cakes</p> <p>Brown Rice</p> <p>Julienne Vegetables</p> <p>Whole Wheat Bread</p> <p>Blueberries</p> <p>2% Milk</p>	<p>Tossed Salad with Ranch Dressing</p> <p>Roast Beef</p> <p>Parslied Potatoes</p> <p>Broccoli, Cauliflower, and Carrots</p> <p>Whole Wheat Bread</p> <p>Sliced Strawberries</p> <p>2% Milk</p>	<p>Mozzarella Tomato Salad</p> <p>Lemon Herb Cod</p> <p>Baked Potato</p> <p>Roast Butternut Squash</p> <p>Whole Wheat Bread</p> <p>Fresh Fruit Cup</p> <p>2% Milk</p>	<p>Minted Fruit Salad</p> <p>Roast Turkey</p> <p>Classic Bread Stuffing</p> <p>Fresh Vegetable Medley</p> <p>Whole Wheat Bread</p> <p>Honeydew and Cantaloupe</p> <p>2% Milk</p>	<p>Cucumber Salad with Low Sodium Strawberry Vinaigrette</p> <p>Grilled Chicken Breast</p> <p>Herbed Noodles</p> <p>Steamed Fresh Broccoli</p> <p>Wheat Dinner Roll</p> <p>Diced Apples</p> <p>2% Milk</p>
<p>Garden Green Salad with Low Sodium Balsamic Vinaigrette</p> <p>Country Pork Chops</p> <p>Mashed Potatoes</p> <p>Steamed Carrots</p> <p>Whole Wheat Bread</p> <p>Fresh Fruit Cup</p> <p>2% Milk</p>	<p>Tossed Salad with Low Sodium Strawberry Vinaigrette</p> <p>Lemon Herb Tilapia</p> <p>Baked Sweet Potato</p> <p>Sliced Beets</p> <p>Whole Wheat Bread</p> <p>Cubed Pineapple</p> <p>2% Milk</p>	<p>Green Salad</p> <p>Sweet &amp; Sour Pork</p> <p>Basmati Rice</p> <p>Broccoli</p> <p>Whole Wheat Bread</p> <p>Fresh Fruit Cup</p> <p>2% Milk</p>	<p>Tossed Salad with Homemade Balsamic Vinaigrette</p> <p>Sliced Beef Eye Round</p> <p>Mashed Potatoes</p> <p>sautéed mushrooms</p> <p>Whole Wheat Bread</p> <p>Fresh Fruit Platter</p> <p>2% Milk</p>	<p>Caesar Salad with Caesar Dressing</p> <p>Lemon Pepper Shrimp</p> <p>Buttered Bowtie</p> <p>Sautéed Zucchini</p> <p>Whole Wheat Bread</p> <p>Fresh Fruit Cup</p> <p>2% Milk</p>
<p>Small Garden Salad with Low Sodium Strawberry Vinaigrette</p> <p>Baked Pork Chop</p> <p>Mashed Potatoes</p> <p>Chopped Spinach</p> <p>Whole Wheat Bread</p> <p>Cubed Pineapple</p> <p>2% Milk</p>	<p>Spinach Side Salad with Fat Free Raspberry Dressing</p> <p>Braised Beef Tips</p> <p>Mashed Potatoes</p> <p>Butternut Squash</p> <p>Whole Wheat Dinner Roll 1.5 oz</p> <p>Blueberries</p> <p>2% Milk</p>	<p>Caesar Salad with Homemade Balsamic Vinaigrette</p> <p>Roast Turkey</p> <p>Oven Browned Potatoes</p> <p>Lemon Glazed Carrots</p> <p>Whole Wheat Bread</p> <p>Fresh Fruit Cup</p> <p>2% Milk</p>	<p>Golden Beets</p> <p>Poached Salmon with Mango Salsa</p> <p>Herbed Rice Pilaf</p> <p>Roasted Yellow Squash</p> <p>Whole Wheat Dinner Roll 1.5 oz</p> <p>Strawberries</p> <p>2% Milk</p>	<p>Lettuce Wedge</p> <p>Herb Chicken</p> <p>Baked Potatoes</p> <p>Sliced Beets</p> <p>Whole Wheat Bread</p> <p>Sliced Peaches</p> <p>2% Milk</p>
<p>Small Garden Salad with Greek Yogurt Ranch</p> <p>Ranch Chicken</p> <p>Fingerling Potatoes</p> <p>Orange Glazed Carrots</p> <p>Whole Wheat Bread</p> <p>Fresh Fruit Cup</p> <p>2% Milk</p>	<p>Garden Green Salad-no tomato</p> <p>Low Sodium Strawberry Vinaigrette</p> <p>Grilled Salmon</p> <p>Brown Rice</p> <p>California Vegetables</p> <p>Whole Wheat Bread</p> <p>Fresh Fruit Platter</p> <p>2% Milk</p>	<p>Ambrosia Salad with Coconut</p> <p>Chicken Breast Dijon</p> <p>Baked Sweet Potato</p> <p>Summer Vegetable Ratatouille</p> <p>Whole Wheat Bread</p> <p>Diced Peaches</p> <p>2% Milk</p>	<p>Small Garden Salad</p> <p>Low Sodium Lemon Parsley Vinaigrette</p> <p>Baked Tilapia</p> <p>Mac and Cheese</p> <p>Stewed Tomatoes</p> <p>Whole Wheat Bread</p> <p>Fresh Fruit Cup</p> <p>2% Milk</p>	<p>Cucumber Salad</p> <p>Blackened Chicken Breast</p> <p>Mashed Potatoes</p> <p>Roasted Vegetables</p> <p>Whole Wheat Bread</p> <p>Apple Slices</p> <p>2% Milk</p>
<p>Green Salad with Low Sodium Strawberry Vinaigrette</p> <p>Salmon Cakes</p> <p>Brown Rice</p> <p>Julienne Vegetables</p> <p>Whole Wheat Bread</p> <p>Blueberries</p> <p>2% Milk</p>	