




**LANDIS ADULT DAY SERVICES
EDEN WEST CALENDAR OF EVENTS**

BASIC DAILY SCHEDULE

7:00-10:00 TOAST & COFFEE
9:45-10:15 EXERCISE
10:15-10:45 FUN & GAMES

10:45-11:15 DISCUSSION
11:30-1:00 LUNCH / RELAXATION / WALKING PROGRAM
1:00 INFORMATIVE / ENTERTAINING PROGRAM
1:45 SNACK

2:00 ACTIVE GAMES
2:50 BRAIN CHALLENGE
2:45-5:00 DISMISSAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:30 Activity Choices 1 1:00 Real (Funny) Signs 1:45 Snack 2:00 Bocce Ball 2:45 Rockwell What's Missing	9:30 Activity Choices 2 9:45 Book Club 1:00 Harvest Day 1:45 Snack 2:00 Ring on Green 2:45 True / False	9:30 Activity Choices 3 1:00 World Wildlife Day 1:45 Snack 2:00 ADS COUNCIL 2:20 Lawn Darts 2:45 Cranium Crunchers	9:30 Activity Choices 4 1:00 Labor Day Specials 1:45 Snack 2:00 Bucket Toss 2:45 Words in Round
CLOSED ~FOR LABOR DAY~	9:30 Activity Choices 8 1:00 60's TV 1:50 Snack 2:00 Corn Hole 2:45 Smart As...	9:30 Activity Choices 9 9:45 Book Club 1:00 Nine, Nine, Nine 1:50 Tail = Gating 2:45 Name 5	9:30 Activity Choices 10 1:00 Monarchs – Lisa Sanchez 1:45 Snack 2:00 Skee Ball 2:45 Wheel of Fortune	9:30 Activity Choices 11 1:00 Hey, Honey 1:45 Snack 2:00 Horse Shoes 2:45 Horse Race Hoe Down
9:30 Activity Choices 14 1:00 Hershey Fame & Failure 1:45 Snack 2:00 Ladder Golf 2:45 Word Ladders	9:30 Activity Choices 15 1:00 Lighthouse Lore 1:45 Snack 2:00 Ring it to Win it 2:45 Family Feud	9:30 Activity Choices 16 9:45 Book Club 1:00 Word Game Wednesday 1:45 Snack 2:00 Splat 2:45 Penny Ante	9:30 Activity Choices 17 1:00 Apple Dumplings 1:45 Snack 2:00 Bowling 2:45 Scattergories	9:30 Activity Choices 18 1:00 Tradesman Day 1:45 Snack 2:00 Tic Tac Throw 2:45 Scrabble Scramble
9:30 Activity Choices 21 1:00 Tigers and Koalas 1:45 Snack 2:00 Ring on Green 2:45 Concentration / Wordies ADULT DAY SERVICE WEEK BEGINS	9:30 Activity Choices 22 1:00 Sign Language 1:45 Snack 2:00 Splat 2:45 Tic Tac Know	9:30 Activity Choices 23 9:45 Book Club 1:00 Price is Right 1:45 Snack 2:00 Frisbee Throw 2:45 20 Questions	9:30 Activity Choices 24 1:00 One Hit Wonders! 1:45 Snack 2:00 Golf Shot 2:45 Brain Teasers	9:30 Activity Choices 25 1:00 Under the Sea ...Pacific 1:45 Snack 2:00 Washer Toss 2:45 Boggle
9:30 Activity Choices 28 1:00 Have a Hobby??? 1:45 Snack 2:00 Lawn Darts 2:45 Spill and Spell	9:30 Activity Choices 29 1:00 BINGO 1:45 Snack 2:00 Bocce 2:45 Stately Knowledge	9:30 Activity Choices 30 9:45 Book Club 1:00 Movie Day 1:45 Snack 2:00 Bowling 2:45 You be the Judge	 	

EDEN WEST ADULT DAY SERVICES MENU

SEPTEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Tossed Salad 1 Roast Beef Parslied Potatoes Sugar Snap Peas Whole Wheat Bread Sliced Strawberries Milk	Mozzarella Tomato Salad 2 Lemon Herb Cod Baked Potato Roast Butternut Squash Whole Wheat Bread Fresh Fruit Cup Milk	Minted Fruit Salad 3 Roast Turkey Classic Bread Stuffing Fresh Vegetable Medley Whole Wheat Bread Honeydew & Cantaloupe Milk	Cucumber Salad 4 Grilled Chicken Breast Herbed Noodles Steamed Fresh Broccoli Wheat Dinner Roll Diced Apples Milk
<b style="color: red;">CLOSED ~FOR LABOR DAY~	Tossed Salad w/ 8 Lo Sod. Strawberry Vinaigrette Lemon Herb Tilapia Baked Sweet Potato Sliced Beets Whole Wheat Bread Cubed Pineapple / Milk	Green Salad 9 Sweet & Sour Pork Basmati Rice Broccoli Whole Wheat Bread Fresh Fruit Cup Milk	Tossed Salad 10 Sliced Beef Eye Round Mashed Potatoes Sauteed Mushrooms Whole Wheat Bread Fresh Fruit Platter Milk	Caesar Salad 11 Caesar Dressing Lemon Pepper Shrimp Buttered Bowtie Fresh Cauliflower Whole Wheat Bread Fresh Fruit Cup / Milk
Small Garden Salad 14 Baked Pork Chop Mashed Potatoes Chopped Spinach Whole Wheat Bread Cubed Pineapple Milk	Spinach Side Salad w/ 15 Fat Free Raspberry Dressing Braised Beef Tips Mashed Potatoes Fresh Green Beans Whole Wheat Dinner Roll Blueberries Milk	Caesar Salad 16 Roast Turkey Mashed Potatoes Steamed Carrots Whole Wheat Bread Fresh Fruit Cup Milk	Golden Beets 17 Poached Salmon w/ Mango Salsa Herbed Rice Pilaf Roasted Yellow Squash Whole Wheat Dinner Roll Strawberries Milk	Lettuce Wedge 18 Herb Chicken Baked Potatoes Sliced Beets Whole Wheat Bread Sliced Peaches Milk
Small Garden Salad 21 Greek Yogurt Ranch Ranch Chicken Fingerling Potatoes Steamed Carrots Whole Wheat Bread Fresh Fruit Cup Milk	Garden Green Salad w/ 22 Lo Sod. Strawberry Vinaigrette Grilled Salmon Brown Rice California Vegetables Whole Wheat Bread Fresh Fruit Platter Milk	Ambrosia Salad w/ Coconut 23 Chicken Breast Dijon Baked Sweet Potato Summer Vegetable Ratatouille Whole Wheat Bread Diced Peaches Milk	Small Garden Salad w/ 24 Lo Sod. Lemon Parsley Vinaigrette Baked Tilapia Mac and Cheese Stewed Tomatoes Whole Wheat Bread Fresh Fruit Cup Milk	Cucumber Salad 25 Blacked Chicken Breast Mashed Potatoes Roasted Vegetables Whole Wheat Bread Apple Slices Milk
Green Salad 28 Salmon Cakes Brown Rice Julienne Vegetables Whole Wheat Bread Blueberries Milk	Tossed Salad w/ 29 Ranch Dressing Roast Beef Parslied Potatoes Sugar Snap Peas Whole Wheat Bread Sliced Strawberries Milk	Mozzarella Tomato Salad 30 Lemon Herb Cod Baked Potato Roast Butternut Squash Whole Wheat Bread Fresh Fruit Cup Milk		