

OCTOBER 2020

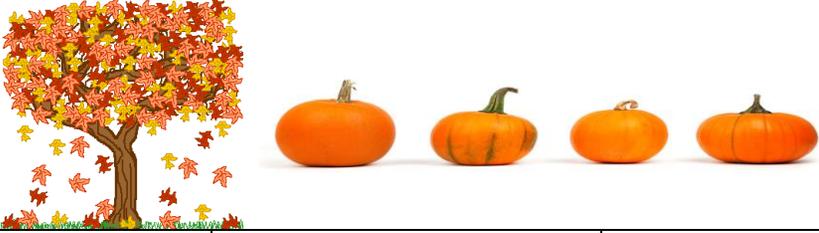
LANDIS ADULT DAY SERVICES
EDEN WEST CALENDAR OF EVENTS

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 |
|---|--|---|--|---|
|  | | | 1 8:30 Personal Choice Activities 1:00 OWLS! Lisa Sanchez 1:45 Snack 2:00 Washer Toss 2:45 Bubble Talk | 2 9:30 Personal Choice Activities 1:00 Peanuts Cartoon... 1:45 Snack 2:00 Peanut Toss 2:45 Concentration |
| 5 8:30 Personal Choice Activities 1:00 James Herriot / Stories 1:45 Snack 2:00 Tic Tax Win 2:45 Boggle | 6 8:30 Personal Choice Activities 1:00 Golden Arches and More 1:45 Snack 2:00 Splat 2:45 Tic Tax Know | 7 8:30 Personal Choice Activities 9:45 Book Club 1:00 Chapel – Donna Becker 1:45 Snack 2:00 Lawn Darts 2:45 Over and Under | 8 8:30 Personal Choice Activities 1:00 Watch the Clock! 1:45 Snack 2:00 Bowling 2:45 True or False | 9 8:30 Personal Choice Activities 1:00 World Egg Day 1:45 Snack 2:00 Ring on Green 2:45 Wheel of Fortune |
| 12 8:30 Personal Choice Activities 1:00 Universal Music Day 1:45 Snack 2:00 Ladder Golf 2:45 20 Questions | 13 8:30 Personal Choice Activities 1:00 National Geo Scavenger 1:45 Snack 2:00 Shuffle Golf 2:45 Penny Ante | 14 8:30 Personal Choice Activities 9:45 BOOK CLUB 1:00 Is that “Arthur” again? 1:45 Snack 2:00 Horseshoes 2:45 Horse Race Hoedown | 15 8:30 Personal Choice Activities 1:00 Give a Hoot Bingo! 1:45 Snack 2:00 Carpet Ball 2:45 Cranium Crunchers | 16 8:30 Personal Choice Activities 1:00 Blind and Amazing 1:45 Snack 2:00 Carpet Ball 2:45 Words Around |
| 19 8:30 Personal Choice Activities 1:00 Hollywood Squares 1:45 Snack 2:00 Frisbee Free 2:45 Chain Reaction | 20 8:30 Personal Choice Activities 1:00 Face your Fears 1:45 Snack 2:00 Skee Ball 2:45 Smarter Than | 21 8:30 Personal Choice Activities 9:45 BOOK CLUB 1:00 Cooking with Chris 1:45 Snack 2:00 Putt it 2:45 Picture It | 22 8:30 Personal Choice Activities 1:00 Owl-like Wisdom... 1:45 Snack 2:00 Hoops 2:45 Boggle | 23 8:30 Personal Choice Activities 1:00 Movie 1:45 Snack 2:00 Football Toss 2:45 Puzzler |
| 26 8:30 Personal Choice Activities 1:00 Pumpkin BINGO 1:45 Snack 2:00 Ring on Green 2:45 Family Feud | 27 8:30 Personal Choice Activities 1:00 Pretzel Day 1:45 Snack 2:00 Ladder Golf 2:45 Hangman | 28 BREAKFAST IS SERVED 8:30 Personal Choice Activities 9:45 BOOK CLUB 1:00 Price is Right 1:45 Snack 2:00 Wally Ball 2:45 Word Pop | 29 8:30 Personal Choice Activities 1:00 Is that Oatmeal? 1:45 Snack 2:00 Ring it to Win it! 2:45 Millionaire | 30 8:30 Personal Choice Activities 1:00 Harvest Hoopla 1:45 Snack 2:00 Target 2:45 License ID |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
|  | | | <p>Pickled Beets 1 Grilled Pork Chop Mashed Potatoes Sauteed Zucchini Whole Wheat Roll Cubed Pineapple / Milk</p> | <p>Minted Fruit Salad 2 Lemon Pepper Grilled Salmon Herbed Brown Rice Broccoli Florets Whole Wheat Bread Cubed Honeydew / Milk</p> |
| <p>Green Salad 5 Salisbury Steak Scalloped Potatoes Fresh Green Beans Whole Wheat Bread Cubed Cantaloupe / Milk</p> | <p>Tomato Mozzarella Salad 6 Baked Pork Chop Roasted Fingerling Potatoes Steamed Broccoli & Cauliflower Whole Wheat Bread Diced Apples / Milk</p> | <p>Cucumber Salad 7 Roasted Turkey Breast Mashed Potatoes Baby Lima Beans Whole Wheat Bread Fresh Fruit Cup / Milk</p> | <p>Greek Salad 8 Grilled Chicken Thigh Baked Potatoes Roasted Vegetables Whole Wheat Bread Fresh Fruit Platter / Milk</p> | <p>Small Garden Salad 9 Salmon w/ Dill Sauce Herbed Brown Rice Glazed Carrots Whole Wheat Bread Fresh Fruit Cup / Milk</p> |
| <p>Cucumber Salad 12 Herb Roasted Pork Mashed Potatoes Blanched Fresh Spinach Whole Wheat Bread Fresh Strawberries / Milk</p> | <p>Spinach Side Salad 13 Turkey Meatloaf Baked Sweet Potatoes Yellow Squash w/ Red Onions Whole Wheat Bread Fresh Fruit Cup / Milk</p> | <p>Watermelon Tomato Salad 14 Beef Lasagna Cauliflower and Snow Peas Whole Wheat Bread Diced Apples / Milk</p> | <p>Creamy Broccoli Salad 15 Lemon Herb Cod White Rice Asparagus Whole Wheat Bread Sliced Peaches / Milk</p> | <p>Tossed Salad 16 Braised Beef Tips Egg Noodles Broccoli Whole Wheat Bread Fresh Fruit Cup / Milk</p> |
| <p>Green Salad 19 Homemade Turkey Meatballs Bowtie Pasta Chopped Spinach Whole Wheat Bread Cubed Cantaloupe / Milk</p> | <p>Tomato Mozzarella Salad 20 Citrus Marinated Pork Loin Mashed Potatoes Fresh Asparagus Whole Wheat Bread Diced Apples / Milk</p> | <p>Caesar Salad 21 Braised Beef Parslied Red Potatoes Broccoli Rabe Whole Wheat Bread Fresh Fruit Cup / Milk</p> | <p>Mediterranean Salad 22 Oven Fried Chicken Potato Salad Roasted Beets, Unseasoned Whole Wheat Bread Fresh Fruit Cup / Milk</p> | <p>Garden Green Salad 23 Asian Style Salmon Rice Noodles Mixed Vegetable Giardiniera Whole Wheat Bread Fresh Fruit Cup / Milk</p> |
| <p>Tossed Salad 26 Beef Broccoli Stir Fry Roasted Yellow Squash Whole Wheat Bread Fresh Fruit Cup / Milk</p> | <p>Caesar Salad 27 Boston Baked Cod Garlic Rosemary Potatoes Steamed Carrots Whole Wheat Bread Sliced Strawberries / Milk</p> | <p>Tomato Cucumber Salad 28 Grilled Flank Steak Buttered Bowtie Fresh Green Beans Whole Wheat Bread Fresh Fruit Cup / Milk</p> | <p>Pickled Beets 29 Grilled Pork Chop Mashed Potatoes Sauteed Zucchini Whole Wheat Roll Cubed Pineapple / Milk</p> | <p>Minted Fruit Salad 30 Lemon Pepper Grilled Salmon Herbed Brown Rice Broccoli Floret Whole Wheat Bread Cubed Honeydew / Milk</p> |