




**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
	<b>9:30</b> Main Room Games 1 <b>1:00</b> A.D.A. Day <b>1:45</b> SNACK <b>2:00</b> Carpet Ball <b>2:45</b> Name that Tune	<b>9:45</b> Main Room Games 2 <b>1:00</b> Difference: Model T or A <b>1:45</b> SNACK <b>2:00</b> Ladder Golf <b>2:45</b> Millionaire	<b>9:30</b> Main Room Games 3 <b>1:00</b> Cookie Cooking <b>1:45</b> SNACK <b>2:00</b> Target Ball <b>2:45</b> Over / Under	<b>9:30</b> Main Room Games 4 <b>1:00</b> Disney Dabbling <b>1:45</b> SNACK <b>2:00</b> Washer Toss <b>2:45</b> Family Feud
<b>9:30</b> Main Room Games 7 <b>1:00</b> Musical Interlude <b>1:45</b> SNACK <b>2:00</b> Horseshoes <b>2:45</b> Clichés	<b>9:30</b> Main Room Games 8 <b>1:00</b> Man on the Moon <b>1:45</b> SNACK <b>2:00</b> Ring on Green <b>2:45</b> Who Am I?	<b>9:45</b> Main Room Games 9 <b>1:00</b> Christmas Crafting <b>1:45</b> SNACK <b>2:00</b> Frisbee Throw <b>2:45</b> Mad Gab	<b>9:30</b> Main Room Games 10 <b>1:00</b> Toys of Yesteryear <b>1:45</b> SNACK <b>2:00</b> ADS Council <b>2:30</b> Bucket Toss <b>2:45</b> Finish the Lyric	<b>9:30</b> Main Room Games 11 <b>1:00</b> International Mountains <b>1:45</b> SNACK <b>2:00</b> Skee Ball <b>2:45</b> Spill and Spell
<b>9:30</b> Main Room Games 14 <b>1:00</b> Laughing with Dick Van Dyke <b>1:45</b> SNACK <b>2:00</b> Ring it to Win it! <b>2:45</b> True or False	<b>9:30</b> Main Room Games 15 <b>1:00</b> Seasonal Goodies <b>1:45</b> SNACK <b>2:00</b> Tic Tac Win <b>2:45</b> Hangman	<b>9:45</b> Main Room Games 16 <b>1:00</b> TRADITION!! <b>1:45</b> SNACK <b>2:00</b> Carpet Ball <b>2:45</b> Smart as a....	<b>9:30</b> Main Room Games 17 <b>1:00</b> Wildlife Moment <b>1:45</b> SNACK <b>2:00</b> Golf Shot <b>2:45</b> Wordies/ Concentration	<b>9:30</b> Main Room Games 18 <b>1:00</b> Happy Birthday ~ Basketball <b>1:45</b> SNACK <b>2:00</b> Hoops <b>2:45</b> Name 5
<b>9:30</b> Main Room Games 21 <b>1:00</b> A Child's Christmas... <b>1:45</b> SNACK <b>2:00</b> Bowling <b>2:45</b> Cranium Crunchers	<b>9:30</b> Main Room Games 22 <b>1:00</b> Music for the Season <b>1:45</b> SNACK <b>2:00</b> Target Toss <b>2:45</b> Twenty Questions	<b>9:45</b> Main Room Games 23 <b>1:00</b> Christmas BINGO!! <b>1:45</b> SNACK <b>2:00</b> Lawn Darts <b>2:45</b> Tic Tac Know	<b>9:30</b> Main Room Games 24 <b>1:00</b> Christmas Celebration <b>1:45</b> SNACK <b>2:00</b> Candy Cane Toss <b>2:45</b> Christmas Carol Puzzle	
<b>9:30</b> Main Room Games 28 <b>1:00</b> Movie Day <b>1:45</b> SNACK <b>2:00</b> Ladder Golf <b>2:45</b> Boggle	<b>9:30</b> Main Room Games 29 <b>1:00</b> Where Am I? <b>1:45</b> SNACK <b>2:00</b> Skee Ball <b>2:45</b> Blurt	<b>~Breakfast is Served~</b> 30 <b>9:45</b> Main Room Games <b>1:00</b> Bacon Day <b>1:45</b> SNACK <b>2:00</b> Toss the Pigs/ Frogs <b>2:45</b> Penny Ante	<b>9:30</b> Main Room Games 31 <b>1:00</b> What a Year!!! ~ 2020 Ends <b>1:45</b> SNACK <b>2:00</b> Ring on Green <b>2:45</b> Words in a Round	 <b>1</b>

**DECEMBER 2020**

**EDEN WEST Landis Adult Day Services MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Tomato Mozzarella Salad 1 Baked Pork Chop Roasted Fingerling Potatoes Steamed Broccoli & Cauliflower Whole Wheat Bread Diced Apples / Milk	Cucumber Salad 2 Roasted Turkey Breast Mashed Potatoes Baby Lima Beans Whole Wheat Bread Fresh Fruit Cup / Milk	Greek Salad 3 Grilled Chicken Thigh Baked Potatoes Roasted Vegetables Whole Wheat Bread Fresh Fruit Platter / Milk	Small Garden Salad 4 Salmon w/ Dill Sauce Herbed Brown Rice Glazed Carrots Whole Wheat Bread Fresh Fruit Cup / Milk
Cucumber Salad 7 Herbed Roast Pork Mashed Potatoes Blanched Fresh Spinach Whole Wheat Bread Fresh Strawberries / Milk	Spinach Side Salad 8 Turkey Meatloaf Baked Sweet Potatoes Yellow Squash w/ Red Onions Whole Wheat Bread Fresh Fruit Cup / Milk	Watermelon Tomato Salad 9 Beef Lasagna Cauliflower & Snow Peas Whole Wheat Bread Diced Apples Milk	Creamy Broccoli Salad 10 Lemon Herbed Cod White Rice Asparagus Whole Wheat Bread Sliced Peaches / Milk	Tossed Salad 11 Braised Beef Tips Egg Noodles Broccoli Whole Wheat Bread Fresh Fruit Cup / Milk
Green Salad 14 Homemade Turkey Meatballs Bowtie Pasta Chopped Spinach Whole Wheat Bread Cubed Cantaloupe Milk	Tomato Mozzarella Salad 15 Citrus Marinated Pork Loin Mashed Potatoes Fresh Asparagus Whole Wheat Bread Diced Apples Milk	Caesar Salad 16 Braised Beef Parslied Red Potatoes Broccoli Rabe Whole Wheat Bread Fresh Fruit Cup Milk	Mediterranean Salad 17 Oven Fried Chicken Potato Salad Roasted Beets Whole Wheat Bread Fresh Fruit Cup Milk	Garden Green Salad 18 Asian Style Salmon Rice Noodles Mixed Vegetable Giardiniera Whole Wheat Bread Fresh Fruit Cup Milk
Tossed Salad 21 Beef Broccoli Stir Fry Roasted Yellow Squash Whole Wheat Bread Fresh Fruit Cup Milk	Caesar Salad 22 Boston Baked Cod Garlic Rosemary Potatoes Steamed Carrots Whole Wheat Bread Sliced Strawberries Milk	Tomato Cucumber Salad 23 Grilled Flank Steak Buttered Bowtie Fresh Green Beans Whole Wheat Bread Fresh Fruit Cup Milk	Pickled Beets 24 Grilled Pork Chop Mashed Potatoes Sauteed Zucchini Whole Wheat Bread Cubed Pineapple Milk	
Green Salad 28 Salisbury Steak Scalloped Potatoes Fresh Green Beans Whole Wheat Bread Cubed Cantaloupe Milk	Tomato Mozzarella Salad 29 Baked Pork Chop Roasted Fingerling Potatoes Steamed Broccoli & Cauliflower Whole Wheat Bread Diced Apples Milk	Cucumber Salad 30 Roasted Turkey Breast Mashed Potatoes Baby Lima Beans Whole Wheat Bread Fresh Fruit Cup Milk	Greek Salad 31 Grilled Chicken Thigh Baked Potato Roasted Vegetables Whole Wheat Bread Fresh Fruit Platter Milk	<p style="text-align: center;"><i>Happy New Year's Day!</i></p>