





















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

2:00 Active Games
 2:50 Brain Challenge
 2:45-5:00 Dismissal

 **A January addition to the calendar. If we are not together, you can laugh (or groan) with the joke of the day!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 Games in Main 4 1:00 Bringing in the Year 1:45 Snack 2:00 Ladder Golf  I made a belt out of watches once...it was a waist of time.	9:30 Games in Main 5 1:00 MOVIE DAY 1:45 Snack 2:00 Tic Tac Win  Why do trees seem suspicious on a sunny day? ...they are just a bit shady.	9:45 Book Club 6 1:00 Romeo / Juliettes 1:45 Snack 2:00 Carpet Ball  If at first you don't succeed..... skydiving is not for you.	9:30 Games in Main 7 1:00 FDR 1:45 Snack 2:00 X Box Bowling  A Book just fell on my head...I only have my shelf to blame.	9:30 Games in Main 8 1:00 Funny Friday 1:45 Snack 2:00 Ring on Green  When one door closes, another one opens...other than that, it's a pretty good car.
9:30 Games in Main 11 1:00 Name that Tune BINGO 1:45 Snack 2:00 Horseshoes  Why can't your nose be 12 inches long?....because then it would be a foot.	9:30 Games in Main 12 1:00 Wildlife Reveals 1:45 Snack 2:00 Ring it to Win it  What did the mountain climber name his son? Cliff.	9:45 Book Club 13 1:00 National Geo Scavenger 1:45 Snack 2:00 Skeeball  Whiteboards.....are remarkable.	9:30 Games in Main 14 1:00 Chris Cooks 1:45 Snack 2:00 Washer Toss  What do you call corn that joins the army.... kernel.	9:30 Games in Main 15 1:00 Deep Winter Jukebox 1:45 Snack 2:00 Target Ball  Why do bears have hairy coats?fur protection.
9:30 Games in Main 18 1:00 Traveling - Germany 1:45 Snack 2:00 Splat  What do you get when you cross a bee and a sheep?.....a bah-humbug.	9:30 Games in Main 19 1:00 Traveling - Spain 1:45 Snack 2:00 Ladder Golf  Don't trust atoms..... They make up everything.	9:45 Book Club 20 1:00 Traveling - Italy 1:45 Snack 2:00 Lawn Darts  I was wondering why the Frisbee was getting bigger.....then it hit me.	9:30 Games in Main 21 1:00 Traveling -Western USA 1:45 Snack 2:00 Bucket Ball  What do you call a dad that has fallen through the ice.....a popsicle.	9:30 Games in Main 22 1:00 Traveling - Eastern USA 1:45 Snack 2:00 Football Toss  Bad at golf? Join the club.
9:30 Games in Main 25 1:00 Healthy Eating 1:45 Snack 2:00 X Box Bowling  Dad, I'm cold!..... Go stand in the corner - I hear it's 90 degrees.	9:30 Games in Main 26 1:00 Healthy Choices for Health Issues 1:45 Snack 2:00 Putt Tic Tac Toe  Why do choirs keep buckets handy?So they can carry their tune.	9:45 Book Club 27 1:00 Nature Calls 1:45 Snack 2:00 Ring on Green  The rotation of the earth...really makes my day.	9:30 Games in Main 28 1:00 Price is Right 1:45 Snack 2:00 Carpet Ball  What do you get when you cross a rabbit with a water hose?.....Hare spray.	9:30 Games in Main 29 1:00 Classic TV Moments 1:45 Snack 2:00 Hoops  I knew a guy who collected candy canes....they were all in mint condition.

JANUARY 2021**EDEN WEST ADULT DAY SERVICES MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Garden Green Salad 4 Pork in Marinade Baked Sweet Potato Fresh Asparagus Whole Wheat Bread Fresh Fruit Cup Milk	Cucumber Salad 5 Roasted Chicken Breast Basmati Rice Blanched Broccoli Whole Wheat Baquette Honeydew Milk	Lettuce Wedge 6 German Pot Roast Mashed Potatoes Brussels Sprouts Whole Wheat Bread Green Seedless Grapes Milk	Soft Sliced Tomato Salad 7 Cauliflower Blended Turkey Meatballs Whole Grain Penne SR Steamed Carrots Whole Wheat Bread Fresh Fruit Cup Milk	Garden Green Salad 8 Salmon, Mango Sweet Chili Sauce Rice Noodles Julienne Zucchini Whole Wheat Bread Peach Milk
Spinach Salad 11 w/Strawberries Ham Potato Wedges French Green Beans Wheat Roll Fresh Fruit Cup Milk	Marinated Zucchini Salad 12 Sliced Turkey Breast Apple Sage Stuffing Seasoned Spinach Whole Wheat Bread Cubed Pineapple Milk	Garden Salad 13 Braised Beef Tips Oven Roasted Potatoes Sautéed Mushrooms Whole Wheat Bread Fresh Strawberries Milk	Chipotle Carrot Salad 14 Grilled Chicken Smashed Potato w/Leeks Green Peas Whole Wheat Bread Fresh Fruit Cup Milk	Garden Green Salad 15 Pesto Crusted Cod Steamed Brown Rice Carrots and Squash Whole Wheat Bread Cantaloupe Milk
Caesar Salad 18 Turkey Meatloaf Baked Sweet Potatoes Steamed Broccoli Florets Whole Wheat Bread Chopped Fine Honeydew Milk	Green Salad 19 Citrus Marinated Pork Loin Potato Salad Seasoned Cabbage Whole Wheat Bread Mixed Fruit Cup Milk	Pickled Beets 20 Ginger and Lemon Grilled Chicken Herbed Brown Rice Sautéed Vegetable Medley Whole Wheat Bread Fresh Fruit Cup Milk	Spinach Salad 21 Grilled Flank Steak Mashed Potatoes Carrots and Turnips Whole Wheat Bread Red Seedless Grapes Milk	Coleslaw 22 Grilled Salmon Parslied Potatoes Spaghetti Squash Whole Wheat Bread Diced Bartlett Pear Milk
Tomato Mozzarella 25 Salad Macaroni Beef Casserole Roasted Butternut Squash Whole Wheat Bread Fresh Fruit Cup Milk	Small Garden Salad 26 Pesto Grilled Chicken Egg Noodles Grilled Zucchini Wedges Whole Wheat Bread Sliced Strawberries Milk	Asian Coleslaw 27 Soy Marinated Pork Tenderloin Baked Sweet Potatoes Roasted Green Beans w/ Garlic Wheat Dinner Roll Cubed Cantaloupe Milk	Green Salad 28 Thyme and Garlic Roasted Turkey Mushroom Risotto Lima Beans Whole Wheat Bread Chopped Fine Honeydew Milk	Dilled Cucumber Salad 29 Sesame Crusted Pollock Wild Rice Medley Cauliflower and Snow Peas Whole Wheat Bread Fresh Fruit Cup Milk