




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 Main Room Games 5 1:00 Golden Rule..Does it Work? -String Quartet 2:00 Snack 2:15 Ladder Golf 2:45 Wheel of Fortune	9:30 Main Room Games 6 1:00 Scotland, its Stories and Lore 2:00 Snack 2:15 Bucket Ball 2:45 Wheel of Fortune	9:30 Main Room Games 7 1:00 Health the World Over 2:00 Snack 2:15 Splat 2:45 Chain Reaction	9:30 Book Club 1 1:00 Can We Fool You? 1:30 Easter Remembrance 1:50 Snack 2:00 Carpet Ball 2:45 Easter Puzzler	CLOSED – GOOD FRIDAY 2
9:30 Main Room Games 12 1:00 Alfred Butts / Scrabble 2:00 Snack 2:15 Tic Tac Throw 2:45 Tic Tac Know	9:30 Main Room Games 13 1:00 Children’s Day 2:00 Snack 2:15 Ring it to Win it 2:45 Are you Smarter Than....	9:30 Main Room Games 14 1:00 Cook off! Bring Your Best Whoopie Pie Recipe! 2:00 Snack 2:15 Skee Ball 2:45 Know it or NOT	9:30 Book Club 15 1:00 Price is Right 1:45 Snack 2:00 Chuck it! 2:45 Scattergories	9:30 Main Room Games 16 1:00 Growing Stuff! 1:45 Snack 2:00 Tic Tac Putt 2:45 Pictionary
9:30 Main Room Games 19 1:00 Your Hit Parade (Name that Tune) 2:00 Snack 2:15 Target Ball 2:45 Word Association	9:30 Main Room Games 20 1:00 Look Alike Day 2:00 Snack 2:15 Horse Shoes 2:45 Jeopardy	9:30 Main Room Games 21 1:00 Earth Day 1:45 Snack 2:00 Carpet Ball 2:45 Concentration / Wordies	9:30 Main Room Games 22 1:00 Healthy Humor 2:00 Snack 2:15 Bocce 2:45 Word Miner	9:30 Main Room Games 23 1:00 How was Rome Built? 1:45 Snack 2:00 Swatter Ball 2:45 Hangman
9:30 Main Room Games 26 1:00 Inventions of the Future 1:45 Snack 2:00 Bowling 2:45 Stare!	9:30 Main Room Games 27 1:00 Wright Bros – Away We go! 2:00 Snack 2:30 Famous Faces 2:45 Brainiac Plus	9:30 Main Room Games 28 1:00 BINGO 1:45 Snack 2:00 Frisbee Free Throw 2:45 Oodles and Buzzword	BREAKFAST IS SERVED 29 9:30 Main Room Games 10:00-1:00 MOVIE 2:00 Snack 2:15 Ladder Golf 2:45 Believe it or Not?	9:30 Main Room Games 30 1:00 Spring Auction Day 1:45 Snack 2:00 Toss Up 2:45 Brainiac

APRIL 2021

EDEN WEST ADULT DAY SERVICES MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Soft Sliced Tomato Salad 1 Cauliflower Blended Turkey Meatballs Whole Grain Penne SR Steamed Carrots Bread / Fresh Fruit Cup Milk	CLOSED – GOOD FRIDAY 2 
Spinach Salad w/ Strawberries 5 Ham Potato Wedges French Green Beans Roll / Fresh Fruit Cup Milk	Marinated Zucchini Salad 6 Sliced Turkey Breast Apple Sage Stuffing Seasoned Spinach Whole Wheat Bread Cubed Pineapple Milk	Garden Salad 7 Braised Beef Tips Oven Roasted Potatoes Sautéed Mushrooms Whole Wheat Bread Fresh Strawberries Milk	Chipotle Carrot Salad 8 Grilled Chicken Smashed Potato w/Leeks Green Peas Whole Wheat Bread Fresh Fruit Cup Milk	Garden Green Salad 9 Pesto Crusted Cod Steamed Brown Rice Carrots and Squash Whole Wheat Bread Cantaloupe Milk
Caesar Salad 12 Turkey Meatloaf Baked Sweet Potatoes Steamed Broccoli Florets Whole Wheat Bread Chopped fine Honeydew Milk	Green Salad 13 Citrus Marinated Pork Loin Potato Salad Seasoned Cabbage Whole Wheat Bread Mixed Fruit Cup Milk	Pickled Beets 14 Ginger and Lemon Grilled Chicken Herbed Brown Rice Sautéed Vegetable Medley Whole Wheat Bread Fresh Fruit Cup / Milk	Spinach Salad 15 Grilled Flank Steak Mashed Potatoes Carrots and Turnips Whole Wheat Bread Red Seedless Grapes Milk	Coleslaw 16 Grilled Salmon Parslied Potatoes Spaghetti Squash Whole Wheat Bread Diced Bartlett Pear Milk
Tomato Mozzarella Salad 19 Macaroni Beef Casserole Roasted Butternut Squash Whole Wheat Bread Fresh Fruit Cup Milk	Small Garden Salad 20 Pesto Grilled Chicken Egg Noodles Grilled Zucchini Wedges Whole Wheat Bread Sliced Strawberries Milk	Asian Coleslaw 21 Soy Marinated Pork Tenderloin Baked Sweet Potatoes Roasted Green Beans w/Garlic Dinner Roll Cubed Cantaloupe / Milk	Green Salad 22 Thyme & Garlic Roasted Turkey Mushroom Risotto Lima Beans Whole Wheat Bread Chopped Fine Honeydew Milk	Dilled Cucumber Salad 23 Sesame Crusted Pollock Wild Rice Medley Cauliflower & Snow Peas Whole Wheat Bread Fresh Fruit Cup Milk
Garden Green Salad 26 Pork in Marinade Baked Sweet Potato Fresh Asparagus Whole Wheat Bread Fresh Fruit Cup Milk	Cucumber Salad 27 Roasted Chicken Breast Basmati Rice Blanched Broccoli Whole Wheat Baquette Honeydew Milk	Lettuce Wedge 28 German Pot Roast Mashed Potatoes Brussels Sprouts Whole Wheat Bread Green Seedless Grapes Milk	Soft Sliced Tomato Salad 29 Cauliflower Blended Turkey Meatballs Whole Grain Penne SR Steamed Carrots Bread / Fresh Fruit Cup Milk	Garden Green Salad – No Tomato 30 Salmon - Mango Sweet Chili Sauce Rice Noodles Julienne Zucchini Whole Wheat Bread Peach / Milk