



BASIC DAILY SCHEDULE

7:00-10:00 Toast & Coffee
9:45-10:15 Fun & Games
10:15-10:45 Exercise

10:45-11:15 Discussion
11:30-1:00 Lunch / Relaxation / Trivia
1:00 Informative / Entertaining Program
2:00 Snack

2:15 Active Games
2:50 Brain Challenge
2:45-5:00 Dismissal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 Main Room Games 3 1:00 Dandelion! 2:00 Snack 2:15 Ring on Green 2:45 Scattergories	9:30 Main Room Games 4 1:00 Fire Fighter Hall of Fame 2:00 Snack 2:15 Tic Tac Throw 2:45 Tic Tac Know	9:30 Main Room Games 5 9:30 Crafts / Uno 1:00 Celebrating Nurses! 2:00 Snack 2:15 Bocce Ball 2:45 Wheel of Fortune	9:30 Book Club 6 1:00 Lisa Sanchez Naturalist 2:00 Snack 2:15 Frisbee Toss 2:45 Word Ladders	9:30 Main Room Games 7 1:00 A Mother's Love 2:00 Snack 2:15 Horse Shoes 2:45 Horse Race Hoe Down
9:30 Main Room Games 10 1:00 Wildlife Turtles 2:00 Snack 2:15 Ring it to Win it! 2:45 Boggle	9:30 Main Room Games 11 1:00 Matt Wenger Guitar 2:00 Snack 2:15 Corn Hole 2:45 Picture It?	9:45 Main Room Games 12 1:00 Herbs and Their Uses 2:00 Snack 2:15 Wally Ball 2:45 Pictionary	9:30 Book Club 13 1:00 Romeo / Juliette 2:00 Snack 2:15 Tail Gator 2:45 Bunco	9:30 Main Room Games 14 1:00 Root Beer's Story... 2:00 Snack 2:15 Birdie Toss 2:45 Words Around
9:30 Main Room Games 17 1:00 Transportation Travels 2:00 Snack 2:15 Carpet Ball 2:45 Hangman	9:30 Main Room Games 18 1:00 That's Berry Nice 2:00 Snack 2:15 Pizza Toss 2:45 Myth or Fact?	9:45 Main Room Games 19 1:00 A Day for Slugs 2:00 Snack 2:15 Ladder Golf 2:45 Name 5	9:30 Book Club 20 1:00 Ice Creamed! 2:00 Snack 2:15 Target Ball 2:45 Family Feud	9:30 Main Room Games 21 1:00 Doug LaSalle Saxophone 2:00 Snack 2:15 Washer Toss 2:45 Scrabble Scramble
9:30 Main Room Games 24 1:00 Music in the Moment 2:00 Snack 2:15 Ring Toss 2:45 Millionaire	9:30 Main Room Games 25 1:00 BINGO 2:00 Snack 2:15 Coin Toss 2:45 Wordies	9:45 Main Room Games 26 1:00 Duke's Day 2:00 Snack 2:15 Famous Faces 2:45 Buzzword / Oodles	9:30 Book Club 27 1:00 Cooking with Chris 2:00 Snack 2:15 Hit it! 2:45 Chain Reaction	9:30 Main Room Games 28 1:00 Memorial Day Celebration 2:00 Snack 2:15 Table Pong 2:45 Now You See it, Now You Don't!
<p>31</p>  <p>~ MEMORIAL DAY ~ CENTER is CLOSED</p>				

MAY 2021

EDEN WEST ADULT DAY SERVICES MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spinach Salad w/ Strawberries Ham Potato Wedges French Green Beans Wheat Roll Fresh Fruit Cup / Milk 3	Marinated Zucchini Salad Sliced Turkey Breast Apple Sage Stuffing Seasoned Spinach Whole Wheat Bread Cubed Pineapple Milk 4	Garden Salad Braised Beef Tips Oven Roasted Potatoes Sautéed Mushrooms Whole Wheat Bread Fresh Strawberries Milk 5	Chipotle Carrot Salad Grilled Chicken Smashed Potato w/ Leeks Green Peas Whole Wheat Bread Fresh Fruit Cup Milk 6	Garden Green Salad Pesto Crusted Cod Steamed Brown Rice Carrots and Squash Whole Wheat Bread Cantaloupe Milk 7
Caesar Salad Turkey Meatloaf Baked Sweet Potatoes Steamed Broccoli Florets Whole Wheat Bread Chopped Fine Honeydew Milk 10	Green Salad Citrus Marinated Pork Loin Potato Salad Seasoned Cabbage Whole Wheat Bread Mixed Fruit Cup Milk 11	Pickled Beets Ginger and Lemon Gilled Chicken Herbed Brown Rice Sautéed Vegetable Medley Bread / Fresh Fruit Cup Milk 12	Spinach Salad Grilled Flank Steak Mashed Potatoes Carrots & Turnips Whole Wheat Bread Red Seedless Grapes Milk 13	Coleslaw Grilled Salmon Parslied Potatoes Spaghetti Squash Whole Wheat Bread Diced Bartlett Pear Milk 14
Tomato Mozzarella Salad Macaroni Beef Casserole Roasted Butternut Squash Whole Wheat Bread Fresh Fruit Cup Milk 17	Small Garden Salad Pesto Grilled Chicken Egg Noodles Grilled Zucchini Wedges Whole Wheat Bread Sliced Strawberries Milk 18	Asian Coleslaw Soy Marinated Pork Tenderloin Baked Sweet Potatoes Roasted Green Beans w/Garlic Wheat Dinner Roll Cubed Cantaloupe / Milk 19	Green Salad Thyme and Garlic Roasted Turkey Mushroom Risotto Lima Beans Whole Wheat Bread Chopped Honeydew / Milk 20	Dilled Cucumber Salad Sesame Crusted Pollock Wild Rice Medley Cauliflower & Snow Peas Whole Wheat Bread Fresh Fruit Cup Milk 21
Garden Green Salad Pork in Marinade Baked Sweet Potato Fresh Asparagus Whole Wheat Bread Fresh Fruit Cup Milk 24	Cucumber Salad Roasted Chicken Breast Basmati Rice Blanched Broccoli Whole Wheat Baguette Honeydew Milk 25	Lettuce Wedge German Pot Roast Mashed Potatoes Brussels Sprouts Whole Wheat Bread Green Seedless Grapes Milk 26	Soft Sliced Tomato Salad Cauliflower Blended Turkey Meatballs Whole Grain Penne SR Steamed Carrots Whole Wheat Bread Milk 27	Garden Green Salad – -No Tomato Salmon Mango Sweet Chili Sauce Rice Noodles Julienne Zucchini / Bread Peach / Milk 28
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