




**BASIC DAILY SCHEDULE**

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

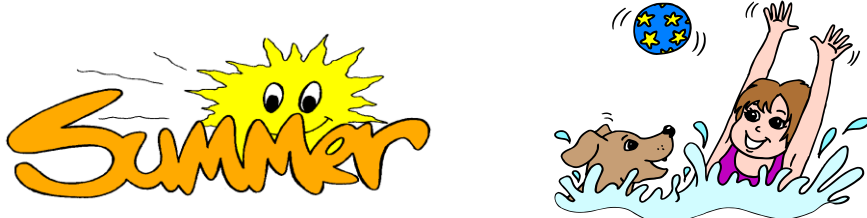

**10:45-11:15** Discussion  
**11:30-1:00** Lunch / Relaxation / Walking Program  
**1:00** Informative / Entertaining Program  
**1:45** Snack

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>9:45</b> Main Room Games 1 <b>1:00</b> Hot Dogs – Amazing Journey <b>1:45</b> Snack <b>2:00</b> ADS COUNCIL Lawn Darts <b>2:45</b> Name 4	<b>9:45</b> Main Room Games 2 <b>1:00</b> July 4 Hoopla <b>1:45</b> Snack <b>2:00</b> Knock Them <b>2:45</b> Myth Busters
 <b>5</b>	<b>9:45</b> Main Room Games 6 <b>1:00</b> State of Hawaii <b>1:45</b> Snack <b>2:00</b> Carpet Ball <b>2:45</b> Chain Reaction	<b>9:45</b> Main Room Games 7 <b>1:00</b> Beans! <b>1:45</b> Snack <b>2:15</b> Book Club <b>2:45</b> Cliché Clash	<b>9:45</b> Main Room Games 8 <b>1:00</b> Lisa Sanchez – Weather Predictors <b>1:45</b> Snack <b>2:00</b> Skee Ball <b>2:45</b> License Plate ID	<b>9:45</b> Main Room Games 9 <b>1:00</b> Motorcycles... <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 12 <b>1:00</b> Summer Songs Day <b>1:45</b> Snack <b>2:00</b> Ladder Golf <b>2:45</b> Word Ladders	<b>9:45</b> Main Room Games 13 <b>1:00</b> Ladybug/Lightning Bug <b>1:45</b> Snack <b>2:00</b> Horseshoes <b>2:45</b> Wheel of Fortune	<b>9:45</b> Main Room Games 14 <b>1:00</b> Barns Abound <b>1:45</b> Snack <b>2:15</b> Book Club <b>2:45</b> Family Feud	<b>9:45</b> Main Room Games 15 <b>1:00</b> River Dancing (chair) <b>1:45</b> Snack <b>2:00</b> Hoops <b>2:45</b> 21 Questions	<b>9:45</b> Main Room Games 16 <b>1:00</b> Cooking with Chris <b>1:45</b> Snack <b>2:00</b> Corn Hole <b>2:45</b> Scrabble Scramble
<b>9:45</b> Main Room Games 19 <b>1:00</b> National Parks Tour <b>1:45</b> Snack <b>2:00</b> Ring on Green <b>2:45</b> Wordies	<b>9:45</b> Main Room Games 20 <b>1:00</b> Wildlife Moment <b>1:45</b> Snack <b>2:00</b> Splat <b>2:45</b> Tic Tac Know	<b>9:45</b> Main Room Games 21 <b>1:00</b> Chapel <b>1:45</b> Snack <b>2:00</b> Book Club <b>2:45</b> Horse Race Hoe Down	<b>9:45</b> Main Room Games 22 <b>1:00</b> See the USA by Rail <b>1:45</b> Snack <b>2:00</b> Golf Shot <b>2:45</b> Brain Teasers	<b>9:45</b> Main Room Games 23 <b>1:00</b> Summer Olympics <b>1:45</b> Snack <b>2:00</b> Washer Toss <b>2:45</b> Boggle
<b>9:45</b> Main Room Games 26 <b>1:00</b> What's the Meaning <b>1:45</b> Snack <b>2:00</b> Lawn Darts <b>2:45</b> Word in Round	<b>9:45</b> Main Room Games 27 <b>1:00</b> BINGO <b>1:45</b> Snack <b>2:00</b> Noodle Hockey <b>2:45</b> Stately Knowledge	<b>9:45</b> Main Room Games 28 <b>1:00</b> MOVIE DAY (Let's Laugh!) <b>1:45</b> Snack <b>2:00</b> Book Club <b>2:45</b> Target Toss	<b>9:45</b> Main Room Games 29 <b>1:00</b> You're a Peach <b>1:45</b> Snack <b>2:00</b> Carpet Ball <b>2:45</b> Three in Common	<b>9:45</b> Main Room Games 30 <b>1:00</b> Crazy Karaoke <b>1:45</b> Snack <b>2:00</b> Xbox Bowling <b>2:45</b> Word War

**JULY 2021**

**EDEN WEST ADULT DAY SERVICES MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
 <p><b>INDEPENDENCE DAY</b> <b>CENTER IS CLOSED</b></p>	<p>5 Green Salad 6 Citrus Marinated Pork Loin Potato Salad Seasoned Cabbage Whole Wheat Bread Mixed Fruit Cup Milk</p>	<p>7 Pickled Beets 7 Ginger and Lemon Grilled Chicken Herbed Brown Rice Sautéed Vegetable Medley Whole Wheat Bread Fresh Fruit Cup Milk</p>	<p>8 Spinach Salad 8 Grilled Flank Steak Mashed Potatoes Carrots &amp; Turnips Whole Wheat Bread Red Seedless Grapes Milk</p>	<p>9 Coleslaw 9 Grilled Salmon Parslied Potatoes Spaghetti Squash Whole Wheat Bread Diced Bartlett Pear Milk</p>
<p>12 Tomato Mozzarella Salad 12 Macaroni Beef Casserole Roasted Butternut Squash Whole Wheat Bread Fresh Fruit Cup Milk</p>	<p>13 Small Garden Salad 13 Pesto Grilled Chicken Egg Noodles Grilled Zucchini Wedges Whole Wheat Bread Sliced Strawberries Milk</p>	<p>14 Asian Coleslaw 14 Soy Marinated Pork Tenderloin Baked Sweet Potatoes Roasted Green Beans w/Garlic Wheat Dinner Roll Cubed Cantaloupe / Milk</p>	<p>15 Green Salad 15 Thyme &amp; Garlic Roasted Turkey Mushroom Risotto Lima Beans Whole Wheat Bread Chopped Fine Honeydew Milk</p>	<p>16 Dilled Cucumber Salad 16 Sesame Crusted Pollock Wild Rice Medley Cauliflower &amp; Snow Peas Whole Wheat Bread Fresh Fruit Cup Milk</p>
<p>19 Garden Green Salad 19 Pork in Marinade Baked Sweet Potato Fresh Asparagus Whole Wheat Bread Fresh Fruit Cup Milk</p>	<p>20 Cucumber Salad 20 Roasted Chicken Breast Basmati Rice Blanched Broccoli Whole Wheat Baguette Honeydew Milk</p>	<p>21 Lettuce Wedge 21 German Pot Roast Mashed Potatoes Brussels Sprouts Whole Wheat Bread Green Seedless Grapes Milk</p>	<p>22 Soft Sliced Tomato Salad 22 Cauliflower Blended Turkey Meatballs Whole Grain Penne SR Steamed Carrots Whole Wheat Bread Cubed Pineapple / Milk</p>	<p>23 Garden Green Salad 23 Salmon Mango Sweet Chili Sauce Rice Noodles Julienne Zucchini Whole Wheat Bread Peach / Milk</p>
<p>26 Spinach Salad w/ Strawberries 26 Ham Potato Wedges French Green Beans Wheat Roll Fresh Fruit Cup Milk</p>	<p>27 Marinated Zucchini Salad 27 Sliced Turkey Breast Apple Sage Stuffing Seasoned Spinach Whole Wheat Bread Cubed Pineapple Milk</p>	<p>28 Garden Salad 28 Braised Beef Tips Oven Roasted Potatoes Sautéed Mushrooms Whole Wheat Bread Fresh Strawberries Milk</p>	<p>29 Chipotle Carrot Salad 29 Grilled Chicken Smashed Potatoes w/ Leeks Green Peas Whole Wheat Bread Fresh Fruit Cup Milk</p>	<p>30 Garden Green Salad 30 Pesto Crusted Cod Steamed Brown Rice Carrots &amp; Squash Whole Wheat Bread Cantaloupe Milk</p>