



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
		9:45 Book Club 1 1:00 Schools Past & Present 2:00 Snack 2:15 Swat it! 2:45 Are You Smarter Than...	9:30 Main Room Games 2 1:00 How Did We Live Without...? 2:00 Snack 2:15 Bowling 2:45 Spill and Spell	9:30 Main Room Games 3 1:00 Labor Day Celebration 2:00 Snack 2:15 Carpet Ball 2:45 Boggle
<b>CENTER CLOSED 6</b> 	9:30 Main Room Games 7 1:00 Amazing Escape – Frederick Douglas 2:00 Snack 2:15 Ring it to Win it! 2:45 Chain Reaction	9:45 Book Club 8 1:00 Can You Get to the Top 10?!! 2:00 Snack 2:15 Lawn Darts 2:45 Postcard ID	9:30 Main Room Games 9 1:00 Lisa Sanchez Nature 2:00 Snack 2:15 Target Ball 2:45 Puzzling	9:30 GotCha! 10 1:00 My Grandparents Taught Me... 2:00 Snack 2:15 Corn Hole 2:45 Words Around
9:30 Main Room Games 13 1:00 Bridging the Gap 2:00 Snack 2:15 Ladder Golf 2:45 Family Feud	9:30 Bingo 14 1:00 Tickling the Ivories 2:00 Snack 2:15 Tic Tac Win 2:45 Tic Tac Know	9:45 Book Club 15 1:00 Doodle Day 2:00 Snack 2:15 Washer Toss 2:45 Charades	<b>WESTERN DAY! 16</b> <b>Wear Your Hat or Scarf!</b> 9:30 Bingo 1:00 All Things Cowboy 2:00 Snack 2:15 Horseshoes 2:45 Horse Race Hoe Down	9:30 Main Room Games 17 1:00 Lisa's Tunes 2:00 Snack 2:15 Frisbee Chucker 2:45 Word Ladder
<b>ADULT DAY SERVICES WEEK 😊 20</b> 9:30 Main Room Games 1:00 Musical Concert 2:00 Snack 2:15 Wheel of Fortune 2:45 Oxymoron Hilarity	9:30 Bingo 21 1:00 MOVIE DAY - "Mary Poppins" 2:00 Snack 2:15 Carpet Ball 2:45 Pictionary Game	9:45 Book Club 22 1:00 Falling for Fall 2:00 Snack 2:15 Ring on Green 2:45 Cranium Crunchers	9:30 Bingo 23 1:00 Cranberries 2:00 Snack 2:15 Bowling 2:45 Hum and Tell	9:30 Bingo 24 1:00 Hunting and Fishing 2:00 Snack 2:15 Skee Ball 2:45 Picture Problem
9:30 Bingo 27 1:00 Caricature 2:00 Snack 2:15 Carpet Ball 2:45 Pictionary Game	<b>BREAKFAST IS SERVED 28</b> 9:30 Bingo 1:00 Price is Right 2:00 Snack 2:15 Ladder Golf 2:45 Boggle	9:45 Book Club 29 1:00 Wildlife Alligator 2:00 Snack 2:15 Lawn Darts 2:45 License Plate ID	9:30 Main Room Games 30 1:00 National Geo Scavenger Hunt 2:00 Snack 2:15 Frisbee Flop 2:45 Pictionary	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Garden Salad 1 Braised Beef Tips Oven Roasted Potatoes Sautéed Mushrooms Whole Wheat Bread Fresh Strawberries Milk	Chipotle Carrot Salad 2 Grilled Chicken Smashed Potato w/ Leeks Green Peas Whole Wheat Bread Fresh Fruit Cup Milk	Garden Green Salad 3 Pesto Crusted Cod Steamed Brown Rice Carrots and Squash Whole Wheat Bread Cantaloupe Milk
6 <b>CENTER CLOSED</b>  <b>LABOR DAY!</b> 	Green Salad 7 Citrus Marinated Pork Loin Potato Salad Seasoned Cabbage Whole Wheat Bread Mixed Fruit Cup Milk	Pickled Beets 8 Ginger & Lemon Grilled Chicken Herbed Brown Rice Sautéed Vegetable Medley Whole Wheat Bread Fresh Fruit Cup / Milk	Spinach Salad 9 Grilled Flank Steak Mashed Potatoes Carrots and Turnips Whole Wheat Bread Red Seedless Grapes Milk	Coleslaw 10 Grilled Salmon Parslied Potatoes Spaghetti Squash Whole Wheat Bread Diced Bartlett Pear Milk
Tomato Mozzarella Salad 13 Macaroni Beef Casserole Roasted Butternut Squash Whole Wheat Bread Fresh Fruit Cup Milk	Small Garden Salad 14 Pesto Grilled Chicken Egg Noodles Grilled Zucchini Wedges Whole Wheat Bread Sliced Strawberries / Milk	Asian Coleslaw 15 Soy Marinated Pork Tenderloin Baked Sweet Potatoes Roasted Green Beans w/ Garlic Whole Wheat Dinner Roll Cubed Cantaloupe / Milk	Green Salad 16 Thyme and Garlic Roasted Turkey Mushroom Risotto Lima Beans Whole Wheat Bread Chopped Honeydew / Milk	Dilled Cucumber Salad 17 Sesame Crusted Pollock Wild Rice Medley Cauliflower & Snow Peas Whole Wheat Bread Fresh Fruit Cup Milk
Garden Green Salad 20 Pork in Marinade Baked Sweet Potato Fresh Asparagus Whole Wheat Bread Fresh Fruit Cup Milk	Cucumber Salad 21 Roasted Chicken Breast Basmati Rice Blanched Broccoli Whole Wheat Baguette Honeydew Milk	Lettuce Wedge 22 German Pot Roast Mashed Potatoes Brussels Sprouts Whole Wheat Bread Green Seedless Grapes Milk	Soft Sliced Tomato Salad 23 Cauliflower Blended Turkey Meatballs Whole Grain Penne SR Steamed Carrots Whole Wheat Bread Fresh Fruit Cup / Milk	Garden Green Salad 24 Salmon, Mango Sweet Chili Sauce Rice Noodles Julienne Zucchini Whole Wheat Bread Peaches / Milk
Spinach Salad w/ Strawberries 27 Ham Potato Wedges French Green Beans Wheat Roll Fresh Fruit Cup / Milk	Marinated Zucchini Salad 28 Sliced Turkey Breast Apple Sage Stuffing Seasoned Spinach Whole Wheat Bread Cubed Pineapple Milk	Garden Salad 29 Braised Beef Tips Oven Roasted Potatoes Sautéed Mushrooms Whole Wheat Bread Fresh Strawberries Milk	Chipotle Carrot Salad 30 Grilled Chicken Smashed Potato w/ Leeks Green Peas Whole Wheat Bread Fresh Fruit Cup Milk	