







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

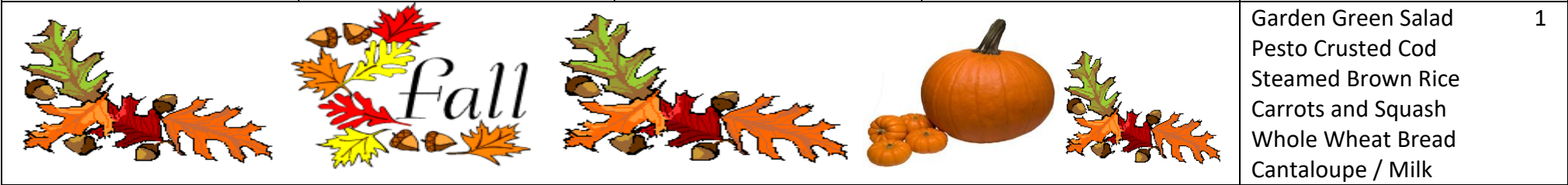
2:15 Active Games
 2:50 Brain Challenge
 2:45-5:00 Dismissal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				9:30 Main Room Games 1 1:00 International Day of Older Adults 2:00 Snack 2:15 Tic Tac Golf 2:45 America Says
9:30 Main Room Games 4 1:00 Wild Life Camouflage 2:00 Snack 2:15 Ring on Green 2:45 Cliché Corner	9:30 Main Room Games 5 1:00 What About the 50's? 2:00 Snack 2:15 Bocce Ball 2:45 Chain Reaction	9:45 Book Club 6 1:00 Thurgood Marshall 2:00 Snack 2:15 Skee Ball 2:45 Boggle Solve	9:30 Main Room Games 7 1:00 Classic TV Moments 2:00 Snack 2:15 Knock Em Down 2:45 Family Feud	9:30 Main Room Games 8 1:00 Tune Tangle... 2:00 Snack 2:15 Carpet Ball 2:45 Zilch
9:30 Main Room Games 11 1:00 Wild America 2:00 Snack 2:15 Horseshoes 2:45 Horse Race Hoe Down	9:30 Main Room Games 12 1:00 Do You Know ARTHUR? 2:00 Snack 2:15 Oh Nuts 2:45 Scattergories	9:45 Book Club 13 1:00 Share a Funny Story** 2:00 Snack 2:15 Corn Hole 2:45 Tic Tac Know	9:30 Xbox Bowling 14 1:00 I Like Ike 2:00 Snack 2:15 Washer Toss 2:45 Who Am I?	9:30 Main Room Games 15 1:00 Who's the Boss? 2:00 Snack 2:15 Lawn Darts 2:45 What do you Think?
9:30 Main Room Games 18 1:00 Music with Lisa 2:00 Snack 2:15 Ring it to Win it! 2:45 Caption It	9:30 Main Room Games 19 1:00 Price is Right: October Ed. 2:00 Snack 2:15 Ladder Golf 2:45 Concentration	9:45 Book Club 20 1:00 Cooking with Chris 2:00 Snack 2:15 Ring Toss 2:45 Cranium Cruncher	9:30 Xbox Bowling 21 1:00 Frogs: Lisa Sanchez 2:00 Snack 2:15 Tic Tac Win 2:45 Spill and Spell	9:30 Main Room Games 22 1:00 MOVIE: <i>Faith Like Potatoes</i> 2:00 Snack 2:15 Frisbee Toss 2:45 True False
9:30 Main Room Games 25 1:00 Sweden 2:00 Snack 2:15 Target Ball 2:45 Penny Ante 	9:30 Main Room Games 26 1:00 Italy 2:00 Snack 2:15 Carpet Ball 2:45 Name 5 	9:45 Book Club 27 1:00 Germany 2:00 Snack 2:15 Birdie Toss 2:45 Wheel of Fortune 	9:30 Main Room Games 28 1:00 Puerto Rico 2:00 Snack 2:15 Ring on Green 2:45 Finish the Line 	9:30 Main Room Games 29 1:00 Harvest Celebration 2:00 Snack 2:15 Pumpkin Bowling 2:45 What do you see? 

****Oct. 13: Bring a funny story about something that happened to you or someone you knew to share. Bring pictures or just the written story.**

OCTOBER 2021

EDEN WEST ADULT DAY SERVICES MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
Spinach Side Salad 4 Roast Turkey Classic Bread Stuffing Steamed Carrots Whole Wheat Bread Fresh Fruit Cup Milk	Chopped Romaine Lettuce 5 Pot Roast Mashed Potatoes Brussel Sprouts Whole Wheat Bread Cantaloupe Wedge Milk	Tossed Salad 6 Cod Picatta Herbed Rice Pilaf Roasted Eggplant Whole Wheat Bread Cubed Pineapple Milk	Cucumber Salad 7 Herb Seasoned Chicken Thigh Baked Potato Spinach w/ Garlic Whole Wheat Bread Green Grapes Milk	Garden Green Salad 1 Pesto Crusted Cod Steamed Brown Rice Carrots and Squash Whole Wheat Bread Cantaloupe / Milk Marinated Tomato Salad 8 Smoked Ham Mashed Sweet Potatoes Green Beans Whole Wheat Bread Fresh Fruit Cup Milk
Carrot Raisin Salad 11 Grilled Chicken Breast Roasted Potatoes Broccoli Whole Wheat Bread Peaches Milk	Green Salad 12 Turkey Meatloaf Smashed Potatoes w/ Leeks Roasted Zucchini Whole Wheat Bread Fresh Fruit Cup Milk	Broccoli Salad 13 Roast Pork Loin Baked Sweet Potato Steamed Cabbage Whole Wheat Bread Apple Slices Milk	Garden Salad 14 Baked Pollock Buttered Orzo Green Peas Whole Wheat Bread Cubed Honeydew Milk	Beets, Greens & Kale 15 Sliced Top Round Beef Parslied Potatoes Sauteed Mushrooms Whole Wheat Bread Fresh Fruit Cup Milk
Tossed Salad 18 Glazed Ham Mashed Sweet Potatoes Green Beans Whole Wheat Bread Fresh Fruit Cup Milk	Lettuce Wedge 19 Baked Cod with Thyme Brown Rice Broccoli w/ Garlic Sauce Whole Wheat Bread Cubed Pineapple Milk	Marinated Zucchini Salad 20 Baked Chicken Roasted Fingerling Potatoes Roasted Cauliflower Wheat Dinner Roll Green Grapes Milk	Side Spinach Salad 21 Beef Burgundy Buttered Bowties Red Peppers & Snow Peas Whole Wheat Bread Fresh Fruit Cup Milk	Green Salad 22 Stuffed Shells Meat Sauce California Blend Vegetables Whole Wheat Bread Sliced Strawberries Milk
Broccoli & Cauliflower Salad 25 Grilled Chicken Baked Sweet Potato Asparagus Whole Wheat Bread Fresh Fruit Cup / Milk Milk	Garden Salad 26 Pulled Pork Baked Beans Braised Red Cabbage Whole Wheat Baguette Honeydew Milk	Tossed Salad 27 Stuffed Cabbage Mashed Potatoes Green Beans & Garlic Whole Wheat Bread Green Seedless Grapes Milk	Glazed Beets 28 Thyme & Garlic Roasted Turkey Smashed Potatoes w/ Leeks Baby Carrots Whole Wheat Bread Fresh Fruit Cup / Milk Milk	Salad Greens 29 Pesto Crusted Pollock Basmati Rice California Blend Vegetables Whole Wheat Bread Peach Milk