

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 Main Room Games 1 1:00 Saints... 2:00 Snack 2:15 Ring it to Win it 2:45 Change One	9:45 Main Room Games 2 1:00 Classic TV 2:00 Snack 2:15 Carpet Ball 2:45 Lawn Darts	9:45 Book Club 3 1:00 Romeos and Juliettes 2:00 Snack 2:15 Ladder Golf 2:45 "Spel It"	9:45 Main Room Games 4 1:00 Cronkite News 2:00 Snack 2:15 Tumbler 2:45 Guess Who??	9:45 Main Room Games 5 1:00 American Bison 2:00 Snack 2:15 Horse Shoes 2:45 Horse Race
9:45 Main Room Games 8 1:00 Games and Toys - Of the Past 2:00 Snack 2:15 Target Toss 2:45 Roll a Memory	9:45 Main Room Games 9 1:00 Paper Clip Personality 2:00 Snack 2:15 Skee Ball 2:45 Family Feud	9:45 Book Club 10 1:00 Peanut Butter 2:00 Snack 2:15 Bocce 2:45 Chain Reaction	9:45 Main Room Games 11 1:00 Veterans' Day 2:00 Snack 2:15 Swatter Ball 2:45 Scattergories	9:45 Main Room Games 12 1:00 Roosevelt's Bear 2:00 Snack 2:15 Ring the Bear 2:45 Word Connect
9:45 Main Room Games 15 1:00 Where in the World? 2:00 Snack 2:15 Tic Tac Throw 2:45 Tic Tax Know	9:45 Main Room Games 16 1:00 Musical Magic 2:00 Snack 2:15 Bucket Toss 2:45 Picture It	9:45 Book Club 17 1:00 Bread, Bread, Bread 2:00 Snack 2:15 Frisbee Throw 2:45 America Says	9:45 Main Room Games 18 1:00 BIRDS OF PREY 2:00 Snack 2:15 Bowling ADS COUNCIL 2:45 Wheel of Fortune	9:45 Main Room Games 19 1:00 Aviation History 2:00 Snack 2:15 Airplane Contest 2:45 Are You Smarter...?
9:45 Main Room Games 22 1:00 Apparently Aprons 2:00 Snack 2:15 Corn Hole 2:45 World Play	BREAKFAST IS SERVED 23 9:45 Main Room Games 1:00 Chapel 2:00 Snack 2:15 Tee Up? 2:45 Buzzword	9:45 Book Club 24 1:00 "Thanks for That" 2:00 Snack 2:15 Ring on Green 2:45 Thanks Puzzler	 The Center is CLOSED	
9:45 Main Room Games 29 1:00 Priced Right!!! 2:00 Snack 2:15 Washer Toss 2:45 Boggle	9:45 Main Room Games 30 1:00 Painting with a Twist 2:00 Snack 2:15 Carpet Ball 2:45 Puzzler			



NOVEMBER 2021

EDEN WEST ADULT DAY SERVICES MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Spinach Side Salad	1	Chopped Romaine Lettuce	2	Tossed Salad	3	Cucumber Salad	4	Marinated Tomato Salad	5
Roast Turkey		Pot Roast		Cod Picatta		Herb Seasoned Chicken Thigh		Smoked Ham	
Classic Bread Stuffing		Mashed Potatoes		Herbed Rice Pilaf		Baked Potato		Mashed Sweet Potatoes	
Steamed Carrots		Brussel Sprouts		Roasted Eggplant		Spinach w/ Garlic		Green Beans	
Whole Wheat Bread		Whole Wheat Bread		Whole Wheat Bread		Whole Wheat Bread		Whole Wheat Bread	
Fresh Fruit Cup		Cantaloupe Wedge		Cubed Pineapple		Green Grapes / Milk		Fresh Fruit Cup	
Milk		Milk		Milk				Milk	
Carrot Raisin Salad	8	Green Salad	9	Broccoli Salad	10	Garden Salad	11	Beets, Greens & Kale	12
Grilled Chicken Breast		Turkey Meatloaf		Roast Pork Loin		Baked Pollock		Sliced Top Round Beef	
Roasted Potatoes		Smashed Potatoes w/ Leeks		Baked Sweet Potato		Buttered Orzo		Parslied Potatoes	
Broccoli		Roasted Zucchini		Steamed Cabbage		Green Peas		Sauteed Mushrooms	
Whole Wheat Bread		Whole Wheat Bread		Whole Wheat Bread		Whole Wheat Bread		Whole Wheat Bread	
Peaches		Fresh Fruit Cup		Apple Slices		Cubed Honeydew		Fresh Fruit Cup	
Milk		Milk		Milk		Milk		Milk	
Tossed Salad	15	Lettuce Wedge	16	Marinated Zucchini Salad	17	Side Spinach Salad	18	Green Salad	19
Glazed Ham		Baked Cod with Thyme		Baked Chicken		Beef Burgundy		Stuffed Shells	
Mashed Sweet Potatoes		Brown Rice		Roasted Fingerling Potatoes		Buttered Bowties		Meat Sauce	
Green Beans		Broccoli w/ Garlic Sauce		Roasted Cauliflower		Red Peppers & Snow Peas		California Blend Vegetables	
Whole Wheat Bread		Whole Wheat Bread		Wheat Dinner Roll		Whole Wheat Bread		Whole Wheat Bread	
Fresh Fruit Cup		Cubed Pineapple		Green Grapes		Fresh Fruit Cup		Sliced Strawberries	
Milk		Milk		Milk		Milk		Milk	
Broccoli & Cauliflower Salad	22	Garden Salad	23	Tossed Salad	24	 <p>The Center is CLOSED</p>		Salad Greens	26
Grilled Chicken		Pulled Pork		Stuffed Cabbage				Pesto Crusted Pollock	
Baked Sweet Potato		Baked Beans		Mashed Potatoes		Basmati Rice		California Blend Vegetables	
Asparagus		Braised Red Cabbage		Green Beans & Garlic		Whole Wheat Bread		Whole Wheat Bread	
Whole Wheat Bread		Whole Wheat Baguette		Whole Wheat Bread		Peach		Peach	
Fresh Fruit Cup / Milk		Honeydew		Green Seedless Grapes		Milk		Milk	
Milk		Milk		Milk					
Spinach Side Salad	29	Chopped Romaine Lettuce	30						
Roast Turkey		Pot Roast							
Classic Bread Stuffing		Mashed Potatoes							
Steamed Carrots		Brussel Sprouts							
Whole Wheat Bread		Whole Wheat Bread							
Fresh Fruit Cup		Cantaloupe Wedge							
Milk		Milk							