



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 / Entertainment Program
1:45 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 Railroad Business 1:45 Snack 2:00 Bocce Ball 2:45 Believe it or Not	9:45 Book Club 2 1:00 Casting Shadows 1:45 Snack 2:00 Tic Tac Win 2:45 Wheel of Fortune	9:45 Main Room Games 3 1:00 Maple Sugar 1:45 Snack 2:00 Tail-gator 2:45 Twenty Questions	9:45 Main Room Games 4 1:00 Winter Olympics 1:45 Snack 2:00 Carpet Ball 2:45 Tic Tac Know
9:45 Main Room Games 7 1:00 Hank Aaron 1:45 Snack 2:00 Ladder Golf 2:45 Boggle	9:45 Main Room Games 8 1:00 Living on the Prairie 1:45 Snack 2:00 Horseshoes 2:45 Horse Race	9:45 Book Club 9 1:00 That's Italian! 1:45 Snack 2:00 Bowling 2:45 Chain Reaction	9:45 Main Room Games 10 1:00 Building a Story 1:45 Snack 2:00 Corn Hole 2:45 Picture It	9:45 Main Room Games 11 1:00 "Abe" 1:45 Snack 2:00 Football Catch 2:45 License ID
9:45 Main Room Games 14 1:00 Heart Songs 1:45 Snack 2:00 Splat 2:45 Name 5 	9:45 Main Room Games 15 1:00 EXTREME 1:45 Snack 2:00 Ring on Green 2:45 Penny Ante	9:45 Book Club 16 1:00 Whale Wednesday 1:45 Snack 2:00 Skee Ball 2:45 Stateology	9:45 Main Room Games 17 1:00 Motown Rewind 1:45 Snack 2:00 Vinyl Toss 2:45 Smart As....	9:45 Main Room Games 18 1:00 Healthy Heart 1:45 Snack 2:00 Lawn Darts 2:45 Things
9:45 Main Room Games 21 1:00 Presidents 1:45 Snack 2:00 Ring Toss 2:45 Words in the Round	9:45 Main Room Games 22 1:00 First Ladies 1:45 Snack 2:00 Frisbee Free Throw 2:45 Who Am I ??	9:45 Book Club 23 1:00 Comedy Movie 1:45 Snack 2:00 Ring it to Win it 2:45 Buzzword / Oodles	9:45 Main Room Games 24 1:00 "Grimm" Tales 1:45 Snack 2:15 Putt Tic Tac Toe 2:45 Bubble Talk	9:45 Main Room Games 25 1:00 Roll Tootsie Roll 1:45 Snack 2:00 Ladder Golf 2:45 Puzzles Galore!
9:45 Main Room Games 28 1:00 People Scavenger 1:45 Snack 2:00 Target Ball 2:45 Hangman				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Green Salad 1 Turkey Meatloaf Smashed Potatoes w/ Leeks Roasted Zucchini Whole Wheat Bread Fresh Fruit Cup Milk	Broccoli Salad 2 Roast Pork Loin Baked Sweet Potato Steamed Cabbage Whole Wheat Bread Apple Slices Milk	Garden Salad 3 Baked Pollock Buttered Orzo Green Peas Whole Wheat Bread Cubed Honeydew Milk	Beets, Greens and Kale 4 Sliced Top Round Beef Parslied Potatoes Sauteed Mushrooms Whole Wheat Bread Fresh Fruit Cup Milk
Tossed Salad 7 Glazed Ham Mashed Sweet Potatoes Green Beans Whole Wheat Bread Fresh Fruit Cup Milk	Lettuce Wedge 8 Baked Cod w/ Thyme Brown Rice Broccoli w/ Garlic Sauce Whole Wheat Bread Cubed Pineapple Milk	Marinated Zucchini Salad 9 Baked Chicken Roasted Fingerling Potatoes Roasted Cauliflower Wheat Dinner Roll Green Grapes Milk	Side Spinach Salad 10 Beef Burgundy Buttered Bowties Red Peppers and Snow Peas Whole Wheat Bread Fresh Fruit Cup Milk	Green Salad 11 Stuffed Shells Meat Sauce California Blend Vegetables Whole Wheat Bread Sliced Strawberries Milk
Broccoli & Cauliflower Salad 14 Grilled Chicken Baked Sweet Potato Asparagus Whole Wheat Bread Fresh Fruit Cup Milk	Garden Salad 15 Pulled Pork Baked Beans Braised Red Cabbage Whole Wheat Baguette Honeydew Milk	Tossed Salad 16 Stuffed Cabbage Mashed Potatoes Green Beans & Garlic Whole Wheat Bread Green Seedless Grapes Milk	Spinach Salad 17 Grilled Flank Steak Mashed Potatoes Green Peas Whole Wheat Bread Red Seedless Grapes Milk	Salad Greens 18 Pesto Crusted Pollock Basmati Rice California Blend Vegies Whole Wheat Bread Peach Milk
Spinach Side Salad 21 Roast Turkey Classic Bread Stuffing Steamed Carrots Whole Wheat Bread Fresh Fruit Cup Milk	Chopped Romaine Lettuce 22 Pot Roast Mashed Potatoes Brussel Sprouts Whole Wheat Bread Cantaloupe Wedge Milk	Tossed Salad 23 Cod Piccata Herbed Rice Pilaf Roasted Eggplant Whole Wheat Bread Cubed Pineapple Milk	Cucumber Salad 24 Herb Seasoned Chicken Thigh Baked Potato Spinach with Garlic Whole Wheat Bread Green Grapes Milk	Marinated Tomato Salad 25 Smoked Ham Mashed Sweet Potatoes Green Beans Whole Wheat Bread Fresh Fruit Cup Milk
Carrot Raisin Salad 28 Grilled Chicken Breast Roasted Potatoes Broccoli Whole Wheat Bread Peaches Milk	<div style="text-align: center;">  </div>			