

**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
<b>9:45</b> Main Room Games 3 <b>1:00</b> Festival of Sleep <b>2:00</b> Snack <b>2:15</b> Pillow Toss <b>2:45</b> Things	<b>9:45</b> Main Room Games 4 <b>1:00</b> Bird Brains <b>2:00</b> Snack <b>2:15</b> Birdie Toss <b>2:45</b> Word Connect	<b>9:45</b> Book Club 5 <b>1:00</b> Wheel of Fortune <b>2:00</b> Snack <b>2:15</b> Snowball Shot <b>2:45</b> Millionaire	<b>9:45</b> Main Room Games 6 <b>1:00</b> Elvis <b>2:00</b> Snack <b>2:15</b> Ring on Green <b>2:45</b> Word Mining	<b>9:45</b> Main Room Games 7 <b>1:00</b> Soup's on! <b>2:00</b> Snack <b>2:15</b> Skee Ball <b>2:45</b> Discard it...
<b>9:45</b> Main Room Games 10 <b>1:00</b> Name that Tune <b>2:00</b> Snack <b>2:15</b> Swatter Ball <b>2:45</b> Trivia Trap	<b>9:45</b> Main Room Games 11 <b>1:00</b> Saturday Evening Post <b>2:00</b> Snack <b>2:15</b> Ladder Golf <b>2:45</b> Blurt	<b>9:45</b> Book Club 12 <b>1:00</b> Handwriting Puzzler <b>2:00</b> Snack <b>2:15</b> Horseshoes <b>2:45</b> Word Ladder	<b>9:45</b> Main Room Games 13 <b>1:00</b> ...On the Radio <b>2:00</b> Snack <b>2:15</b> Swatter Ball <b>2:45</b> Scrabble Scramble	<b>9:45</b> Main Room Games 14 <b>1:00</b> Penguin Appreciation <b>2:00</b> Snack <b>2:15</b> Carpet Ball <b>2:45</b> White Board Boggle
<b>9:45</b> Main Room Games 17 <b>1:00</b> Marshmallow Monday <b>2:00</b> Snack <b>2:15</b> Target Ball <b>2:45</b> Scattergories	<b>9:45</b> Main Room Games 18 <b>1:00</b> TV Classic: <i>Lone Ranger</i> <b>2:00</b> Snack <b>2:15</b> Lawn Darts <b>2:45</b> Family Feud	<b>9:45</b> Book Club 19 <b>1:00</b> Guys and Gals <b>2:00</b> Snack <b>2:15</b> Bucket Toss <b>2:45</b> Hang on Word	<b>ADS COUNCIL</b> 20 <b>9:45</b> Main Room Games <b>1:00</b> Say Cheese <b>2:00</b> Snack <b>2:15</b> Frisbee Challenge <b>2:45</b> Truth or Myth	<b>9:45</b> Main Room Games 21 <b>1:00</b> <b>Sharing our Hobbies**</b> <b>2:00</b> Snack <b>2:15</b> Bocce <b>2:45</b> Smart Mouth <b>** Bring in a picture of your hobby or something you made!</b>
<b>9:45</b> Main Room Games 24 <b>1:00</b> UTAH <b>2:00</b> Snack <b>2:15</b> Ring it, Win it <b>2:45</b> Cranium Crunchers	<b>9:45</b> Main Room Games 25 <b>1:00</b> ALASKA <b>2:00</b> Snack <b>2:15</b> Hoops <b>2:45</b> Smart as...	<b>9:45</b> Book Club 26 <b>1:00</b> MICHIGAN <b>2:00</b> Snack <b>2:15</b> Corn Hole <b>2:45</b> Brainiac	<b>9:45</b> Main Room Games 27 <b>10:00</b> MOVIE <b>1:00</b> MOVIE (cont'd) <b>2:00</b> Snack <b>2:15</b> Ring on Green <b>2:45</b> Wheel of Fortune	<b>9:45</b> Main Room Games 28 <b>1:00</b> Getting to Know You <b>2:00</b> Snack <b>2:15</b> Splat <b>2:45</b> Finish the Line
<b>BREAKFAST SERVED</b> 31 <b>9:45</b> Main Room Games <b>1:00</b> Happy?? <b>2:00</b> Snack <b>2:15</b> Carpet Ball <b>2:45</b> Picture Problems				

**JANUARY 2022**

**EDEN WEST ADULT DAY SERVICES MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Carrot Raisin Salad 3 Grilled Chicken Breast Roasted Potatoes Broccoli Whole Wheat Bread Peaches Milk	Green Salad 4 Turkey Meatloaf Smashed Potatoes w/ Leeks Roasted Zucchini Whole Wheat Bread Fresh Fruit Cup Milk	Broccoli Salad 5 Roast Pork Loin Baked Sweet Potato Steamed Cabbage Whole Wheat Bread Apple Slices Milk	Garden Salad 6 Baked Pollock Buttered Orzo Green Peas Whole Wheat Bread Cubed Honeydew Milk	Beets, Greens & Kale 7 Sliced Top Round Beef Parslied Potatoes Sauteed Mushrooms Whole Wheat Bread Fresh Fruit Cup Milk
Tossed Salad 10 Glazed Ham Mashed Sweet Potatoes Green Beans Whole Wheat Bread Fresh Fruit Cup Milk	Lettuce Wedge 11 Baked Cod w/ Thyme Brown Rice Broccoli w/ Garlic Sauce Whole Wheat Bread Cubed Pineapple Milk	Marinated Zucchini Salad 12 Baked Chicken Roasted Fingerling Potatoes Roasted Cauliflower Wheat Dinner Roll Green Grapes Milk	Side Spinach Salad 13 Beef Burgundy Buttered Bowties Red Peppers & Snow Peas Whole Wheat Bread Fresh Fruit Cup Milk	Green Salad 14 Stuffed Shells Meat Sauce California Blend Vegetables Whole Wheat Bread Sliced Strawberries Milk
Broccoli & Cauliflower Salad 17 Grilled Chicken Baked Sweet Potato Asparagus Whole Wheat Bread Fresh Fruit Cup/ Milk	Garden Salad 18 Pulled Pork Baked Beans Braised Red Cabbage Whole Wheat Baguette Honeydew Milk	Tossed Salad 19 Stuffed Cabbage Mashed Potatoes Green Beans & Garlic Whole Wheat Bread Green Seedless Grapes Milk	Spinach Salad 20 Grilled Flank Steak Mashed Potatoes Green Peas Whole Wheat Bread Red Seedless Grapes Milk	Salad Greens 21 Pesto Crusted Pollock Basmati Rice California Blend Vegetables Whole Wheat Bread Peach Milk
Spinach Side Salad 24 Roast Turkey Classic Bread Stuffing Steamed Carrots Whole Wheat Bread Fresh Fruit Cup Milk	Chopped Romaine Lettuce 25 Pot Roast Mashed Potatoes Brussel Sprouts Whole Wheat Bread Cantaloupe Wedge Milk	Tossed Salad 26 Cod Picatta Herbed Rice Pilaf Roasted Eggplant Whole Wheat Bread Cubed Pineapple Milk	Cucumber Salad 27 Herb Seasoned Chicken Thigh Baked Potato Spinach w/ Garlic Whole Wheat Bread Green Grapes / Milk	Marinated Tomato Salad 28 Smoked Ham Mashed Sweet Potatoes Green Beans Whole Wheat Bread Fresh Fruit Cup Milk

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