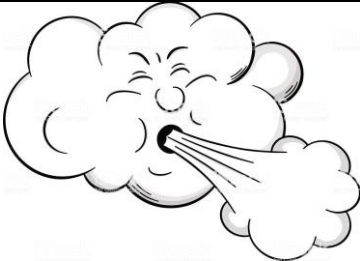



BASIC DAILY SCHEDULE

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  
 2:00 Snack

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Fasnacht Day! 1</b> 9:30 Main Room Games 1:00 Nebraska, Why Not? 2:00 Snack 2:15 Frisbee Buckets 2:45 Chain Reaction	<b>Ash Wednesday 2</b> 9:45 Book Club 1:00 What's in a Name 2:00 Snack 2:15 Target Toss 2:45 Name that Tune (Names)	9:30 Main Room Games 3 1:00 Tracks & Scat - L Sanchez 2:00 Snack 2:15 Ring it to Win it! 2:30 Pictionary	9:30 Main Room Games 4 1:00 MARCH! 2:00 Snack 2:15 Ladder Golf 2:45 Name 5
9:30 Main Room Games 7 1:00 Vermont Green 2:00 Snack 2:15 Birdie Toss 2:45 "21"	9:30 Main Room Games 8 1:00 A Day for Women 2:00 Snack 2:15 Bocce 2:45 Family Feud	9:45 Book Club 9 1:00 Woodland Majesty 2:00 Snack 2:15 Carpet Ball 2:45 Oodles	ADS COUNCIL MEETING 10 9:30 Main Room Games 1:00 Lawrence Welk 2:00 Snack 2:15 Tailgator 2:45 Scrabble Category	9:30 Main Room Games 11 1:00 Tools and Chores 2:00 Snack 2:15 Bucket Toss 2:45 Smart As.....
9:30 Main Room Games 14 1:00 K-9 Veterans 2:00 Snack 2:15 Skee Ball 2:45 Who Am I?	9:30 Main Room Games 15 1:00 Good Sam 2:00 Snack 2:15 Tic Tac Putt 2:45 Things	BREAKFAST IS SERVED 16 9:45 Book Club 1:00 Maine 2:00 Snack 2:15 Horseshoes 2:45 Horse Race Trivia	9:30 Main Room Games 17 1:00 A Day for all Things Irish 2:00 Snack 2:15 Corn Hole 2:45 Scattergories	9:30 Main Room Games 18 1:00 Johnny's Dream 2:00 Snack 2:15 Ring on Green 2:45 Word Connect
9:30 Main Room Games 21 1:00 Lamb 2:00 Snack 2:15 Ladder Golf 2:45 Chain Reaction	9:30 Main Room Games 22 1:00 Farming is... 2:00 Snack 2:15 Baseball Toss 2:45 Smart As....	9:45 Book Club 23 10:00 MOVIE DAY - Heidi 1:00 Movie Conclusion 2:00 Snack 2:15 Splat 2:45 In My Opinion	9:30 Main Room Games 24 1:00 Landmark ID 2:00 Snack 2:15 Bocce 2:45 Penny Ante	9:30 Main Room Games 25 1:00 Waffling Fun 2:00 Snack 2:15 Hoops 2:45 Boggle
9:30 Main Room Games 28 1:00 Houses of all Kinds 2:00 Snack 2:15 Dart Ball 2:45 Over Under	9:30 Main Room Games 29 1:00 Music for Spring 2:00 Snack 2:15 Carpet Ball 2:45 Words in the Round	9:45 Main Room Games 30 1:00 National Geo Expedition 2:00 Snack 2:15 Ring Toss 2:45 True or False	9:30 Main Room Games 31 1:00 Hidden Message Flowers 2:00 Snack 2:15 Tumble Tower 2:45 Tic Tac Know	

**MARCH 2022**

**EDEN WEST ADULT DAY SERVICES MENU**

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 & Snow Peas Whole Wheat Bread Fresh Fruit Cup / Milk	Green Salad 11 Stuffed Shells Meat Sauce California Blend Veg. 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 Sprout Whole Wheat Bread Cantaloupe Wedges Milk	Tossed Salad 23 Cod Picatta Herbed Rice Pilaf Roasted Eggplant Whole Wheat Bread Cubed Pineapple Milk	Cucumber Salad 24 Herb Seasoned Chicken Thigh Baked Potato Spinach w/ 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	Green Salad 29 Turkey Meatloaf Smashed Potatoes w/ Leeks Roasted Zucchini Whole Wheat Bread Fresh Fruit Cup Milk	Broccoli Salad 30 Roast Pork Loin Baked Sweet Potato Steamed Cabbage Whole Wheat Bread Apple Slices Milk	Garden Salad 31 Baked Pollock Buttered Orzo Green Peas Whole Wheat Bread Cubed Honeydew Milk	