



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 2 1:00 See the USA 2:00 Snack 2:15 Ring on Green 2:45 In 10	9:30 Main Room Games 3 1:00 The Herbs Have it? 2:00 Snack 2:15 Tic Tac Throw 2:45 Tic Tac Know	9:30 Book Club 4 1:00 Chicken/ Egg... 2:00 Snack 2:15 Bocce Ball 2:45 Wheel of Fortune	9:30 Main Room Games 5 1:00 Lisa Sanchez 2:00 Snack 2:15 Frisbee Toss 2:45 Word Ladders	9:30 Main Room Games 6 1:00 Are you my Mother? 2:00 Snack 2:15 Horse Shoes 2:45 Horse Race Hoe Down
9:30 Main Room Games 9 1:00 Wesley Singers 2:00 Snack 2:15 Ring it to Win it 2:45 Boggle	9:30 Main Room Games 10 1:00 Ocean Day 2:00 Snack 2:15 Corn Hole 2:45 Picture it?	9:30 Book Club 11 1:00 A Little Little League 2:00 Snack 2:15 Splat 2:45 Scattergories	9:30 Main Room Games 12 1:00 Celebrating Nurses! 2:00 Snack 2:15 Tail Gator 2:45 Bunco	9:30 Main Room Games 13 1:00 Wind Power 2:00 Snack 2:15 Birdie Toss 2:45 Words Around
9:30 Main Room Games 16 1:00 Comic Relief 2:00 Snack 2:15 Carpet Ball 2:45 Hangman	9:30 Main Room Games 17 1:00 A Bridge Too Far 2:00 Snack 2:15 Throwing Challenge 2:45 Myth or Fact?	9:30 Book Club 18 1:00 Chocolate Chip Cooking 2:00 Snack 2:15 Ladder Golf 2:45 Name 5	9:30 Main Room Games 19 1:00 Postcard Day 2:00 Snack 2:15 Target Ball 2:45 Family Feud	9:30 Main Room Games 20 1:00 Strawberries 2:00 Snack 2:15 Carpet Ball 2:45 Scrabble Scramble
9:30 Main Room Games 23 1:00 South Carolina 2:00 Snack 2:15 Ring Toss 2:45 Millionaire	9:30 Main Room Games 24 1:00 Draw with Me! 2:00 Snack 2:15 Corn Hole 2:45 Words in the Round	9:30 Book Club 25 1:00 Turtles 2:00 Snack 2:15 Horseshoes 2:45 Buzzword/ Oodles	9:30 Main Room Games 26 1:00 Share a Skill Today 2:00 Snack 2:15 Hit it! 2:45 Chain Reaction	9:30 Main Room Games 27 1:00 Movie Day... 2:00 Snack 2:15 Fish in a Barrel 2:45 Now You See it, Now You Don't!
<p style="text-align: right;">30</p>  <p>memorial DAY CENTER IS CLOSED</p>	9:30 Main Room Games 31 1:00 Singing to the Oldies 2:00 Snack 2:15 Ladder Golf 2:45 Spill and Spell			

MAY 2022

EDEN WEST ADULT DAY SERVICES MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tossed Salad 2 Glazed Ham Mashed Sweet Potatoes Green Beans Whole Wheat Bread Fresh Fruit Cup Milk	Lettuce Wedge 3 Baked Cod w/ Thyme Brown Rice Broccoli w/ Garlic Sauce Whole Wheat Bread Cubed Pineapple Milk	Marinated Zucchini Salad 4 Baked Chicken Roasted Fingerling Potatoes Roasted Cauliflower Wheat Dinner Roll Green Grapes Milk	Side Spinach Salad 5 Beef Burgundy Buttered Bowties Red Peppers & Snow Peas Whole Wheat Bread Fresh Fruit Cup Milk	Green Salad 6 Stuffed Shells Meat Sauce California Blend Vegies Whole Wheat Bread Sliced Strawberries Milk
Broccoli & Cauliflower Salad 9 Grilled Chicken Baked Sweet Potato Asparagus Whole Wheat Bread Fresh Fruit Cup / Milk	Garden Salad 10 Pulled Pork Baked Beans Braised Red Cabbage Whole Wheat Baguette Honeydew Milk	Tossed Salad 11 Stuffed Cabbage Mashed Potatoes Green Beans & Garlic Whole Wheat Bread Green Seedless Grapes Milk	Spinach Salad 12 Grilled Flank Steak Mashed Potatoes Green Peas Whole Wheat Bread Red Seedless Grapes Milk	Salad Greens 13 Pesto Crusted Pollock Basmati Rice California Blend Vegies Whole Wheat Bread Peach Milk
Spinach Side Salad 16 Roast Turkey Classic Bread Stuffing Steamed Carrots Whole Wheat Bread Fresh Fruit Cup Milk	Chopped Romaine Lettuce 17 Pot Roast Mashed Potatoes Brussel Sprouts Whole Wheat Bread Cantaloupe Wedge Milk	Tossed Salad 18 Cod Picatta Herbed Rice Pilaf Roasted Eggplant Whole Wheat Bread Cubed Pineapple Milk	Cucumber Salad 19 Herb Seasoned Chicken Thigh Baked Potato Spinach w/ garlic Whole Wheat Bread Green Grapes Milk	Marinated Tomato Salad 20 Smoked Ham Mashed Sweet Potatoes Green Beans Whole Wheat Bread Fresh Fruit Cup Milk
Carrot Raisin Salad 23 Grilled Chicken Breast Roasted Potatoes Broccoli Whole Wheat Bread Peaches Milk	Green Salad 24 Turkey Meatloaf Smashed Potatoes w/ Leeks Roasted Zucchini Whole Wheat Bread Fresh Fruit Cup Milk	Broccoli Salad 25 Roast Pork Loin Baked Sweet Potato Steamed Cabbage Whole Wheat Bread Apple Slices Milk	Garden Salad 26 Baked Pollock Buttered Orzo Green Peas Whole Wheat Bread Cubed Honeydew Milk	Beets, Greens & Kale 27 Sliced Top Round Beef Parslied Potatoes Sauteed Mushrooms Whole Wheat Bread Fresh Fruit Cup Milk
30  CENTER IS CLOSED	31 Lettuce Wedge Baked Cod w/Thyme Brown Rice Broccoli w/ Garlic Sauce Whole Wheat Bread Cubed Pineapple Milk	