







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 Uno, Conversation, Art 1 1:00 Independent & Loving it! 2:00 Snack 2:15 Pop it! 2:45 Detective Drawer |
| Independence Day! 4  Center Closed | 9:30 Uno, Craft, Conversation 5 1:00 Mitch Miller 2:00 Snack 2:15 Ring on the Green 2:45 Guess in 10 | 9:45 Uno, Craft, Conversation 6 1:00 Steam Locomotion 2:00 Snack 2:15 Carpet Ball 2:45 Picture Talk | 9:30 Uno, Craft, Conversation 7 1:00 Water Plants/ Animals 2:00 Snack 2:15 Lawn Darts 2:45 Cliché Clash | 9:30 Uno, Craft, Conversation 8 1:00 Tater, Spud Potato 2:00 Snack 2:15 Horse Shoes 2:45 Horse Race Hoe Down |
| 9:30 Uno, Craft, Conversation 11 1:00 Free to "BEE" 2:00 Snack 2:15 Ladder Golf 2:45 Chain Reaction/Word Ladders | 9:30 Uno, Craft, Conversation 12 1:00 Barns/ Pet Photo Reveal 2:00 Snack 2:15 EXPRESSION 2:45 Tic Tac Throw | 9:45 Uno, Craft, Conversation 13 1:00 Wyoming 2:00 Snack 2:15 Swatter Ball 2:45 You be the Judge | 9:30 Uno, Craft, Conversation 14 1:00 Panama Canal Marvel 2:00 Snack 2:15 Corn Hole 2:45 Scrabble Scramble | 9:30 Uno, Craft, Conversation 15 1:00 Hot Dog! 2:00 Snack 2:15 Ring on Green 2:45 Catch Phrase |
| 9:30 Uno, Craft, Conversation 18 1:00 Blueberry...Muffin+ 2:00 Snack 2:15 Ring it to Win it! 2:45 Picture Search | 9:30 Uno, Craft, Conversation 19 1:00 Titanic 2:00 Snack 2:15 Can Slam 2:45 Chuck it... | 9:45 Uno, Craft, Conversation 20 1:00 Climb a Mountain 2:00 Snack 2:15 ADS COUNCIL 2:45 Smart Mouth | BREAKFAST IS SERVED 21 9:30 Uno, Craft, Conversation 1:00 Nova Coastal Seas 2:00 Snack 2:15 Bocce Ball 2:45 Scattergories | 9:30 Uno, Craft, Conversation 22 1:00 Spelunking Anyone? 2:00 Snack 2:15 Carpet Ball 2:45 Wordies/ Concentration |
| 9:30 Uno, Craft, Conversation 25 1:00 Apollo 11 2:00 Snack 2:15 Putting Tic Tac Toe 2:45 Puzzler | 9:30 Uno, Craft, Conversation 26 1:00 Orville Redenbacher 2:00 Snack 2:15 Ladder Golf 2:45 Twenty Questions | 9:45 Uno, Craft, Conversation 27 1:00 Zoo Keeper 2:00 Snack 2:15 Ring Toss 2:45 Blurt | 9:30 Uno, Craft, Conversation 28 1:00 Lighthouses 2:00 Snack 2:15 Target Ball 2:45 Tic Tac Know | 9:30 Uno, Craft, Conversation 29 1:00 Cowboys 2:00 Snack 2:15 Skee Ball 2:45 Boggle |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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|   | | | | Green Salad 1 Stuffed Shells Meat Sauce California Blend Vegies Whole Wheat Bread Sliced Strawberries / Milk |
| Independence Day! 4  Center Closed | Lettuce Wedge 5 Baked Cod w/ Thyme Brown Rice Broccoli w/ Garlic Sauce Whole Wheat Bread Cubed Pineapple Milk | Marinated Zucchini Salad 6 Baked Chicken Roasted Fingerling Potatoes Roasted Cauliflower Wheat Dinner Roll Green Grapes Milk | Side Spinach Salad 7 Beef Burgundy Buttered Bowties Red Peppers and Snow Peas Whole Wheat Bread Fresh Fruit Cup Milk | Green Salad 8 Stuffed Shells Meat Sauce California Blend Vegies Whole Wheat Bread Sliced Strawberries Milk |
| Broccoli & Cauliflower Salad 11 Grilled Chicken Baked Sweet Potato Asparagus Whole Wheat Bread Fresh Fruit Cup / Milk | Garden Salad 12 Pulled Pork Baked Beans Braised Red Cabbage Whole Wheat Baguette Honeydew Milk | Tossed Salad 13 Stuffed Cabbage Mashed Potatoes Green Beans & Garlic Whole Wheat Bread Green Seedless Grapes 2% Milk | Spinach Salad 14 Grilled Flank Steak Mashed Potatoes Green Peas Whole Wheat Bread Red Seedless Grapes Milk | Salad Greens 15 Pesto Crusted Pollock Basmati Rice California Blend Vegies Whole Wheat Bread Peach Milk |
| Spinach Side Salad 18 Roast Turkey Classic Bread Stuffing Steamed Carrots Whole Wheat Bread Fresh Fruit Cup Milk | Chopped Romaine Lettuce 19 Pot Roast Mashed Potatoes Brussel Sprouts Whole Wheat Bread Cantaloupe Wedge Milk | Tossed Salad 20 Cod Picatta Herbed Rice Pilaf Roasted Eggplant Whole Wheat Bread Cubed Pineapple Milk | Cucumber Salad 21 Herb Seasoned Chicken Thigh Baked Potato Spinach w/ Garlic Whole Wheat Bread Green Grapes Milk | Marinated Tomato Salad 22 Smoked Ham Mashed Sweet Potatoes Green Beans Whole Wheat Bread Fresh Fruit Cup Milk |
| Carrot Raisin Salad 25 Grilled Chicken Breast Roasted Potatoes Broccoli Whole Wheat Bread Peaches Milk | Green Salad 26 Turkey Meatloaf Smashed Potatoes w/ Leeks Roasted Zucchini Whole Wheat Bread Fresh Fruit Cup Milk | Broccoli Salad 27 Roast Pork Loin Baked Sweet Potato Steamed Cabbage Whole Wheat Bread Apple Slices Milk | Garden Salad 28 Baked Pollock Buttered Orzo Green Peas Whole Wheat Bread Cubed Honeydew Milk | Beets, Greens & Kale 29 Sliced Top Round Beef Parslied Potatoes Sauteed Mushrooms Whole Wheat Bread Fresh Fruit Cup Milk |