



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 Games/Crafts/Discussion 1 1:00 COLORADO 2:00 Snack 2:15 Tailgate Game 2:45 Word Ladders	9:30 Games/Crafts/Discussion 2 1:00 A Peachy Day 2:00 Snack 2:15 Washer Game 2:45 Guess in 10	9:45 Games/Crafts/Discussion 3 1:00 Poppin Fresh 2:00 Snack 2:15 Ladder Golf 2:45 License Plate Lingo	9:30 Games/Crafts/Discussion 4 1:00 They Were Here First! 2:00 Snack 2:15 Lawn Darts 2:45 Millionaire	9:30 Games/Crafts/Discussion 5 1:00 Twins Day 2:00 Snack 2:15 Toss Across 2:45 Pair UP!
9:30 Games/Crafts/Discussion 8 1:00 Farmworker Gratitude 2:00 Snack 2:15 Carpet Ball 2:45 "21"	9:30 Games/Crafts/Discussion 9 1:00 Sons and Daughters 2:00 Snack 2:15 Horse Shoes 2:45 Horse Race Hoedown	9:45 Games/Crafts/Discussion 10 1:00 Crockett and Boone 2:00 Snack –Ice Cream Cart 2:15 Bocce 2:45 Picture it Proverbs	9:30 Games/Crafts/Discussion 11 1:00 Bragging Rights... 2:00 Snack 2:15 Wally Ball 2:45 Boggle	9:30 Games/Crafts/Discussion 12 1:00 World Lion Day 2:00 Snack 2:15 Family Feud 2:45 Seasons Puzzle Trivia
9:30 Games/Crafts/Discussion 15 1:00 Bambi's 80!!! 2:00 Snack 2:15 Bowling 2:45 Chain Reaction	9:30 Games/Crafts/Discussion 16 1:00 Shuffleboard 2:00 Snack 2:15 Getting to Know You 2:45 Finish the Lyrics	BREAKFAST IS SERVED 17 1:00 Song Bingo 2:00 Snack 2:15 Noodle Hockey 2:45 Scavenge the Picture	9:30 Games/Crafts/Discussion 18 12:30 FIELD TRIP 1:00 Vacation Memories 2:00 Snack 2:15 Tailgate Game 2:45 Cranium Cruncher	9:30 Games/Crafts/Discussion 19 1:00 AEROPLANE... 2:00 Snack 2:15 Ring it, Win it! 2:45 Brain Trust
9:30 Games/Crafts/Discussion 22 1:00 Inspirational Chat 2:00 Snack 2:15 Ring on Green 2:45 Slogan Smogan	9:30 Games/Crafts/Discussion 23 1:00 National Senior Citizen Day 2:00 Snack 2:15 Bocce Ball 2:45 Believe it or Not	9:45 Games/Crafts/Discussion 24 1:00 Hawaii 2:00 Snack 2:15 Putter Up! 2:45 Did you Ever?	9:30 Games/Crafts/Discussion 25 1:00 Songs with Lisa 2:00 Snack 2:15 Can Jam 2:45 Scrabble Babble	9:30 Games/Crafts/Discussion 26 1:00 American Sign Language 2:00 Snack 2:15 Swatter Ball 2:45 Make your Point!
9:30 Games/Crafts/Discussion 29 1:00 Price is Right 2:00 Snack 2:15 Catcher's Mitt 2:45 20 Questions	9:30 Games/Crafts/Discussion 30 1:00 Artistic Splash 2:00 Snack 2:15 Carpet Ball 2:45 Who am I?	9:45 Games/Crafts/Discussion 31 MOVIE DAY 1:00 State Fair 2:00 Snack 2:15 Wally Ball 2:45 Brain Game		

August 2022

EDEN WEST ADULT DAY SERVICES MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Tossed Salad 1 Glazed Ham Mashed Sweet Potatoes Green Beans Whole Wheat Bread Fresh Fruit Cup Milk</p>	<p>Lettuce Wedge 2 Baked Cod w/ Thyme Brown Rice Broccoli w/ Garlic Sauce Whole Wheat Bread Cubed Pineapple Milk</p>	<p>Marinated Zucchini Salad 3 Baked Chicken Roasted Fingerling Potatoes Roasted Cauliflower Wheat Dinner Roll Green Grapes Milk</p>	<p>Side Spinach Salad 4 Beef Burgundy Buttered Bowties Red Peppers & Snow Peas Whole Wheat Bread Fresh Fruit Cup Milk</p>	<p>Green Salad 5 Stuffed Shells Meat Sauce California Blend Vegies Whole Wheat Bread Sliced Strawberries Milk</p>
<p>Broccoli & Cauliflower Salad 8 Grilled Chicken Baked Sweet Potato Asparagus Whole Wheat Bread Fresh Fruit Cup Milk</p>	<p>Garden Salad 9 Pulled Pork Baked Beans Braised Red Cabbage Whole Wheat Baguette Honeydew Milk</p>	<p>Tossed Salad 10 Stuffed Cabbage Mashed Potatoes Green Beans & Garlic Whole Wheat Bread Green Seedless Grapes Milk</p>	<p>Spinach Salad 11 Grilled Flank Steak Mashed Potatoes Green Peas Whole Wheat Bread Red Seedless Grapes Milk</p>	<p>Salad Greens 12 Pesto Crusted Pollock Basmati Rice California Blend Vegies Whole Wheat Bread Peach Milk</p>
<p>Spinach Side Salad 15 Roast Turkey Classic Bread Stuffing Steamed Carrots Whole Wheat Bread Fresh Fruit Cup Milk</p>	<p>Chopped Romaine Lettuce 16 Pot Roast Mashed Potatoes Brussel Sprouts Whole Wheat Bread Cantaloupe Milk</p>	<p>Tossed Salad 17 Cod Picatta Herbed Rice Pilaf Roasted Eggplant Whole Wheat Bread Cubed Pineapple Milk</p>	<p>Cucumber Salad 18 Herb Seasoned Chicken Thigh Baked Potato Spinach w/ Garlic Whole Wheat Bread Green Grapes Milk</p>	<p>Marinated Tomato Salad 19 Smoked Ham Mashed Sweet Potatoes Green Beans Whole Wheat Bread Fresh Fruit Cup Milk</p>
<p>Carrot Raisin Salad 22 Grilled Chicken Breast Roasted Potatoes Broccoli Whole Wheat Bread Peaches Milk</p>	<p>Green Salad 23 Turkey Meatloaf Smashed Potatoes w/ Leeks Roasted Zucchini Whole Wheat Bread Fresh Fruit Cup Milk</p>	<p>Broccoli Salad 24 Roast Pork Loin Baked Sweet Potato Steamed Cabbage Whole Wheat Bread Apple Slices Milk</p>	<p>Garden Salad 25 Baked Pollock Buttered Orzo Green Peas Whole Wheat Bread Cubed Honeydew Milk</p>	<p>Beets, Greens and Kale 26 Sliced Top Round Beef Parslied Potatoes Sauteed Mushrooms Whole Wheat Bread Fresh Fruit Cup Milk</p>
<p>Tossed Salad 29 Glazed Ham Mashed Sweet Potatoes Green Beans Whole Wheat Bread Fresh Fruit Cup Milk</p>	<p>Lettuce Wedge 30 Baked Cod w/ Thyme Brown Rice Broccoli w/ Garlic Sauce Whole Wheat Bread Cubed Pineapple Milk</p>	<p>Marinated Zucchini Salad 31 Baked Chicken Roasted Fingerling Potatoes Roasted Cauliflower Wheat Dinner Roll Green Grapes Milk</p>	