

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
	9:45 Uno / Crafts 1 1:00 Extra Mile Day 2:00 Snack 2:15 Carpet Ball 2:45 Word Ladders	9:45 Book Club 2 1:00 Weather Watchers 2:00 Snack 2:15 Ladder Golf 2:45 Boggle	9:45 Uno / Crafts 3 1:00 Lisa Sanchez: Turkeys 2:00 Snack 2:15 Wally Ball 2:45 Family Feud	9:45 Uno / Crafts 4 1:00 Cowboy Wisdom 2:00 Snack 2:15 Horseshoes 2:45 Horse Race
9:45 Uno / Crafts 7 1:00 Traveling: New England 2:00 Snack 2:15 Hatchet Toss 2:45 You Judge ARMCHAIR TRAVEL WEEK	9:45 Uno / Crafts 8 1:00 Montana Magnificent 2:00 Snack 2:15 Ring on Green 2:45 Picture Detectives →	9:45 Book Club 9 1:00 Tennessee Terrific 2:00 Snack 2:15 Corn Hole 2:45 Word Connect	ADS COUNCIL: 10 Your Input Counts! 9:45 Uno / Crafts 1:00 Oklahoma OK! 2:00 Snack 2:15 Bowling 2:45 Chain Reaction	9:45 Uno / Crafts 11 1:00 Veterans' Day 2:00 Snack 2:15 Putter Please 2:45 Word Unscramble
9:45 Uno / Crafts 14 1:00 Art with Suley 2:00 Snack 2:15 Skee Ball 2:45 Wordies	9:45 Uno / Crafts 15 1:00 Search... Table Competition 2:00 Snack 2:15 Bocce 2:45 True or False	FIELD TRIP: 16 That Fish Place!!! 9:45 Book Club 1:00 Brian Roche: On Your Side 2:00 Snack 2:15 Tumbling Tower	PIZZA DAY! 17 9:45 Uno / Crafts 1:00 Nutritious Food 2:00 Snack 2:15 Tic Tac Win 2:45 Tic Tac Know	9:45 Uno / Crafts 18 1:00 Cooking with Chris 2:00 Snack 2:15 Tail Gator 2:45 Wheel of Fortune
9:45 Uno / Crafts 21 1:00 Music w/ Fran & Lisa 2:00 Snack 2:15 Lawn Darts 2:45 Cranium Crunch	9:45 Uno / Crafts 22 1:00 Shuffleboard / Billiards 2:00 Snack 2:15 Pictionary Challenge 2:45 Name 5	9:45 Book Club 23 1:00 Thanks Bingo 2:00 Snack 2:15 Turkey Toss 2:45 Thanks Puzzlers	 The Center is CLOSED	9:45 Uno / Crafts 25 1:00 MOVIE 2:00 Snack 2:15 Ring it to Win it! 2:45 Things
BREAKFAST IS SERVED 28 9:45 Uno / Crafts 1:00 Grand Old Opry! 2:00 Snack 2:15 Carpet Ball 2:45 Hangman	9:45 Uno / Crafts 29 1:00 Cindy McGrath Music 2:00 Snack 2:15 Toss Across 2:45 Boggle	9:45 Book Club 30 1:00 Find Out Wednesday 2:00 Snack 2:15 Fish in the Barrel 2:45 Cliché		

NOVEMBER 2022

EDEN WEST ADULT DAY SERVICES MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Garden Salad 1 Turkey Divan Dilled Fingerling Potatoes Fresh Steamed Broccoli Honey Wheat Bread Banana, Half Milk	Tomato Cucumber Salad 2 Lime Citrus Chicken Breast Wild Rice Fresh Steamed Asparagus Wheat Bread Mixed Melon Salad Milk	Tossed Green Salad 3 Grilled Pork Tenderloin Roasted Sweet Potatoes Lemon Broccoli Wheat Bread Fresh Pineapple Milk	Beet Salad 4 Parmesan Baked Pollock Whipped Potatoes Steamed Fresh Yellow Squash Honey Wheat Bread Fresh Fruit Sliced Milk
Iceberg & Onion Salad / Drsg. 7 Garlic Pork Tenderloin Brown Rice Sauteed Fresh Spinach Wheat Bread Fresh Cantaloupe Milk	Mix Greens w/ Italian Drsg. 8 Crumb Baked Tilapia Rice Pilaf Steamed Fresh Zucchini Multi-grain Bread Peaches and Melon Salad Milk	Spinach Salad 9 Roast Turkey Breast w/ Turkey Gravy Red Potatoes Steamed Baby Carrots Wheat Bread Grilled Peaches Milk	Carrot & Pineapple Salad 10 Dry Rubbed BBQ Beef Tips Bowtie Pasta Steamed Snap Peas w/ Shallots Multi-grain Bread Fresh Watermelon Cubes Milk	Tossed Green Salad 11 Rosemary Chicken Baked Sweet Potato Oven Roasted Brussels Sprouts Multi-grain Bread Fresh Strawberries & Banana Milk
Garden Salad 14 Turkey Primavera Fresh Steamed Broccoli Multi-grain Bread Whole Wheat Bread Pineapple & Oranges Milk	Spinach Salad 15 Rosemary Pork Loin Rice Pilaf Roasted Red Beets Multi-grain Bread Fresh Honeydew Cubes Milk	Garden Salad 16 BBQ Beef Farro Risotto Grilled Lemon Garlic Asparagus Multi-grain Bread Kiwi & Strawberries Milk	Garden Salad 17 Roasted Chicken Thigh Herbed Linguine Sauteed Zucchini Wheat Bread Fresh Fruit Salad Milk	Cucumber Tomato Salad 18 Grilled Trout w/ Avocado Salsa Whipped Potatoes Broccolini w/ Garlic Wheat Bread Fresh Apple Slices Milk
Garden Salad 21 BBQ Chicken Whole Wheat Bread Stuffing Roasted Asparagus Multi-grain Bread Fresh Fruit Cup Milk	Tossed Salad w/ mushrooms 22 Pork Cacciatore Fettuccine Pasta Ratatouille Multi-grain Bread Fresh Fruit Salad Milk	Iceberg & Onion Salad/ Drsg. 23 Turkey Cutlet & Gravy Red Potatoes Steamed Fresh Green Beans Wheat Bread Fresh Watermelon Cubes Milk	 <p>The Center is CLOSED</p>	Mixed Green Salad 25 Salmon Ginger (OSG) Rice Pilaf Roasted Cauliflower Wheat Roll Fresh Strawberries Sliced Milk
Garden Salad 28 Turkey Divan Dilled Fingerling Potatoes Fresh Steamed Broccoli Honey Wheat Bread Banana Half Milk	Tomato Cucumber Salad 29 Lime Citrus Chicken Breast Wild Rice Fresh Steamed Asparagus Wheat Bread Mixed Melon Salad Milk	Tossed Green Salad 30 Grilled Pork Tenderloin Roasted Sweet Potatoes Lemon Broccoli Wheat Bread Fresh Pineapple Milk		