

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 Main Room Games 3 1:00 It's a Matter of TIME 2:00 Snack 2:15 Chuck it? 2:45 Discover Detective	9:45 Main Room Games 4 1:00 That's ITALIAN 2:00 Snack 2:15 Bocce 2:45 Family Feud	9:45 Book Club 5 1:00 Orient Express 2:00 Snack 2:15 Putt Tic Tac Toe 2:45 Train Puzzles FIELD TRIP: MANHEIM FAIR	9:45 Main Room Games 6 1:00 German / American 2:00 Snack 2:15 Carpet Ball 2:45 Boggle	9:45 Main Room Games 7 1:00 World Tastes/ Smells 2:00 Snack 2:15 Toss Across 2:45 Tic Tac Know
9:45 Main Room Games 10 1:00 Zorro Remembered 2:00 Snack 2:15 Ladder Golf 2:45 True or False	9:45 Main Room Games 11 1:00 Myths and Legends 2:00 Snack 2:15 Corn Hole 2:45 Picture it...	9:45 Book Club 12 1:00 BINGO!! 2:00 Snack 2:15 Bowling 2:45 Chain Reaction	9:45 Main Room Game 13 1:00 Train Your Brain 2:00 Snack 2:15 Horseshoes 2:45 Horserace Trivia	9:45 Main Room Games 14 1:00 An EGGcellent Day 2:00 Snack 2:15 Frisbee Slam 2:45 Cliche
9:45 Main Room Games 17 1:00 Fire Prevention 2:00 Snack 2:15 Ring on Green 2:45 Stateology	9:45 Main Room Games 18 1:00 Songs for "Fall" 2:00 Snack 2:15 Splat 2:45 Name 5	9:45 Book Club 19 1:00 Who has my Cheese? 2:00 Snack 2:15 Skee Ball 2:45 Guess in 10	9:45 Main Room Games 20 1:00 I Know a Funny Story! 2:00 Snack 2:15 Lawn Darts 2:45 Things	9:45 Main Room Games 21 1:00 A Chef's Day 2:00 Snack 2:15 Hoops 2:45 Bubble Talk
9:45 Main Room Games 24 1:00 Shuffled/ Billiards 2:00 Snack 2:15 Famous Faces 2:45 Picture it...	9:45 Main Room Games 25 1:00 Stuffed! 2:00 Snack 2:15 Ring Toss 2:45 Words Around	9:45 Main Room Games 26 1:00 Pumpkin Day 2:00 Snack 2:15 Ring it to Win it 2:45 Wordies	9:45 MOVIE: <i>Blind Side</i> 27 1:00 MOVIE: <i>Blind Side</i> 2:00 Snack 2:15 Target Toss 2:45 Unscramble	9:45 Main Room Games 28 1:00 State of Nevada 2:00 Snack 2:15 Bowling 2:45 Find the Difference
9:45 Main Room Games 31 1:00 Fall Fest 2:00 Snack 2:15 Target Ball 2:45 Hangman				

October 2022

EDEN WEST ADULT DAY SERVICES MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Iceberg & Onion Salad 3 Garlic Pork Tenderloin Brown Rice Sautéed Fresh Spinach Wheat Bread Fresh Cantaloupe Milk	Mix Greens w/ Italian Drsg. 4 Crumb Baked Tilapia Rice Pilaf Steamed Fresh Zucchini Multigrain Bread Peaches and Melon Salad Milk	Spinach Salad 5 Roast Turkey Breast w/ Turkey Gravy Red Potatoes Steamed Baby Carrots Wheat Bread Grilled Peaches Milk	Carrot & Pineapple Salad 6 Dry Rubbed BBQ Beef Tips Bowtie Pasta Steamed Snap Peas w/ Shallots Multigrain Bread Fresh Watermelon Cubes Milk	Tossed Green Salad 7 Rosemary Chicken Baked Sweet Potato Oven-Roasted Brussels Sprouts Multigrain Bread Fresh Strawberries & Banana Milk
Garden Salad 10 Turkey Primavera Fresh Steamed Broccoli Multigrain Bread Whole Wheat Bread Pineapple & Oranges Milk	Spinach Salad 11 Rosemary Pork Loin Rice Pilaf Roasted Red Beets Multigrain Bread Fresh Honeydew Cubes Milk	Garden Salad 12 BBQ Beef Farro Risotto Grilled Lemon Garlic Asparagus Multigrain Bread Kiwi & Strawberries Milk	Garden Salad 13 Roasted Chicken Thigh Herbed Linguine Sautéed Zucchini Wheat Bread Fresh Fruit Salad Milk	Cucumber Tomato Salad 14 Grilled Trout w/ Avocado Salsa Whipped Potatoes Broccolini w/ Garlic Wheat Bread Fresh Apple Slices Milk
Garden Salad 17 BBQ Chicken Whole Wheat Bread Stuffing Roasted Asparagus Multigrain Bread Fresh Fruit Cup Milk	Tossed Salad w/Mushrooms 18 Pork Cacciatore Fettuccine Pasta Ratatouille Multigrain Bread Fresh Fruit Salad Milk	Iceberg & Onion Salad 19 Turkey Cutlet & Gravy Red Potatoes Steamed Fresh Green Beans Wheat Bread Fresh Watermelon Cubes Milk	Broccoli Cauliflower Salad 20 Hungarian Goulash Whipped Potatoes Steamed Fresh Yellow Squash Wheat Bread Fresh Cantaloupe Milk	Mixed Green Salad 21 Salmon Ginger (OSG) Rice Pilaf Roasted Cauliflower Wheat Roll Fresh Strawberries Sliced Milk
Garden Salad 24 Plain Braised Beef Baked Sweet Potato Seasoned Green Beans Wheat Roll Diced Pears Milk	Garden Salad 25 Turkey Divan Dilled Fingerling Potatoes Fresh Steamed Broccoli Honey Wheat Bread Banana Half Milk	Tomato Cucumber Salad 26 Lime Citrus Chicken Breast Wild Rice Fresh Steamed Asparagus Wheat Bread Mixed Melon Salad Milk	Tossed Green Salad 27 Grilled Pork Tenderloin Roasted Sweet Potatoes Lemon Broccoli Wheat Bread Fresh Pineapple Milk	Beet Salad 28 Parmesan Baked Pollock Whipped Potatoes Steamed Fresh Yellow Squash Honey Wheat Bread Fresh Fruit Sliced Milk
Iceberg & Onion Salad 31 Garlic Pork Tenderloin Brown Rice Sautéed Fresh Spinach Wheat Bread Fresh Cantaloupe Milk				