

January 2023

EDEN WEST CALENDAR OF EVENTS

LANDIS ADULT DAY SERVICES

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
<p>2</p> <p>CENTER CLOSED <i>IN OBSERVANCE OF</i> NEW YEAR'S DAY!</p>	<p>3</p> <p>9:45 Games/Puzzles/Crafts 1:00 Victor Borge Memories 2:00 Snack 2:15 Carpet Ball 2:45 A-Z Challenge</p>	<p>4</p> <p>9:45 Book Club 1:00 Spaghetti Day 2:00 Snack 2:15 Ring Toss 2:45 Picture Puzzle</p>	<p>5</p> <p>9:45 Games/Puzzles/Crafts 1:00 Naturalist Talk 2:00 Snack 2:15 Putt it... 2:45 Chain Reactions</p>	<p>6</p> <p>9:45 Games/Puzzles/Crafts 1:00 Harlem Globetrotters 2:00 Snack 2:15 Hoops 2:45 Wheel of Fortune</p>
<p>9</p> <p>9:45 Games/Puzzles/Crafts 1:00 Soups On! 2:00 Snack 2:15 Tumbling Tower 2:45 Stare and Share</p>	<p>10</p> <p>9:45 Morning Bingo 1:00 Saturday Evening Post 2:00 Snack 2:15 Bocce Ball 2:45 Gotcha</p>	<p>11</p> <p>9:45 Book Club 1:00 Juliettes and Romeos 2:00 Snack 2:15 Wally Ball 2:45 Detective</p>	<p>12</p> <p>9:45 Games/Puzzles/Crafts 1:00 Motown Meander 2:00 Snack 2:15 Hatchet Toss 2:45 Who Am I?</p>	<p>13</p> <p>~BREAKFAST~ 9:45 Games/Puzzles/Crafts 1:00 Door to Door Fuller Brush 2:00 Snack 2:15 Ring Toss 2:45 Are you Smarter...</p>
<p>16</p> <p>9:45 Games/Puzzles/Crafts 1:00 Martin Luther King 2:00 Snack 2:15 Ladder Golf 2:45 Scrambled!</p>	<p>17</p> <p>9:45 Games/Puzzles/Crafts 1:00 Snowflakes...a Lesson 2:00 Snack 2:15 Frisbee Toss 2:45 Scattergories</p>	<p>18</p> <p>9:45 Book Club FIELD TRIP...Soft Pretzels! 1:00 Shuffleboard/ Billiards 2:00 Snack 2:15 Bocce 2:45 Picture Pursuit</p>	<p>19</p> <p>9:45 Games/Puzzles/Crafts 1:00 Dolly Parton Life & Songs 2:00 Snack 2:15 Lawn Darts 2:45 Wordies</p>	<p>20</p> <p>9:45 Games/Puzzles/Crafts 1:00 Penguins 2:00 Snack 2:15 Penguin Toss 2:45 Twenty Questions</p>
<p>23</p> <p>9:45 Games/Puzzles/Crafts 1:00 Boy Scouts 2:00 Snack 2:15 Snow Throw 2:45 Family Feud</p>	<p>24</p> <p>9:45 Games/Puzzles/Crafts 1:00 Getting to Know You 2:00 Snack 2:15 Tail Gator 2:45 Scrabble</p>	<p>25</p> <p>9:45 Book Club 1:00 Opposite! 2:00 Snack 2:15 Corn Hole 2:45 Penny Ante</p>	<p>26</p> <p>9:45 Games/Puzzles/Crafts 1:00 Music w/ Lisa 2:00 Snack 2:15 Swatter Ball 2:45 R U Kidding?</p>	<p>27</p> <p>9:45 Morning Bingo 1:00 FDR Remembered 2:00 Snack 2:15 Carpet Ball 2:45 Wheel of Fortune</p>
<p>30</p> <p>9:45 Games/Puzzles/Crafts 1:00 Australia 2:00 Snack 2:15 Ring on Green 2:45 What Do You Know?</p>	<p>31</p> <p>9:45 Games/Puzzles/Crafts 1:00 Jackie Robinson 2:00 Snack 2:15 Ring it to Win it! 2:45 Crossword Challenge</p>			

January 2023

EDEN WEST ADULT DAY SERVICES MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>CENTER CLOSED <i>IN OBSERVANCE OF</i> NEW YEAR'S DAY!</p>	<p>Mix Greens w/ Italian Drsg. 3 Crumb Baked Tilapia Rice Pilaf Steamed Fresh Zucchini Multi-grain Bread Peaches and Melon Salad Milk</p>	<p>Spinach Salad 4 Roast Turkey Breast w/ Gravy Red Potatoes Steamed Baby Carrots Wheat Bread Grilled Peaches Milk</p>	<p>Carrot & Pineapple Salad 5 Dry Rubbed BBQ Beef Tips Bowtie Pasta Steamed Snap Peas w/ Shallots Multi-grain Bread Fresh Watermelon Cubes Milk</p>	<p>Tossed Green Salad 6 Rosemary Chicken Baked Sweet Potato Oven-Roasted Brussels Sprouts Multi-grain Bread Fresh Strawberries & Banana Milk</p>
<p>Garden Salad 9 Turkey Primavera Fresh Steamed Broccoli Multi-grain Bread Whole Wheat Bread Pineapple & Oranges Milk</p>	<p>Spinach Salad 10 Rosemary Pork Loin Rice Pilaf Roasted Red Beets Multi-grain Bread Fresh Honeydew Cubes Milk</p>	<p>Garden Salad 11 BBQ Beef Farro Risotto Grilled Lemon Garlic Asparagus Multi-grain Bread Kiwi & Strawberries Milk</p>	<p>Garden Salad 12 Roasted Chicken Thigh Herbed Linguine Sauteed Zucchini Wheat Bread Fresh Fruit Salad Milk</p>	<p>Cucumber Tomato Salad 13 Grilled Trout w/Avocado Salsa Whipped Potatoes Broccolini w/Garlic Wheat Bread Fresh Apple Slices Milk</p>
<p>Garden Salad 16 BBQ Chicken Whole Wheat Bread Stuffing Roasted Asparagus Multi-grain Bread Fresh Fruit Cup Milk</p>	<p>Tossed Salad w/Mushrooms 17 Pork Cacciatore Fettuccine Pasta Ratatouille Multi-grain Bread Fresh Fruit Salad Milk</p>	<p>Iceberg & Onion Salad/Drg. 18 Turkey Cutlet & Gravy Red Potatoes Steamed Fresh Green Beans Wheat Bread Fresh Watermelon Cubes Milk</p>	<p>Broccoli Cauliflower Salad 19 Hungarian Goulash Whipped Potatoes Steamed Fresh Yellow Squash Wheat Bread Fresh Cantaloupe Milk</p>	<p>Mixed Green Salad 20 Salmon Ginger Rice Pilaf Roasted Cauliflower Wheat Roll Fresh Strawberries Sliced Milk</p>
<p>Garden Salad 23 Plain Braised Beef Baked Sweet Potato Seasoned Green Beans Wheat Roll Diced Pears Milk</p>	<p>Garden Salad 24 Turkey Divan Dilled Fingerling Potatoes Fresh Steamed Broccoli Honey Wheat Bread Banana Half Milk</p>	<p>Tomato Cucumber Salad 25 Lime Citrus Chicken Breast Wild Rice Fresh Steamed Asparagus Wheat Bread Mixed Melon Salad Milk</p>	<p>Tossed Green Salad 26 Grilled Pork Tenderloin Roasted Sweet Potatoes Lemon Broccoli Wheat Bread Fresh Pineapple Milk</p>	<p>Beet Salad 27 Parmesan Baked Pollock Whipped Potatoes Steamed Fresh Yellow Squash Honey Wheat Bread Fresh Fruit Sliced Milk</p>
<p>Iceberg & Onion Salad 30 Garlic Pork Tenderloin Brown Rice Sauteed Fresh Spinach Wheat Bread Fresh Cantaloupe Milk</p>	<p>Mix Greens w/ Italian Drsg. 31 Crumb Baked Tilapia Rice Pilaf Steamed Fresh Zucchini Multi-grain Bread Peaches and Melon Salad Milk</p>			