



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 Book Club 1 1:00 KPets and Pet Stories 2:00 Snack 2:15 Ladder Golf 2:45 What if?	9:45 Uno / Craft 2 1:00 Ground Hogs - L. Sanchez 2:00 Snack 2:15 Swatter Ball 2:45 Smart As...	9:45 Uno / Craft 3 1:00 Feed the Birds 2:00 Snack 2:15 X Box Bowling 2:45 Name 5
9:45 Uno / Craft 6 1:00 Massachusetts Makes It! 2:00 Snack 2:15 Ring on Green 2:45 Scattergories	9:45 Uno / Craft 7 1:00 John Deere and Little House 2:00 Snack 2:15 Carpet Ball 2:45 Tic Tac Know	9:45 Book Club 8 1:00 Tennessee Ernie Ford 2:00 Snack 2:15 Swatter Ball 2:45 Boggle	9:45 Uno / Craft 9 1:00 Tongue Twister Humor 2:00 Snack 2:15 Splat 2:45 Tic Tac Know	<b>FIELD TRIP</b> – Barry’s Cars 10 9:45 Uno / Craft 1:00 Satchel Page 2:00 Snack 2:15 Hatchet Throw 2:45 Wheel of Fortune
9:45 Uno / Craft 13 1:00 Presidentially Speaking... 2:00 Snack 2:15 Frisbee Toss 2:45 Stare	9:45 Uno / Craft  14 1:00 Valentine Stories 2:00 Snack 2:15 ADS COUNCIL 2:45 Hoe Down Trivia	9:45 Book Club 15 1:00 Cooking w/ Chris 2:00 Snack 2:15 Horseshoes 2:45 Smart Mouth	9:45 Uno / Craft 16 1:00 We All Have a Heart 2:00 Snack 2:15 Bocce 2:45 Blurt	9:45 Uno / Craft 17 1:00 Heart Happy / Price is Right 2:00 Snack 2:15 Ladder Golf 2:45 Believe it or Not
9:45 Uno / Craft 20 1:00 You’ve Got Mail 2:00 Snack 2:15 Hit the Mark 2:45 Make Your Point	FASNACHT DAY/ FAT TUESDAY 21 9:45 Uno / Craft 1:00 A Little Mardi Gras 2:00 Snack 2:15 Pancake Run 2:45 Dear Abby	9:45 Book Club 22 1:00 Shuffleboard 2:00 Snack 2:15 Chuck It 2:45 You Be the Judge	9:45 Uno / Craft 23 1:00 Lisa “Sunny Songs” 2:00 Snack 2:15 Ring on Green 2:45 Oodles	9:45 Uno / Craft 24 1:00 Matt Wenger Concert 2:00 Snack 2:15 Carpet Ball 2:45 Fall Down the Well Trivia
9:45 Uno / Craft 27 1:00 Safari 2:00 Snack 2:15 Ring it to Win it Safari 2:45 Safari Pictionary	9:45 Uno / Craft 28 1:00 MOVIE 2:00 Snack 2:15 Carpet Ball 2:45 Picture Detectives			

**February 2023**

**EDEN WEST ADULT DAY SERVICES MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>Spinach Salad 1            Roast Turkey Breast w/ Gravy            Red Potatoes            Steamed Baby Carrots            Whole Wheat Bread            Grilled Peaches            Milk</p>	<p>Carrot &amp; Pineapple Salad 2            Dry Rubbed BBQ Beef Tips            Bowtie Pasta            Steamed Snap Peas w/ Shallots            Multi Grain Bread            Fresh Watermelon Cubes            Milk</p>	<p>Tossed Green Salad 3            Rosemary Chicken            Baked Sweet Potato            Oven Roasted Brussel Sprouts            Multi Grain Bread            Fresh Strawberries &amp; Bananas            Milk</p>
<p>Garden Salad 6            Turkey Primavera            Baked Potato            Broccoli            Multi Grain Bread            Pineapples &amp; Oranges            Milk</p>	<p>Spinach Salad 7            Rosemary Pork Loin            Rice Pilaf            Roasted Red Beets            Multi Grain Bread            Fresh Honey Dew Cubes            Milk</p>	<p>Garden Salad 8            BBQ Beef            Farro Risotto            Grilled Lemon Garlic Asparagus            Multi Grain Bread            Kiwi &amp; Strawberries            Milk</p>	<p>Garden Salad 9            Roasted Chicken Thigh            Herbed Linguine            Sautéed Zucchini            Whole Wheat Bread            Fresh Fruit Salad            Milk</p>	<p>Cucumber Tomato Salad 10            Grilled Trout w/ Avocado Salsa            Whipped Potatoes            Broccolini w/ Garlic            Whole Wheat Bread            Fresh Apple Slices            Milk</p>
<p>Garden Salad 13            BBQ Chicken            Whole Wheat Bread Stuffing            Roasted Asparagus            Multi Grain Bread            Fresh Fruit Cup            Milk</p>	<p>Tossed Salad w/ Mushrooms 14            Pork Cacciatore            Fettuccine Pasta            Ratatouille            Multi Grain Bread            Fresh Fruit Salad            Milk</p>	<p>Iceberg &amp; Onion Salad 15            Turkey Cutlet &amp; Gravy            Red Potatoes            Steamed Fresh Green Beans            Wheat Bread            Fresh Watermelon Cubes            Milk</p>	<p>Broccoli Cauliflower Salad 16            Hungarian Goulash            Whipped Potatoes            Steamed Fresh Yellow Squash            Whole Wheat Bread            Fresh Cantaloupe            Milk</p>	<p>Green Salad 17            Salmon Ginger            Rice Pilaf            Roasted Cauliflower            Wheat Roll            Sliced Strawberries            Milk</p>
<p>Garden Salad 20            Plain Braised Beef            Baked Sweet Potato            Seasoned Green Beans            Wheat Roll            Diced Pears            Milk</p>	<p>Garden Salad 21            Turkey Divan            Dilled Fingerling Potatoes            Fresh Steamed Broccoli            Honey Wheat Bread            Banana Half            Milk</p>	<p>Tomato Cucumber Salad 22            Lime Citrus Chicken Breast            Wild Rice            Fresh Steamed Asparagus            Whole Wheat Bread            Mixed Melon Salad            Milk</p>	<p>Tossed Green Salad 23            Grilled Pork Tenderloin            Roasted Sweet Potatoes            Lemon Broccoli            Whole Wheat Bread            Fresh Pineapple            Milk</p>	<p>Beet Salad 24            Parmesan Baked Pollock            Whipped Potatoes            Steamed Fresh Yellow Squash            Honey Wheat Bread            Fresh Fruit Sliced            Milk</p>
<p>Iceberg &amp; Onion Salad 27            Garlic Pork Tenderloin            Brown Rice            Sautéed Fresh Spinach            Whole Wheat Bread            Fresh Cantaloupe            Milk</p>	<p>Mixed Greens w/ Ital.Drsg. 28            Crumb Baked Tilapia            Rice Pilaf            Steamed Fresh Zucchini            Multi Grain Bread            Fresh Honeydew Cubes            Milk</p>	