



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 Dr. Suess: A Few Laughs 2:00 Snack 2:15 XBOX Bowling 2:45 Cranium Crunchers	9:45 Crafts / Uno 2 1:00 <i>Signs of Spring!</i> 2:00 Snack 2:15 Corn Hole 2:45 Wheel of Fortune	9:45 Crafts / Uno 3 1:00 World Wildlife Day 2:00 Snack 2:15 Ring on Green 2:45 Chain Reaction
9:45 Crafts / Uno 6 1:00 <i>My Favorite Things</i> 2:00 Snack 2:15 Wally Ball 2:45 Bubble Talk	9:45 Crafts / Uno 7 1:00 Seriously, Cereal? 2:00 Snack 2:15 Ladder Golf 2:45 Name 5	9:45 Book Club 8 1:00 How it's Done... 2:00 Snack 2:15 Lawn Darts 2:45 Cliché Challenge	9:45 Crafts / Uno 9 1:00 Guest Performance 2:00 Snack 2:15 Carpet Ball 2:45 Dear Abby	~FIELD TRIP: 10 MIDDLE CREEK 9:45 Crafts / Uno 1:00 Girl Scouts 2:00 Snack 2:15 Ring Toss 2:45 Millionaire
9:45 Crafts / Uno 13 1:00 Mustang! 2:00 Snack 2:15 Target Ball 2:45 Word Ladders	9:45 Crafts / Uno 14 1:00 A Plethora of Chips! 2:00 Snack 2:15 Tumbling Tower 2:45 Smart As a....	9:45 Book Club 15 1:00 Cooking Up a Storm 2:00 Snack 2:15 Hatchet Throw 2:45 Boggle	9:45 Crafts / Uno 16 1:00 Panda 2:00 Snack 2:00 ADS COUNCIL 2:15 Target Ball 2:45 Guess in 10	9:45 Crafts / Uno 17 1:00 St. Patrick's Day 2:00 Snack 2:15 Swatter Ball 2:45 Blarney?
9:45 Crafts / Uno 20 1:00 Sing Along Spring! 2:00 Snack 2:15 Horseshoe 2:45 Detective Puzzler	9:45 Crafts / Uno 21 1:00 In the Forest 2:00 Snack 2:15 Carpet Ball 2:45 Picture it!	9:45 Book Club 22 1:00 Don't Act Your Age! 2:00 Snack 2:15 Frisbee Toss 2:45 Tic Tac Trivia	9:45 Crafts / Uno 23 1:00 Name that Tune 2:00 Snack 2:15 Famous Faces 2:45 Family Feud	9:45 Crafts / Uno 24 1:00 MOVIE 2:00 Snack 2:15 Ladder Golf 2:45 Team Scrabble
9:45 Crafts / Uno 27 1:00 It's Spring BINGO 2:00 Snack 2:15 Bocce Ball 2:45 Caption It.	9:45 Crafts / Uno 28 1:00 Hanna Barbara 2:00 Snack 2:15 Skee Ball 2:45 Puzzler	9:45 Book Club 29 1:00 Currier & Ives 2:00 Snack 2:15 Washer Toss 2:45 Pictionary	9:45 Crafts / Uno 30 1:00 KPets and Humor 2:00 Snack 2:15 Pitching Practice 2:45 Wheel of Fortune	9:45 Crafts / Uno 31 1:00 Grow with Us 2:00 Snack 2:15 Tee UP 2:45 Word Connect

March 2023

EDEN WEST ADULT DAY SERVICES MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Spinach Salad 1 Roast Turkey w/ Gravy Red Potatoes Steamed Baby Carrots Whole Wheat Bread Grilled Peaches Milk	Carrot & Pineapple Salad 2 Dry Rubbed BBQ Beef Tips Bowtie Pasta Steamed Snap Peas w/Shallots Multi-Grain Bread Fresh Watermelon Cubes Milk	Tossed Green Salad 3 Rosemary Chicken Baked Sweet Potato Oven Roasted Brussel Sprouts Multi-Grain Bread Fresh Strawberries & Bananas Milk
Iceberg & Onion Salad 6 Garlic Pork Tenderloin Brown Rice Sauteed Fresh Spinach Whole Wheat Bread Fresh Cantaloupe Milk	Mix Greens w/ Italian Drsg. 7 Crumb Baked Tilapia Rice Pilaf Steamed Fresh Zucchini Multi-Grain Bread Peaches & Melon Salad Milk	Spinach Salad 8 Roast Turkey w/ Gravy Red Potatoes Steamed Baby Carrots Whole Wheat Bread Grilled Peaches Milk	Carrot & Pineapple Salad 9 Dry Rubbed BBQ Beef Tips Bowtie Pasta Steamed Snap Peas w/Shallots Multi-Grain Bread Fresh Watermelon Cubes Milk	Tossed Green Salad 10 Rosemary Chicken Baked Sweet Potato Oven Roasted Brussel Sprouts Multi-Grain Bread Fresh Strawberries & Bananas Milk
Garden Salad 13 Turkey Primavera Baked Potato Broccoli Multi-Grain Bread Pineapples & Oranges Milk	Spinach Salad 14 Rosemary Pork Loin Rice Pilaf Roasted Red Beets Multi-Grain Bread Fresh Honey Dew Cubes Milk	Garden Salad 15 BBQ Beef Farro Risotto Grilled Lemon Garlic Asparagus Multi-Grain Bread Kiwi & Strawberries Milk	Garden Salad 16 Roasted Chicken Thigh Herbed Linguine Sauteed Zucchini Whole Wheat Bread Fresh Fruit Salad Milk	Cucumber Tomato Salad 17 Grilled Trout w/ Avocado Salsa Whipped Potatoes Broccolini w/Garlic Whole Wheat Bread Fresh Apple Slices Milk
Garden Salad 20 BBQ Chicken Whole Wheat Bread Stuffing Roasted Asparagus Multi-Grain Bread Fresh Fruit Cup Milk	Tossed Salad w/ Mushrooms 21 Pork Cacciatore Fettuccine Pasta Ratatouille Multi-Grain Bread Fresh Fruit Salad Milk	Iceberg & Onion Salad 22 Turkey Cutlet & Gravy Red Potatoes Steamed Fresh Green Beans Wheat Bread Fresh Watermelon Cubes Milk	Broccoli Cauliflower Salad 23 Hungarian Goulash Whipped Potatoes Steamed Fresh Yellow Squash Whole Wheat Bread Fresh Cantaloupe Milk	Green Salad 24 Salmon Ginger Rice Pilaf Roasted Cauliflower Wheat Roll Sliced Strawberries Milk
Garden Salad 27 Plain Braised Beef Baked Sweet Potato Seasoned Green Beans Wheat Roll Diced Pears 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 Whole Wheat Bread Mixed Melon Salad Milk	Tossed Green Salad 30 Grilled Pork Tenderloin Roasted Sweet Potatoes Lemon Broccoli Whole Wheat Bread Fresh Pineapple Milk	Beet Salad 31 Parmesan Baked Pollock Whipped Potatoes Steamed Fresh Yellow Squash Honey Wheat Bread Fresh Fruit Sliced Milk