

**MAY 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
9:45 Uno / Art 1 1:00 May Day and a Little Polka 2:00 Snack 2:15 Horseshoe Challenge 2:45 Chain Reaction	9:45 Uno / Art 2 1:00 Traveling Tunes 2:00 Snack 2:15 Lawn Darts 2:45 Tic Tac Know	9:45 Book Club 3 1:00 Rhyme and Reason 2:00 Snack 2:15 Baseball Warm Ups 2:45 Cliché Conundrum	9:45 Uno / Art 4 1:00 Grump Out 2:00 Snack 2:15 Ring on Green 2:45 Scattergories	9:45 Uno / Art 5 1:00 Golden Spike... Railroad 2:00 Snack 2:15 Ring the Spike 2:45 Missing Letters
9:45 Uno / Art 8 1:00 Peter Pan Education 2:00 Snack 2:15 Swatter Ball 2:45 Sound Off	9:45 Uno / Art 9 1:00 Nurses –Their Stories And Work 2:00 Snack 2:15 Horseshoe 2:45 Millionaire	9:45 Book Club 10 1:00 Celebrating Oceans 2:00 Snack 2:15 Carpet Ball 2:45 Trivia Tournament	9:45 Uno / Art 11 1:00 Arm Chair Travel – Minnesota 2:00 Snack 2:15 Putt it Out 2:45 Guess Who?	9:45 Uno / Art 12 1:00 Mother Knows Best 2:00 Snack 2:15 Ladder Golf 2:45 Dealing Dominoes
9:45 Uno / Art 15 1:00 Cars – Dan Ness 2:00 Snack 2:15 Skee Ball 2:45 Scrabble Scramble	<b>BREAKFAST</b> 16 9:45 Uno / Art 1:00 Armchair Quick Trip to Europe 2:00 Snack 2:15 Wolly Ball 2:45 Pictionary	<b>FIELD TRIP-Barnstormers</b> 17 9:45 Book Club 1:00 Lancaster – Clair Wagner 2:00 Snack 2:15 Tail Gating 2:45 Fact or Fiction	<b>ADS COUNCIL</b> 18 9:45 Uno / Art 1:00 BINGO 2:00 Snack 2:15 Bocce Ball 2:45 Postcard from USA	9:45 Uno / Art 19 1:00 Cooking w/ Chris 2:00 Snack 2:15 Ring it, Win it! 2:45 Horse Race Challenge
9:45 Uno / Art 22 1:00 Optical Illusions 2:00 Snack 2:15 Corn Hole 2:45 Buzzword	9:45 Uno / Art 23 1:00 Music w/ Lisa 2:00 Snack 2:15 Ladder Golf 2:45 Chain Reaction	9:45 Book Club 24 1:00 Duke’s Day 2:00 Snack 2:15 Bocce 2:45 Word Ladder	9:45 Uno / Art 25 1:00 Arm Chair Travel – Montana 2:00 Snack 2:15 Toss Across 2:45 Is That True About You?	9:45 Uno / Art 26 1:00 TV Classic - Lassie 2:00 Snack 2:15 Ring on Green 2:45 Hang On Word Search
<b>CENTER CLOSED</b> 29  MEMORIAL DAY REMEMBERING & HONORING ALL WHO SERVED	9:45 Uno / Art 30 1:00 Shuffleboard 2:00 Snack 2:15 Bocce 2:45 You Did WHAT?	9:45 Book Club 31 1:00 Romeo and Juliette 2:00 Snack 2:15 Toss Across 2:45 Connect Four		

**MAY 2023**

**EDEN WEST ADULT DAY SERVICES MENU**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Iceberg & Onion Salad 1 Garlic Pork Tenderloin Brown Rice Sauteed Fresh Spinach Whole Wheat Bread Cantaloupe Milk	Mix Greens w/Ital. 2 Crumb Baked Tilapia Rice Pilaf Steamed Fresh Zucchini Multi Grain Bread Peaches & Melon Salad Milk	Spinach Salad 3 Roast Turkey Breast w/Gravy Red Potatoes Steamed Baby Carrots Whole Wheat Bread Grilled Peaches Milk	Carrot & Pineapple Salad 4 Dry Rubbed BBQ Beef Tips Bowtie Pasta Steamed Snap Peas w/Shallots Multi Grain Bread Fresh Watermelon Cubes Milk	Tossed Green Salad 5 Rosemary Chicken Baked Sweet Potato Oven Roasted Brussel Sprouts Multi Grain Bread Fresh Strawberries & Bananas Milk
Garden Salad 8 Turkey Primavera Baked Potato Broccoli Multi Grain Bread Pineapples & Oranges Milk	Spinach Salad 9 Rosemary Pork Loin Rice Pilaf Roasted Red Beets Multi Grain Bread Fresh Honey Dew Cubes Milk	Garden Salad 10 BBQ Beef Farro Risotto Grilled Lemon Garlic Asparagus Multi Grain Bread Kiwi & Strawberries Milk	Garden Salad 11 Roasted Chicken Thigh Herbed Linguine Sauteed Zucchini Whole Wheat Bread Fresh Fruit Salad Milk	Cucumber Tomato Salad 12 Grille Trout w/Avocado Salsa Whipped Potatoes Broccolini w/ Garlic Whole Wheat Bread Fresh Apple Slices Milk
Garden Salad 15 BBQ Chicken Whole Wheat Bread Stuffing Roasted Asparagus Multi Grain Bread Fresh Fruit Cup Milk	Tossed Salad 16 w/Mushrooms Pork Cacciatore Fettuccine Pasta Ratatouille Multi Grain Bread Fresh Fruit Salad / Milk	Iceberg & Onion Salad 17 Turkey Cutlet & Gravy Red Potatoes Steamed Fresh Green Beans Wheat Bread Fresh Watermelon Cubes Milk	Broccoli Cauliflower Salad 18 Hungarian Goulash Whipped Potatoes Steamed Fresh Yellow Squash Whole Wheat Bread Fresh Cantaloupe Milk	Green Salad 19 Salmon Ginger Rice Pilaf Roasted Cauliflower Wheat Roll Sliced Strawberries Milk
Garden Salad 22 Plain Braised Beef Baked Sweet Potato Seasoned Green Beans Wheat Roll Diced Pears Milk	Garden Salad 23 Turkey Divan Dilled Fingerling Potatoes Fresh Steamed Broccoli Honey Wheat Bread Banana Half Milk	Tomato Cucumber Salad 24 Lime Citrus Chicken Breast Wild Rice Fresh Steamed Asparagus Whole Wheat Bread Mixed Melon Salad Milk	Tossed Green Salad 25 Grilled Pork Tenderloin Roasted Sweet Potatoes Lemon Broccoli Whole Wheat Bread Fresh Pineapple Milk	Beet Salad 26 Parmesan Baked Pollock Whipped Potatoes Steamed Fresh Yellow Squash Honey Wheat Bread Fresh Fruit Sliced Milk
<b>CENTER CLOSED</b> 29  <b>MEMORIAL DAY</b> <small>REMEMBERING &amp; HONORING ALL WHO SERVED</small>	Mixed Greens w/Ital. 30 Crumb Baked Tilapia Rice Pilaf Steamed Fresh Zucchini Multi Grain Bread Peaches & Melon Salad Milk	Spinach Salad 31 Roast Turkey Breast w/Gravy Red Potatoes Steamed Baby Carrots Whole Wheat Bread Grilled Peaches Milk		