

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 Crafts / Uno 1 1:00 Hummingbirds – Lisa Sanchez 2:00 Snack 2:15 Lawn Darts 2:45 Boggle	9:45 Crafts / Uno 2 1:00 Donut Day and more... 2:00 Snack 2:15 Ring on Green 2:45 Scattergories
9:45 Crafts / Uno 5 1:00 Andy Griffith Rewind 2:00 Snack 2:15 Carpet Ball 2:45 Don't Quote Me...	9:45 Crafts / Uno 6 1:00 Cheese, Which One? 2:00 Snack 2:15 Ladder Golf 2:45 License Plate ID	9:45 Book Club 7 1:00 Lou Gehrig Remembered 2:00 Snack 2:15 Skee Ball 2:45 Spill and Spell	9:45 Crafts / Uno 8 1:00 The Incredible Butterfly Journey 2:00 Snack 2:15 Horse Shoes 2:45 Horse Race Hoe Down	9:45 Crafts / Uno 9 1:00 Duct Tape Creations 2:00 Snack 2:15 Tic Tac Throw 2:45 Hangman
9:45 Crafts / Uno 12 1:00 Describe it, Name it! 2:00 Snack 2:15 Corn Hole 2:45 Tic Tac Know	FIELD TRIP: Jigger Shop- Mt. Gretna 13 9:45 Crafts / Uno 1:00 Wedding Memories 2:00 Snack 2:15 Ring Toss 2:45 Wheel of Fortune	9:45 Book Club 14 1:00 Exotic Pets 2:00 Snack 2:15 RING IT TO WIN IT 2:45 Family Feud	9:45 Crafts / Uno 15 1:00 That's Kinda Corny 2:00 Snack 2:15 Wally Ball 2:45 Boggle	9:45 Crafts / Uno 16 1:00 I Remember Papa 2:00 Snack 2:15 Putt it 2:45 Millionaire
9:45 Crafts / Uno 19 1:00 K-9 Presentation 2:00 Snack 2:15 Ring on Green 2:45 Chain Reaction	9:45 Crafts / Uno 20 1:00 Sail! 2:00 Snack 2:15 Frisbee Toss 2:45 Brain Trouble	9:45 Book Club 21 1:00 Hershey Holiday 2:00 Snack 2:15 Carpet Ball 2:45 You be the Judge	9:45 Crafts / Uno 22 1:00 Baby Boomers...Salute 2:00 Snack 2:15 Ladder Golf 2:45 Picture Perfect	9:45 Crafts / Uno 23 1:00 Visit to St. John's 2:00 Snack 2:15 Bocce Ball 2:45 True or False
9:45 Crafts / Uno 26 1:00 Lisa and Fran - Sing Along 2:00 Snack 2:15 Washer Toss 2:45 Make a Plan	9:45 Crafts / Uno 27 1:00 CORVETTE & Other Sports Cars 2:00 Snack 2:15 Target Ball 2:45 Word Ladders	9:45 Book Club 28 1:00 Fits Me to a "TEA" 2:00 Snack 2:15 Tailgator 2:45 Roll a Memory	9:45 Crafts / Uno 29 1:00 Name that Tune Bingo 2:00 Snack 2:15 Bowling / Xbox 2:45 Picture Trivia	9:45 Crafts / Uno 30 1:00 SHARKS with Jen 2:00 Snack 2:15 Birdie Toss 2:45 Things

JUNE 2023

EDEN WEST ADULT DAY SERVICES MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 			Carrot & Pineapple Salad 1 Dry Rubbed BBQ Beef Tips Bowtie Pasta Steamed Snap Peas w/ Shallots Multi Grain Bread Fresh Watermelon Cubes Milk	Tossed Green Salad 2 Rosemary Chicken Baked Sweet Potato Oven Roasted Brussel Sprouts Multi Grain Bread Fresh Strawberries & Bananas Milk
Iceberg & Onion Salad 5 Garlic Pork Tenderloin Brown Rice Sauteed Fresh Spinach Whole Wheat Bread Fresh Cantaloupe Milk	Mix Greens w/ Italian Drsg. 6 Crumb Baked Tilapia Rice Pilaf Steamed Fresh Zucchini Multi Grain Bread Peaches & Melon Salad Milk	Spinach Salad 7 Roast Turkey Breast w/ Gravy Red Potatoes Steamed Baby Carrots Whole Wheat Bread Grilled Peaches Milk	Carrot & Pineapple Salad 8 Dry Rubbed BBQ Beef Tips Bowtie Pasta Steamed Snap Peas w/ Shallots Multi Grain Bread Fresh Watermelon Cubes Milk	Tossed Green Salad 9 Rosemary Chicken Baked Sweet Potato Oven Roasted Brussel Sprouts Multi Grain Bread Fresh Strawberries & Bananas Milk
Garden Salad 12 Turkey Primavera Baked Potato Broccoli Multi Grain Bread Pineapples & Oranges Milk	Spinach Salad 13 Rosemary Pork Loin Rice Pilaf Roasted Red Beets Multi Grain Bread Fresh Honey Dew Cubes Milk	Garden Salad 14 BBQ Beef Farro Risotto Grilled Lemon Garlic Asparagus Multi Grain Bread Kiwi & Strawberries Milk	Garden Salad 15 Roasted Chicken Thigh Herbed Linguine Sauteed Zucchini Whole Wheat Bread Fresh Fruit Salad Milk	Cucumber Tomato Salad 16 Grilled Trout w/ Avocado Salsa Whipped Potatoes Broccoli w/ Garlic Whole Wheat Bread Fresh Apple Slices Milk
Garden Salad 19 BBQ Chicken Whole Wheat Bread Stuffing Roasted Asparagus Multi Grain Bread Fresh Fruit Cup Milk	Tossed Salad w/ Mushrooms 20 Pork Cacciatore Fettuccine Pasta Ratatouille Multi Grain Bread Fresh Fruit Salad Milk	Iceberg & Onion Salad 21 Turkey Cutlet & Gravy Red Potatoes Steamed Fresh Green Beans Wheat Bread Fresh Watermelon Cubes Milk	Broccoli Cauliflower Salad 22 Hungarian Goulash Whipped Potatoes Steamed Fresh Yellow Squash Whole Wheat Bread Fresh Cantaloupe Milk	Green Salad 23 Salmon Ginger Rice Pilaf Roasted Cauliflower Wheat Roll Sliced Strawberries Milk
Garden Salad 26 Plain Braised Beef Baked Sweet Potato Seasoned Green Beans Wheat Roll Diced Pears Milk	Garden Salad 27 Turkey Divan Dilled Fingerling Potatoes Fresh Steamed Broccoli Honey Wheat Bread Banana Half Milk	Tomato Cucumber Salad 28 Lime Citrus Chicken Breast Wild Rice Fresh Steamed Asparagus Whole Wheat Bread Mixed Melon Salad Milk	Tossed Green Salad 29 Grilled Pork Tenderloin Roasted Sweet Potatoes Lemon Broccoli Whole Wheat Bread Fresh Pineapple Milk	Beet Salad 30 Parmesan Baked Pollock Whipped Potatoes Steamed Fresh Yellow Squash Honey Wheat Bread Fresh Fruit Sliced Milk