

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 Morning Bingo 2 1:00 Matt Wenger Guitar 2:00 Snack 2:15 Chain Reaction 2:45 Millionaire 3:15 At the Board	9:45 Uno / Craft 3 1:00 Why Am I a Nurse / Being Social 1:30 Julie Andrews 2:00 Snack 2:15 Lawn Darts 2:45 Chain Reactions 3:15 Whiteboard Word it	9:45 Book Club 4 1:00 Lighthouses 2:00 Snack 2:15 Target Toss 2:45 Family Feud 3:15 True or False	9:45 Uno / Craft 5 1:00 Animals That Migrate 2:00 Snack 2:15 Bocce Ball 2:45 Boggle 3:15 Word Ladders / Story Club	9:45 Uno / Craft 6 1:00 Classic TV: <i>Leave it to Beaver</i> 2:00 Snack 2:15 Ring it to Win it! 2:45 Words in the Round 3:15 Who Am I?
9:45 Uno / Craft 9 1:00 Sneakers 2:00 Snack 2:15 Skee Ball 2:45 21 Questions 3:15 Cliché	9:45 Uno / Craft 10 1:00 Face Your Fears 2:00 Snack 2:15 Carpet Ball 2:45 Rockwell Wonder 3:15 Tic Tac Know	9:45 Book Club 11 1:00 Men's Group / Women's Group 2:00 Snack 2:15 Ring on Green 2:45 Spill and Spell 3:15 Wheel of Fortune	9:45 Uno / Craft 12 1:00 Name that Tune 2:00 Snack 2:15 Tee Up 2:45 Fill in the Word 3:15 Scattergories / Story Club	9:45 Uno / Craft 13 1:00 Loving the Funnies 2:00 Snack 2:15 Bowling 2:45 Name 5 3:15 Stateology
9:45 Uno / Craft 16 1:00 Alice Lauver Concert 2:00 Snack 2:15 Tic Tac Throw 2:45 Boggle 3:15 America Says	FIELD TRIP: New Holland Museum 17 9:45 Uno / Craft 1:00 Eleanor Roosevelt 2:00 Snack 2:15 Hoops 2:45 Find the Difference 3:15 Things	9:45 Book Club 18 1:00 Squirrels 2:00 Snack 2:15 Lawn Darts 2:45 Junkyard Detective 3:15 Guess in 10	9:45 Uno / Craft 19 1:00 Dolls, Dolls, Dolls 2:00 Snack 2:15 Horseshoes 2:45 Horserace Hoe Down 3:15 Finish It / Story Club	9:45 Uno / Craft 20 1:00 BINGO 2:00 Snack 2:15 Bowling 2:45 Whom Am I? 3:15 Riddles, Riddles, Riddles
9:45 Uno / Craft 23 1:00 Music is Universal 2:00 Snack 2:15 Corn Hole 2:45 Word Connect 3:15 Food Anagram	9:45 Uno / Craft 24 1:00 Professor W. Pooh 2:00 Snack 2:15 Carpet Ball 2:45 Wolf Pack 3:15 Brain Games	BREAKFAST IS SERVED 25 9:45 Book Club 1:00 Harvest Lane Story 2:00 Snack 2:15 Ring Toss 2:45 25 Words or Less 3:15 You Judge	9:45 Morning BINGO 26 1:00 Pumpkin Cooking 2:00 Snack 2:15 Bocce 2:45 License Plate ID 3:15 A Story / Story Club	9:45 Uno / Craft 27 1:00 Shuffleboard 2:00 Snack 2:15 Ring on Green 2:45 Find the Difference 3:15 Anagrams
9:45 Uno / Craft 30 1:00 Which One is BEST? 2:00 Snack 2:15 Tic Tac Throw 2:45 Over and Under 3:15 Roll a Memory	9:45 Uno / Craft 31 1:00 A Little Mischief 2:00 Snack 2:15 Fish in the Barrel 2:45 Finish the Proverbs 3:15 Crosswords			

OCTOBER 2023

EDEN WEST ADULT DAY SERVICES MENU

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