



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
				
<p>CENTER CLOSED 4</p> 	<p>9:45 Morning Bingo 5 1:00 Carol Burnett Laughs 2:00 Snack 2:15 Lawn Darts 2:45 Millionaire</p>	<p>9:45 Book Club 6 1:00 Farm Show Ready 2:00 Snack 2:15 Carpet Ball 2:45 Scrabble Scramble</p>	<p>9:45 Crafts / Uno 7 1:00 Monarch Butterflies 2:00 Snack 2:15 Bocce Ball 2:45 STARE</p>	<p>9:45 Crafts / Uno 8 1:00 Lighthouses 2:00 Snack 2:15 Ring it to Win it! 2:45 Cranium Crunchers</p>
<p>9:45 Crafts / Uno 11 1:00 Lassie Come Home 2:00 Snack 2:15 Wally Ball 2:45 Smart As... 3:00 Unscrambled</p>	<p>9:45 Crafts / Uno 12 1:00 School Kits Project 2:00 Snack 2:15 Skee Ball 2:45 Password</p>	<p>9:45 Book Club 13 1:00 Air Race Day 2:00 Snack 2:15 Target Toss 2:45 Pictionary</p>	<p>9:45 Crafts / Uno 14 1:00 Tradesman Day 2:00 Snack 2:15 Frisbee Challenge 2:45 License ID</p>	<p>9:45 Crafts / Uno 15 1:00 Tickling the Ivories: Dora 2:00 Snack 2:15 Bowling 2:45 Picture It</p>
<p>9:45 Crafts / Uno 18 1:00 Staying Balanced 2:00 Snack 2:15 Ladder Golf 2:45 Boggle</p>	<p>9:45 Crafts / Uno 19 1:00 Edible Creatures 2:00 Snack 2:15 Noodle Hockey 2:45 True or False</p>	<p>9:45 Book Club 20 1:00 Adult Day Services Celebrates 2:00 Snack 2:15 Carpet Ball 2:45 Gotcha</p>	<p>9:45 Crafts / Uno 21 1:00 'Mining at Cornwall'... Mike Weber 2:00 Snack 2:15 Swatter Ball 2:45 Chain Reaction</p>	<p>9:45 Crafts / Uno 22 1:00 Graveyard of Atlantic 2:00 Snack 2:15 Tailgating 2:45 Family Feud</p>
<p>9:45 Crafts / Uno 25 1:00 Music with Lisa 2:00 Snack 2:15 Horseshoes 2:45 Horseshoe Hoe Down</p>	<p>~BREAKFAST IS SERVED 26 9:45 Crafts / Uno 1:00 BINGO 2:00 Snack 2:15 Ladder Golf 2:45 Millionaire</p>	<p>~COUNCIL MEETING 27 9:45 Book Club 1:00 Name that Tune 2:00 Snack 2:15 Ring Toss 2:45 BegEnd</p>	<p>9:45 Morning Bingo 28 1:00 Cooking with Chris 2:00 Snack 2:15 Ring on Green 2:45 License Plate ID</p>	<p>9:45 Crafts / Uno 29 1:00 Wildlife Around Us 2:00 Snack 2:15 Bocce Ball 2:45 Cliché Crash</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
   				
<p>CENTER CLOSED 4</p> 	<p>Spinach Salad 5 Rosemary Pork Loin Rice Pilaf Roasted Red Beets Multi-Grain Bread Fresh Honey Dew Cubes Milk</p>	<p>Garden Salad 6 BBQ Beef Farro Risotto Grilled Lemon Garlic Asparagus Multi-Grain Bread Kiwi & Strawberries Milk</p>	<p>Garden Salad 7 Roasted Chicken Thigh Herbed Linguine Sauteed Zucchini Whole Wheat Bread Fresh Fruit Salad Milk</p>	<p>Tossed Green Salad 1 Rosemary Chicken Baked Sweet Potato Oven Roasted Brussel Sprouts Multi-Grain Bread Fresh Strawberries & Bananas Milk</p>
<p>Garden Salad 11 BBQ Chicken Whole Wheat Bread Stuffing Roasted Asparagus Multi-Grain Bread Fresh Fruit Cup Milk</p>	<p>Tossed Salad w/ Mushrooms 12 Pork Cacciatore Fettuccine Pasta Ratatouille Multi-Grain Bread Fresh Fruit Salad Milk</p>	<p>Iceberg & Onion Salad 13 Turkey Cutlet & Gravy Red Potatoes Steamed Fresh Green Beans Wheat Bread Fresh Watermelon Cubes Milk</p>	<p>Broccoli Cauliflower Salad 14 Hungarian Goulash Whipped Potatoes Steamed Fresh Yellow Squash Whole Wheat Bread Fresh Cantaloupe Milk</p>	<p>Green Salad 15 Salmon Ginger Rice Pilaf Roasted Cauliflower Wheat Roll Sliced Strawberries Milk</p>
<p>Garden Salad 18 Plain Braised Beef Baked Sweet Potato Seasoned Green Beans Wheat Roll Diced Pears Milk</p>	<p>Garden Salad 19 Turkey Divan Dilled Fingerling Potatoes Fresh Steamed Broccoli Honey Wheat Bread Banana Half Milk</p>	<p>Tomato Cucumber Salad 20 Lime Citrus Chicken Breast Wild Rice Fresh Steamed Asparagus Whole Wheat Bread Mixed Melon Salad Milk</p>	<p>Tossed Green Salad 21 Grilled Pork Tenderloin Roasted Sweet Potatoes Lemon Broccoli Whole Wheat Bread Fresh Pineapple Milk</p>	<p>Beet Salad 22 Parmesan Baked Pollock Whipped Potatoes Steamed Fresh Yellow Squash Honey Wheat Bread Fresh Fruit Sliced Milk</p>
<p>Iceberg & Onion Salad 25 Garlic Pork Tenderloin Brown Rice Sauteed Fresh Spinach Whole Wheat Bread Fresh Cantaloupe Milk</p>	<p>Mix Greens w/Italian Drsg. 26 Crumb Baked Tilapia Rice Pilaf Steamed Fresh Zucchini Multi-Grain Bread Peaches & Melon Salad Milk</p>	<p>Spinach Salad 27 Roast Turkey Breast w/ Gravy Red Potatoes Steamed Baby Carrots Whole Wheat Bread Grilled Peaches Milk</p>	<p>Carrot & Pineapple Salad 28 Dry Rubbed BBQ Beef Tips Bowtie Pasta Steamed Snap Peas w/Shallots Multi-Grain Bread Fresh Watermelon Cubes Milk</p>	<p>Tossed Green Salad 29 Rosemary Chicken Baked Sweet Potato Oven Roasted Brussel Sprouts Multi-Grain Bread Fresh Strawberries & Bananas Milk</p>