

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
 1:45 Snack

2:00 Active Games
 2:45 Brain Challenge
 2:45-5:00 Dismissal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:45 Book Club 1 1:00 Remember November 1:45 Snack 2:00 Hatchet Toss 2:45 Guess Who 3:15 True or False	9:45 Uno / Craft 2 1:00 Lisa Sanchez: Invasive 1:45 Snack 2:00 Carpet Ball 2:45 Look and Recall 3:15 Who Am I?	9:45 Uno / Pinochle / Craft 3 1:00 Did you say CANDY? 1:45 Snack 2:00 Ring on the Green 2:45 Boggle 3:15 Guess in 10
10:00 Jess Zimmerman 6 -A Musical Story 1:00 Games We Play 1:45 Snack 2:00 Swatter Ball 2:45 America Says 3:15 Whiteboard Game	9:45 Uno / Craft 7 1:00 TIMES We Treasure 1:45 Snack 2:00 Ladder Golf 2:45 Four Go 3:15 LCR	9:45 Book Club 8 10:00 Sing for the Moment 1:00 Kitchen Gadgets 1:45 Snack 2:00 Frisbee Toss 2:45 Chain Reaction 3:15 Scattergories	ADS COUNCIL 9 9:45 Uno / Craft 1:00 Great Wall of China 1:45 Snack 2:00 Bocce 2:45 STARE 3:15 Anagrams	9:45 Uno / Craft 10 1:00 Live! Name that Tune 1:45 Snack 2:00 Target Ball 2:45 Bubble Talk 3:15 Dumb Laws
9:45 Morning Bingo 13 1:00 Washington State 1:45 Snack 2:00 Ring on Green 2:45 Tic Tac Know 3:15 Crosswords	9:45 Uno / Craft 14 1:00 We are in a "Pickle" 1:45 Snack 2:00 Football Toss 2:45 Word Ladders 3:15 Gotcha	BREAKFAST IS SERVED 15 9:45 Book Club 1:00 Shuffleboard 1:45 Snack 2:00 Pong 2:45 Scattergories 3:15 Crosswords	9:45 Uno / Craft 16 1:00 Name it! 1:45 Snack 2:00 Target Ball 2:45 Scrabble Scramble 3:15 Twins	FIELD TRIP: 17 KITCHEN KETTLE 9:45 Uno / Craft 1:00 Romeo- Men's Group Juliette-Women's Creative 1:45 Snack 2:00 Ring it, Win it 2:45 Airport Code Match 3:15 Finish it
9:45 Uno / Craft 20 1:00 Talking Turkey 1:45 Snack 2:00 Toss the Turkey 2:45 Trivia Triumph 3:15 Twosomes	9:45 Uno / Craft 21 10:00 Movie Part 1 - Sully 1:00 Movie Part 11 - Sully 1:45 Snack 2:00 Horseshoes 2:45 Smart As... 3:15 Ask Me More	9:45 Uno / Craft 22 1:00 Gratitude Gathering 1:45 Snack 2:00 Lawn Darts 2:45 Dealing Dominoes 3:15 Palindromes	23  The Center is CLOSED	9:45 Uno / Craft 24 1:00 Dieticians' Advice 1:45 Snack 2:00 Skee Ball 2:45 Word 3:15 Two Tip Trivia
9:45 Uno / Craft 27 1:00 Music for us All 1:45 Snack 2:00 Tailgating 2:45 "21" 3:15 Sport the Difference	9:45 Uno / Craft 28 1:00 BINGO 1:45 Snack 2:00 Carpet Ball 2:45 Ladder Golf 3:15 Guess the Sound	9:45 Uno/ Pinochle/ Craft 29 1:00 Holiday Cooking/Chris 1:45 Snack 2:00 Bowling 2:45 Spin Word 3:15 Commonyms	9:45 Morning Bingo 30 1:00 Kindness 1:45 Snack 2:00 Hoops 2:45 Twenty Questions 3:15 Stateology	

NOVEMBER 2023

EDEN WEST ADULT DAY SERVICES MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Garden Salad 1 BBQ Beef Farro Risotto Grilled Lemon Garlic Asparagus Multi-Grain Bread Kiwi & Strawberries Milk	Garden Salad 2 Roasted Chicken Thigh Herbed Linguine Sautéed Zucchini Whole Wheat Bread Fresh Fruit Salad Milk	Cucumber Tomato Salad 3 Grilled Trout w/ Avocado Salsa Whipped Potatoes Broccoli w/ Garlic Whole Wheat Bread Fresh Apple Slices Milk
Garden Salad 6 BBQ Chicken Whole Wheat Bread Stuffing Roasted Asparagus Multi-Grain Bread Fresh Fruit Cup Milk	Tossed Salad w/ Mushrooms 7 Pork Cacciatore Fettuccine Pasta Ratatouille Multi-Grain Bread Fresh Fruit Salad Milk	Iceberg & Onion Salad 8 Turkey Cutlet & Gravy Red Potatoes Steamed Fresh Green Beans Wheat Bread Fresh Watermelon Cubes Milk	Broccoli Cauliflower Salad 9 Hungarian Goulash Whipped Potatoes Steamed Fresh Yellow Squash Whole Wheat Bread Fresh Cantaloupe Milk	Green Salad 10 Salmon Ginger Rice Pilaf Roasted Cauliflower Wheat Roll Sliced Strawberries Milk
Garden Salad 13 Plain Braised Beef Baked Sweet Potato Seasoned Green Beans Wheat Roll Diced Pears Milk	Garden Salad 14 Turkey Divan Dilled Fingerling Potatoes Fresh Steamed Broccoli Honey Wheat Bread Banana Half Milk	Tomato Cucumber Salad 15 Lime Citrus Chicken Breast Wild Rice Fresh Steamed Asparagus Whole Wheat Bread Mixed Melon Salad Milk	Tossed Green Salad 16 Grilled Pork Tenderloin Roasted Sweet Potatoes Lemon Broccoli Whole Wheat Bread Fresh Pineapple Milk	Beet Salad 17 Parmesan Baked Pollock Whipped Potatoes Steamed Fresh Yellow Squash Honey Wheat Bread Fresh Fruit Sliced Milk
Iceberg & Onion Salad 20 Garlic Pork Tenderloin Brown Rice Sautéed Fresh Spinach Whole Wheat Bread Fresh Cantaloupe Milk	Mix Greens w/Italian Drsg. 21 Crumb Baked Tilapia Rice Pilaf Steamed Fresh Zucchini Multi-Grain Bread Peaches & Melon Salad Milk	Spinach Salad 22 Roast Turkey Breast w/ Gravy Red Potatoes Steamed Baby Carrots Whole Wheat Bread Grilled Peaches Milk	 The Center is CLOSED 23	Tossed Green Salad 24 Rosemary Chicken Baked Sweet Potato Oven Roasted Brussel Sprouts Multi-Grain Bread Fresh Strawberries & Bananas Milk
Garden Salad 27 Turkey Primavera Baked Potato Broccoli Multi-Grain Bread Pineapples & Oranges Milk	Spinach Salad 28 Rosemary Pork Loin Rice Pilaf Roasted Red Beets Multi-Grain Bread Fresh Honey Dew Cubes Milk	Garden Salad 29 BBQ Beef Farro Risotto Grilled Lemon Garlic Asparagus Multi-Grain Bread Kiwi & Strawberries Milk	Garden Salad 30 Roasted Chicken Thigh Herbed Linguine Sautéed Zucchini Whole Wheat Bread Fresh Fruit Salad Milk	