

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>1</p> <p>NEW YEAR'S DAY <i>Center is Closed</i></p>	<p>2</p> <p>9:45 Uno / Craft 1:00 Resolved or Not 2:00 Snack 2:15 Carpet Ball 2:45 Boggle 3:15 Rolling a Memory</p>	<p>3</p> <p>9:45 Book Club 1:00 Laugh at Ourselves! 2:00 Snack 2:15 Hatchet Toss 2:45 Guess Who 3:15 LCR</p>	<p>4</p> <p>9:45 Uno / Craft 1:00 Ask a Naturalist 2:00 Snack 2:15 Carpet Ball 2:45 Picture It 3:15 Hangman</p>	<p>5</p> <p>9:45 Uno / Craft 1:00 New York City 2:00 Snack 2:15 Bowling 2:45 Look and Recall 3:15 Unscramble</p>
<p>8</p> <p>9:45 AM Bingo 1:00 Baby Boomer Trivia 2:00 Snack 2:15 Swatter Ball 2:45 Guess the TV SHOW 3:15 America Says</p>	<p>9</p> <p>9:45 Uno / Craft 1:00 Jack Hanna's World 2:00 Snack 2:15 Ladder Golf 2:45 Four Go 3:15 Dominoes</p>	<p>10</p> <p>9:45 Book Club 1:00 Queen for a Day? 2:00 Snack 2:15 Tic Tac Win 2:45 Tic Tac Know 3:15 You Judge</p>	<p>11</p> <p>9:45 Uno / Craft 1:00 Another Language 2:00 Snack 2:15 Bocce 2:45 Family Feud 3:15 Wordmining</p>	<p>12</p> <p>9:45 Uno / Craft 1:00 Grand Canyon Day 2:00 Snack 2:15 Target Ball 2:45 Junk Drawer Detectives 3:15 Where is it?</p>
<p>15</p> <p>9:45 Uno / Craft 1:00 HOW it's Made 2:00 Snack 2:15 Ring on Green 2:45 Name 5 3:15 Shut the Box</p>	<p>16</p> <p>9:45 Uno / Craft 1:00 Winter Memories 2:00 Snack 2:15 Wally Ball 2:45 Word Ladders 3:15 Penny Ante</p>	<p>17</p> <p>9:45 Book Club 12:30 FIELD TRIP: Sturgis Pretzel 1:00 Name that Tune 2:00 Snack 2:15 Carpet Ball 2:45 Word Connect 3:15 Scattergories</p>	<p>18</p> <p>9:45 Uno / Craft 1:00 Winter Cooking 2:00 Snack 2:15 Frisbee Toss 2:45 Scrabble Scramble 3:15 Men vs Women</p>	<p>19</p> <p>9:45 Uno / Craft 1:00 Crazy Hat Day/ Top Hat 2:00 Snack 2:15 Ladder Golf 2:45 Horse Race Hoedown 3:15 Guess the Picture</p>
<p>22</p> <p>9:45 Uno / Craft 1:00 Baby Animals 2:00 Snack 2:15 Corn Hole 2:45 Pictionary 3:15 Puzzler</p>	<p>23</p> <p>9:45 Uno / Craft 1:00 Ben Franklin 2:00 Snack 2:15 Horseshoes 2:45 Hidden in Plain Sight 3:15 Dice Bingo</p>	<p>24</p> <p>9:45 Book Club 1:00 D. Parton Doing Good 2:00 Snack 2:15 Lawn Darts 2:45 Word in the Round 3:15 Kerplunk</p>	<p>25</p> <p>9:45 AM Bingo 1:00 Music w/ Lisa 2:00 Snack 2:15 ADS COUNCIL 2:15 Bowling 2:45 Guess the Sound 3:15 Twosomes</p>	<p>26</p> <p>9:45 Uno / Craft 1:00 Penguins' Persistence 2:00 Snack 2:15 Skee Ball 2:45 Word War 3:15 Smart Mouth</p>
<p>29</p> <p>BREAKFAST IS SERVED 9:45 Uno / Craft 1:00 Shuffleboard 2:00 Snack 2:15 Skeeboard 2:45 Wordscapes 3:15 Password</p>	<p>30</p> <p>9:45 Uno / Craft 1:00 BINGO 2:00 Snack 2:15 Ladder Golf 2:45 Fact or Fiction 3:15 Gotcha!</p>	<p>31</p> <p>9:45 Book Club 1:00 Sweet Life Music 2:00 Snack 2:15 Tumble Tower 2:45 Over Under 3:15 Hum It!</p>	 	

JANUARY 2024

EDEN WEST ADULT DAY SERVICES MENU

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