






**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 Uno / Craft 1 1:00 Hat Day 2:00 Snack 2:15 Bowling 2:45 Words Around 3:15 Things
9:45 Morning Bingo 4 1:00 MARCH with Sousa 2:00 Snack 2:15 Swatter Ball 2:45 Wordscapes 3:15 Americology	9:45 Uno / Craft 5 1:00 People 2:00 Snack 2:15 Bocce 2:45 Four Go 3:15 LCR	9:45 Uno / Craft 6 AM Bingo 1:00 Bird's Eye / OREO 2:00 Snack 2:15 Carpet Ball 2:45 Boggle 3:15 You Judge	9:45 Uno / Craft 7 1:00 A Look at the Parks 2:00 Snack 2:15 Frisbee Toss 2:45 Family Feud 3:15 Unscramble	<b>FIELD TRIP: 8</b> <b>MIDDLE CREEK Driving Tour</b> 9:45 Uno / Craft 1:00 The Women 2:00 Snack 2:15 Toss Across 2:45 Picture It 3:15 20 Questions
9:45 Uno / Craft 11 1:00 Tool Time 2:00 Snack 2:15 Ring on Green 2:45 Word Ladders 3:15 Roll a Memory	9:45 Uno / Craft 12 1:00 K-9 Units Working Dogs 2:00 Snack 2:15 ADS COUNCIL 2:45 Ladder Golf 3:15 Chain Reaction	9:45 Uno / Craft 13 1:00 Name That Tune 2:00 Snack 2:15 Washer Toss 2:45 Word Connect 3:15 Scattergories	9:45 Uno / Craft 14 1:00 Chris Cooks 2:00 Snack 2:15 Darts 2:45 Blurt 3:15 Men vs Women	9:45 Uno / Craft 15 1:00 St. Patty's Day Celebration 2:00 Snack 2:15 Land on a Clover 2:45 Blarney or Truth 3:15 Guess the Picture
9:45 Uno / Craft 18 1:00 The Swallows 2:00 Snack 2:15 Corn Hole 2:45 Pictionary 3:15 Puzzler	9:45 Uno / Craft 19 1:00 Compare Those Chips 2:00 Snack 2:15 Tumbling Tower 2:45 Wordies 3:15 Dice Bingo	<b>BREAKFAST IS SERVED 20</b> 9:45 Uno / Craft 1:00 Spring = JOY 2:00 Snack 2:15 Hatchett Toss 2:45 Millionaire 3:15 License Plate ID	9:45 Uno / Craft 21 1:00 Growing Green 2:00 Snack 2:15 Putt to Win 2:45 Smart As... 3:15 Tic Tac Know	9:45 Uno / Craft 22 1:00 Day of the Forest 2:00 Snack 2:15 Skee Ball 2:45 Boggle 3:15 Twosomes
9:45 Uno / Craft 25 1:00 Lisa Sings with Us 2:00 Snack 2:15 Skee ball 2:45 Cliche 3:15 Hum That Tune	9:45 Uno / Craft 26 1:00 Bingo 2:00 Snack 2:15 Ladder Golf 2:45 Fact or Fiction 3:15 Gotcha	9:45 Uno / Craft 27 1:00 Chapel 2:00 Snack 2:15 Ring it to Win it! 2:45 Wheel of Fortune 3:15 LCR	9:45 Uno / Craft 28 1:00 Poetry / New Life 2:00 Snack 2:15 Spill and Spell 2:45 Pictionary 3:15 Bunco	 <b>GOOD FRIDAY 29</b> Center is Closed

**MARCH 2024**

**EDEN WEST ADULT DAY SERVICES MENU**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
										
Iceberg & Onion Salad Garlic Pork Tenderloin Brown Rice Sauteed Fresh Spinach Whole Wheat Bread Fresh Cantaloupe Milk	4	Mix Greens w/Italian Drsg. Crumb Baked Tilapia Rice Pilaf Steamed Fresh Zucchini Multi-Grain Bread Peaches & Melon Salad Milk	5	Spinach Salad Roast Turkey Breast w/ Gravy Red Potatoes Steamed Baby Carrots Whole Wheat Bread Grilled Peaches Milk	6	Carrot & Pineapple Salad Dry Rubbed BBQ Beef Tips Bowtie Pasta Steamed Snap Peas w/ Shallots Multi-Grain Bread Fresh Watermelon Cubes Milk	7	Tossed Green Salad Rosemary Chicken Baked Sweet Potato Oven Roasted Brussel Sprouts Multi-Grain Bread Fresh Strawberries & Bananas Milk	8	
Garden Salad Turkey Primavera Baked Potato Broccoli Multi-Grain Bread Pineapples & Oranges Milk	11	Spinach Salad Rosemary Pork Loin Rice Pilaf Roasted Red Beets Multi-Grain Bread Fresh Honey Dew Cubes Milk	12	Garden Salad BBQ Beef Farro Risotto Grilled Lemon Garlic Asparagus Multi-Grain Bread Kiwi & Strawberries Milk	13	Garden Salad Roasted Chicken Thigh Herbed Linguine Sauteed Zucchini Whole Wheat Bread Fresh Fruit Salad Milk	14	Cucumber Tomato Salad Grilled Trout w/ Avocado Salsa Whipped Potatoes Broccolini w/ Garlic Whole Wheat Bread Fresh Apple Slices Milk	15	
Garden Salad BBQ Chicken Whole Wheat Bread Stuffing Roasted Asparagus Multi-Grain Bread Fresh Fruit Cup Milk	18	Tossed Salad w/ Mushrooms Pork Cacciatore Fettuccine Pasta Ratatouille Multi-Grain Bread Fresh Fruit Salad Milk	19	Iceberg & Onion Salad Turkey Cutlet & Gravy Red Potatoes Steamed Fresh Green Beans Wheat Bread Fresh Watermelon Cubes Milk	20	Broccoli Cauliflower Salad Hungarian Goulash Whipped Potatoes Steamed Fresh Yellow Squash Whole Wheat Bread Fresh Cantaloupe Milk	21	Green Salad Salmon Ginger Rice Pilaf Roasted Cauliflower Wheat Roll Sliced Strawberries Milk	22	
Garden Salad Plain Braised Beef Baked Sweet Potato Seasoned Green Beans Wheat Roll Diced Pears Milk	25	Garden Salad Turkey Divan Dilled Fingerling Potatoes Fresh Steamed Broccoli Honey Wheat Bread Banana Half Milk	26	Tomato Cucumber Salad Lime Citrus Chicken Breast Wild Rice Fresh Steamed Asparagus Whole Wheat Bread Mixed Melon Salad Milk	27	Tossed Green Salad Grilled Pork Tenderloin Roasted Sweet Potatoes Lemon Broccoli Whole Wheat Bread Fresh Pineapple Milk	28	 <b>GOOD FRIDAY</b> <i>Center is Closed</i>		29