

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 Book Club 1 1:00 Lisa Sanchez: Nesting 2:00 Snack 2:15 Darts 2:45 Caption It 3:15 Dominoes	FIELD TRIP: Barnstormers 2 9:45 Uno / Craft 1:00 Remember the Drive In? 2:00 Snack 2:15 Frisbee Toss 2:45 Picture It 3:15 Roll a Memory	9:45 Uno / Craft 3 1:00 Pete Seger / Frankie Vali 2:00 Snack 2:15 Toss Across 2:45 Xbox Bowling 3:15 TwoSomes
9:45 Uno / Craft 6 1:00 Wildflower Week Native 2:00 Snack 2:15 Hatchet Toss 2:45 Chain Reaction 3:15 Buzzword	9:45 Uno / Craft 7 1:00 A Tall Glass of Water 2:00 Snack 2:15 Fish in the Barrel 2:45 Wordscape 3:15 Tic Tac Know	9:45 Book Club 8 1:00 An Elixir or a Cola 2:00 Snack 2:15 Xbox Bowling 2:45 Things 3:15 Scattergories	9:45 Uno / Craft 9 1:00 Piano Stylings C McGrath 2:00 Snack 2:15 Ladder Golf 2:45 Family Feud 3:15 Hangman	9:45 Uno / Craft 10 1:00 The Rest of the Story. . . 2:00 Snack 2:15 Ring It to Win It 2:45 Wheel of Fortune 3:15 Guess in 10
9:45 Uno / Craft 13 1:00 Stories / Daniel Jerchau 2:00 Snack 2:15 Tumble Tower 2:45 Spill and Spell 3:15 20 Questions	9:45 Uno / Craft 14 1:00 Nurse Appreciation * 2:00 Snack 2:15 Carpet Ball 2:45 Wordies/Concentration 3:15 Over and Under * Our Favorite Nurses: Christy and Jenny	9:45 Uno / Craft 15 1:00 Families Around the World 2:00 Snack 2:15 Skee Ball 2:45 Bubble Talk 3:15 Words Around	9:45 Uno / Craft 16 1:00 USDA Agriculture 2:00 Snack 2:15 Corn Hole 2:45 Boggle 3:15 Finish It	Book Sale 17 9:45 Uno / Craft 1:00 That's Italian! 2:00 Snack 2:15 Ring on Green 2:45 Millionaire 3:15 Penny Ante
9:45 Uno / Craft 20 1:00 Name that Movie Clip 2:00 Snack 2:15 Wally Ball 2:45 Where? 3:15 Roll a Memory	9:45 Uno / Craft 21 1:00 It's YOUR Day (seniors) 2:00 Snack 2:15 Tic Tac Putt 2:45 Millionaire 3:15 License ID	9:45 Uno / Craft 22 1:00 Cooking with Chris 2:00 Snack 2:15 Tumble Tower 2:45 Picture the Proverb 3:15 Word Ladders	9:45 AM Bingo 23 1:00 A Story of Adoption 2:00 Snack 2:15 ADS Council / Tic Tac Throw 2:45 Tic Tac Know 3:15 WB Pictionary	9:45 Uno / Craft 24 1:00 Music w/ Ron & Josey 2:00 Snack 2:15 Tailgating Game 2:45 Who Am I? 3:15 Slogans and Ads
CLOSED for Memorial Day 27 	9:45 Uno / Craft 28 1:00 Painting with Loretta 2:00 Snack 2:15 Horseshoes 2:45 Horse Race Hoe Down 3:15 Smart as . . .	9:45 Uno / Craft 29 1:00 TV Classics 2:00 Snack 2:15 Ladder Golf 2:45 Puzzlers 3:15 Shut the Box	9:45 Uno / Craft 30 1:00 Stroke Awareness 2:00 Snack 2:15 Carpet Ball 2:45 Place ID 3:15 Gotcha	9:45 Uno / Craft 31 1:00 You and I Scream for Ice Cream! 2:00 Snack 2:15 Bocce 2:45 Guess the Sound 3:15 Password

MAY 2024

EDEN WEST ADULT DAY SERVICES MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Spinach Salad 1 Roast Turkey Breast with Gravy Red Potatoes Steamed Baby Carrots Whole Wheat Bread Grilled Peaches Milk	Carrot & Pineapple Salad 2 Dry Rubbed BBQ Beef Tips Bowtie Pasta Steamed Snap Peas w/ Shallots Multi Grain Bread Fresh Watermelon Cubes Milk	Tossed Green Salad 3 Rosemary Chicken Baked Sweet Potato Oven Roasted Brussel Sprouts Multi Grain Bread Fresh Strawberries & Bananas Milk
Garden Salad 6 Turkey Primavera Baked Potato Broccoli Multi Grain Bread Pineapples & Oranges Milk	Spinach Salad 7 Rosemary Pork Loin Rice Pilaf Roasted Red Beets Multi Grain Bread Fresh Honey Dew Cubes Milk	Garden Salad 8 BBQ Beef Farro Risotto Grilled Lemon Garlic Asparagus Multi Grain Bread Kiwi & Strawberries Milk	Garden Salad 9 Roasted Chicken Thigh Herbed Linguine Sautéed Zucchini Whole Wheat Bread Fresh Fruit Salad Milk	Cucumber Tomato Salad 10 Grilled Trout w/Avocado Salsa Whipped Potatoes Broccolini with Garlic Whole Wheat Bread Fresh Apple Slices Milk
Garden Salad 13 BBQ Chicken Whole Wheat Bread Stuffing Roasted Asparagus Multi Grain Bread Fresh fruit cup Milk	Tossed Salad w/ Mushrooms 14 Pork Cacciatore Fettuccine Pasta Ratatouille Multi Grain Bread Fresh Fruit Salad Milk	Iceberg & Onion Salad/Drg 15 Turkey Cutlet & Gravy Red Potatoes Steamed Fresh Green Beans Wheat Bread Fresh Watermelon Cubes Milk	Broccoli Cauliflower Salad 16 Hungarian Goulash Whipped Potatoes Steamed Fresh Yellow Squash Whole Wheat Bread Fresh Cantaloupe Milk	Green Salad 17 Salmon Ginger Rice Pilaf Roasted Cauliflower Wheat Roll Sliced Strawberries Milk
Garden Salad 20 Plain Braised Beef Baked Sweet Potato Seasoned Green Beans Wheat Roll Diced Pears Milk	Garden Salad 21 Turkey Divan Dilled Fingerling Potatoes Fresh Steamed Broccoli Honey Wheat Bread Banana Half Milk	Tomato Cucumber Salad 22 Lime Citrus Chicken Breast Wild Rice Fresh Steamed Asparagus Whole Wheat Bread Mixed Melon Salad Milk	Tossed Green Salad 23 Grilled Pork Tenderloin Roasted Sweet Potatoes Lemon Broccoli Whole Wheat Bread Fresh Pineapple Milk	Beet Salad 24 Parmesan Baked Pollock Whipped Potatoes Steamed Fresh Yellow Squash Honey Wheat Bread Fresh Fruit Sliced 2% Milk
<p style="text-align: center;">CLOSED for Memorial Day</p> <p style="text-align: center;">27</p> 	Mixed Greens w/Italian Drg 28 Crumb Baked Tilapia Rice Pilaf Steamed Fresh Zucchini Multi Grain Bread Peaches & Melon Salad Milk	Spinach Salad 29 Roast Turkey Breast with Gravy Red Potatoes Steamed Baby Carrots Whole Wheat Bread Grilled Peaches Milk	Carrot & Pineapple Salad 30 Dry Rubbed BBQ Beef Tips Bowtie Pasta Steamed Snap Peas w/ Shallots Multi Grain Bread Fresh Watermelon Cubes Milk	Tossed Green Salad 31 Rosemary Chicken Baked Sweet Potato Oven Roasted Brussel Sprouts Multi Grain Bread Fresh Strawberries & Bananas Milk