

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 BINGO 3 1:00 Kentucky & Tennessee Twin States 2:00 Snack 2:15 Toss Across 2:45 20 Questions 3:15 TwoSomes	9:45 Uno/Craft/Conversation 4 1:00 Say "Cheese" 2:00 Snack 2:15 Tic Tac Throw 2:45 Bubble Talk 3:15 20 Questions	*Golf Fundraiser for ADS 5 Fairview Golf Course 9:45 Book Club 1:00 Master Garden Program 2:00 Snack 2:15 Carpet Ball 2:45 Caption It 3:15 Roll a Memory	9:45 Uno/Craft/Conversation 6 1:00 Park Naturalist – Summer Bugs 2:00 Snack 2:15 Ring on Green 2:45 Synch Up 3:15 Buzzword	9:45 Uno/Craft/Conversation 7 1:00 Classic TV – Leave it to Beaver 2:00 Snack 2:15 Frisbee Toss 2:45 Word Connect 3:15 Dominoes
9:45 Uno/Craft/Conversation 10 1:00 The Start of Little League 2:00 Snack 2:15 Swatter Ball 2:45 Chain Reaction 3:15 Guess in 10	9:45 Uno/Craft/Conversation 11 1:00 An EGGcellent Day! 2:00 Snack 2:15 Ladder Golf 2:45 Millionaire 3:15 Wordies	9:45 Book Club 12 1:00 Kitchen Klutzes Day 2:00 Snack 2:15 Hatchet Toss 2:45 Scattergories 3:15 Penny Ante	FIELD TRIP: 13 Fox Meadows (ice cream) 9:45 Uno/Craft/Conversation 1:00 The Beauty of the Yukon 2:00 Snack 2:15 Corn Hole 2:45 Stately Knowledge 3:15 Hangman	9:45 Uno/Craft/Conversation 14 1:00 Alice Lauver - Piano 2:00 Snack 2:15 Wally Ball 2:45 Dealing Dominoes 3:15 Gotcha
9:45 Uno/Craft/Conversation 17 1:00 Amelia 2:00 Snack 2:15 Fish in the Barrel 2:45 Scrabble Scramble 3:15 Tic Tac Know	9:45 Uno/Craft/Conversation 18 1:00 Remember "Picnics" 2:00 Snack 2:15 Tumble Tower 2:45 Wheel of Fortune 3:15 Finish It	9:45 Book Club 19 1:00 Ed Sullivan Clips 2:00 ADS COUNCIL 2:15 Skee Ball 2:45 Fact or Fiction 3:15 Who Am I?	9:45 Uno/Craft/Conversation 20 1:00 Wildlife Day - Giraffes 2:00 Snack 2:15 Ring It to Win It 2:45 Boggle 3:15 Pictionary	9:45 Uno/Craft/Conversation 21 1:00 It's Summer Time 2:00 Snack 2:15 Horseshoes 2:45 Horse Race Hoe Down 3:15 Words Around
9:45 Uno/Craft/Conversation 24 1:00 MOVIE – "Grease" 2:00 Snack 2:15 Ring on Green 2:45 Buzzword 3:15 Over Under	9:45 Uno/Craft/Conversation 25 1:00 Walking the Boardwalk 2:00 Snack 2:15 Carpet Ball 2:45 Chain Reaction 3:15 Smart As	9:45 Book Club 26 1:00 Cooking with Chris 2:00 Snack 2:15 Ring It to Win It 2:45 Unscramble 3:15 Hangman	9:45 BINGO 27 1:00 Drive In . . . The Past, The Future? 2:00 Snack 2:15 Xbox Bowling 2:45 Find the Difference 3:15 Spill and Spell	9:45 Uno/Craft/Conversation 28 1:00 Name that Tune - "Summer Tunes" 2:00 Snack 2:15 Bocce Ball 2:45 Wordscape 3:15 Rolling Memories



JUNE 2024

EDEN WEST ADULT DAY SERVICES MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Garden Salad	3	Spinach Salad	4	Garden Salad	5	Garden Salad	6	Cucumber Tomato Salad	7
Turkey Primavera		Rosemary Pork Loin		BBQ Beef		Roasted Chicken Thigh		Grilled Trout w/ Avocado Salsa	
Baked Potato		Rice Pilaf		Farro Risotto		Herbed Linguine		Whipped Potatoes	
Broccoli		Roasted Red Beets		Grilled Lemon Garlic Asparagus		Sautéed Zucchini		Broccolini with Garlic	
Multi Grain Bread		Multi Grain Bread		Multi Grain Bread		Whole Wheat Bread		Whole Wheat Bread	
Pineapples & Oranges		Fresh Honey Dew Cubes		Kiwi & Strawberries		Fresh Fruit Salad		Fresh Apple Slices	
Milk		Milk		Milk		Milk		Milk	
Garden Salad	10	Tossed Salad w/ Mushrooms	11	Iceberg & Onion Salad/Drg	12	Broccoli Cauliflower Salad	13	Green Salad	14
BBQ Chicken		Pork Cacciatore		Turkey Cutlet & Gravy		Hungarian Goulash		Salmon Ginger	
Whole Wheat Bread Stuffing		Fettuccine Pasta		Red Potatoes		Whipped Potatoes		Rice Pilaf	
Roasted Asparagus		Ratatouille		Steamed Fresh Green Beans		Steamed Fresh Yellow Squash		Roasted Cauliflower	
Multi Grain Bread		Multi Grain Bread		Wheat Bread		Whole Wheat Bread		Wheat Roll	
Fresh Fruit Cup		Fresh Fruit Salad		Fresh Watermelon Cubes		Fresh Cantaloupe		Fresh Apple Slices	
Milk		Milk		Milk		Milk		Milk	
Garden Salad	17	Garden Salad	18	Tomato Cucumber Salad	19	Tossed Green Salad	20	Beet Salad	21
Plain Braised Beef		Turkey Divan		Lime Citrus Chicken Breast		Grilled Pork Tenderloin		Parmesan Baked Pollock	
Baked Sweet Potato		Dilled Fingerling Potatoes		Wild Rice		Roasted Sweet Potatoes		Whipped Potatoes	
Seasoned Green Beans		Fresh Steamed Broccoli		Fresh Steamed Asparagus		Lemon Broccoli		Steamed Fresh Yellow Squash	
Wheat Roll		Honey Wheat Bread		Whole Wheat Bread		Whole Wheat Bread		Honey Wheat Bread	
Diced Pears		Banana Half		Mixed Melon Salad		Fresh Pineapple		Fresh Fruit Sliced	
Milk		Milk		Milk		Milk		Milk	
Iceberg & Onion Salad	24	Mixed Greens w/ Italian Drg.	25	Spinach Salad	26	Carrot & Pineapple Salad	27	Tossed Green Salad	28
Garlic Pork Tenderloin		Crumb Baked Tilapia		Roast Turkey Breast with Gravy		Dry Rubbed BBQ Beef Tips		Rosemary Chicken	
Brown Rice		Rice Pilaf		Red Potatoes		Bowtie Pasta		Baked Sweet Potato	
Sautéed Fresh Spinach		Steamed Fresh Zucchini		Steamed Baby Carrots		Steamed Snap Peas w/ Shallots		Oven Roasted Brussel Sprouts	
Whole Wheat Bread		Multi Grain Bread		Whole Wheat Bread		Multi Grain Bread		Multi Grain Bread	
Fresh Cantaloupe		Peaches & Melon Salad		Grilled Peaches		Fresh Watermelon Cubes		Fresh Strawberries & Bananas	
Milk		Milk		Milk		Milk		Milk	

