

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>2</p>	<p>3</p> <p>9:45 Uno / Crafts                      1:00 Price is Right                      2:00 Snack                      2:15 Carpet Ball                      2:45 Millionaire                      3:15 Oodles Buzzword</p>	<p>4</p> <p>9:45 Book Club                      1:00 Google It!                      2:00 Snack                      2:15 Lawn Darts                      2:45 Scrabble Scramble                      3:15 Dumb Laws</p>	<p>5</p> <p>9:45 Uno / Crafts                      1:00 Monarchs – Lisa Sanchez                      2:00 Snack                      2:15 Bocce Ball                      2:45 STARE                      3:15 Puzzlin’</p>	<p>6</p> <p>9:45 Uno / Crafts                      1:00 POPCORN!                      2:00 Snack                      2:15 Ring It to Win It!                      2:45 Black Hole Trivia                      3:15 Cranium Crunchers</p>
<p>9</p> <p>9:45 BINGO                      1:00 School Scoop                      2:00 Snack                      2:15 Wally Ball                      2:45 Smart As . . .                      3:15 Unscrambled</p>	<p>10</p> <p>9:45 Uno / Crafts                      1:00 Mums the Word                      2:00 Snack                      2:15 Skee Ball                      2:45 Where in the World?                      3:15 LCR</p>	<p>11</p> <p>9:45 Book Club                      1:00 Good News                      2:00 Snack                      2:15 Target Ball                      2:45 Pictionary                      3:15 Map It</p>	<p>12</p> <p>9:45 Uno / Crafts                      1:00 Lassie                      2:00 Snack                      2:15 Frisbee Challenge                      2:45 Puzzle Grab Bag                      3:15 Unscramble</p>	<p>13</p> <p>9:45 Uno / Crafts                      1:00 How Did We Live Without It?                      2:00 Snack                      2:15 Chuck It                      2:45 License ID                      3:15 Picture A-Z</p>
<p><b>ADULT DAY SERVICE WEEK</b></p> <p>16</p> <p>9:45 Uno / Crafts                      1:00 Ravens Ridge Animals                      2:00 Snack                      2:15 Ladder Golf                      2:45 Boggle                      3:15 Buzzword</p>	<p>17</p> <p>9:45 Uno / Crafts                      1:00 Cooking with Melinda and Kathy                      2:00 Snack                      2:15 Carpet Ball                      2:45 Words Around                      3:15 Who Am I?</p>	<p>18</p> <p>9:45 Book Club                      1:00 Staff Client Challenges!                      2:00 Snack                      2:15 ADS Bingo                      2:45 Gotcha                      3:15 Roll a Memory</p>	<p>19</p> <p>9:45 Uno / Crafts                      1:00 Natural Wonders of the World!                      2:00 Snack                      2:15 Swatter Ball                      2:45 Chain Reaction                      3:15 Shut the Box</p>	<p>20</p> <p>9:45 Uno / Crafts                      12:15 <b>FIELD TRIP:</b>  <b>Tour Lancaster County</b>                      1:00 Caring in our Community-MDS                      2:00 Snack                      2:15 Washer Toss                      2:45 Who Am I?                      3:15 America Says</p>
<p>23</p> <p>9:45 Uno / Crafts                      1:00 One Hit Wonders                      2:00 Snack                      2:15 Horseshoes                      2:45 Horse Race Down                      3:15 Hangman</p>	<p>24</p> <p>9:45 Uno / Crafts                      1:00 Shuffleboard / Create It                      2:00 Snack                      2:15 Ladder Golf                      2:45 Millionaire                      3:15 Would You Rather</p>	<p>25</p> <p>9:45 Book Club                      1:00 An Apple a Day                      2:00 Snack                      2:15 Ring Toss                      2:45 BegEND                      3:15 Crossword Puzzles</p>	<p>26</p> <p>9:45 Uno / Crafts                      1:00 Bingo                      2:00 Snack                      2:15 Ring on Green                      2:45 License Plate ID                      3:15 Bunco</p>	<p>27</p> <p>9:45 Uno / Crafts                      1:00 Fall Cooking with Chris                      2:00 Snack                      2:15 Cliché Crash                      2:45 Smart Mouth                      3:15 LCR</p>
<p>30</p> <p>9:45 Uno / Crafts                      1:00 Cars Cars Cars                      2:00 Snack                      2:15 Darts                      2:45 True or False                      3:15 Chain Reaction</p>	 <h1 style="color: red; font-family: cursive;">September</h1> 			

**SEPTEMBER 2024**

**EDEN WEST ADULT DAY SERVICES MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>2</p>	<p>3</p> <p>Tossed Salad w/ Mushrooms Pork Cacciatore Fettuccine Pasta Ratatouille Multi Grain Bread Fresh Fruit Salad Milk</p>	<p>4</p> <p>Iceberg &amp; Onion Salad / Drg Turkey Cutlet &amp; Gravy Red Potatoes Steamed Fresh Green Beans Wheat Bread Fresh Watermelon Cubes Milk</p>	<p>5</p> <p>Broccoli Cauliflower Salad Hungarian Goulash Whipped Potatoes Steamed Fresh Yellow Squash Whole Wheat Bread Fresh Cantaloupe Milk</p>	<p>6</p> <p>Green Salad Salmon Ginger Rice Pilaf Roasted Cauliflower Wheat Roll Fresh Apple Slices Milk</p>
<p>9</p> <p>Garden Salad Plain Braised Beef Baked Sweet Potato Seasoned Green Beans Wheat Roll Diced Pears Milk</p>	<p>10</p> <p>Garden Salad Turkey Divan Dilled Fingerling Potatoes Fresh Steamed Broccoli Honey Wheat Bread Banana Half Milk</p>	<p>11</p> <p>Tomato Cucumber Salad Lime Citrus Chicken Breast Wild Rice Fresh Steamed Asparagus Whole Wheat Bread Mixed Melon Salad Milk</p>	<p>12</p> <p>Tossed Green Salad Grilled Pork Tenderloin Roasted Sweet Potatoes Lemon Broccoli Whole Wheat Bread Fresh Pineapple Milk</p>	<p>13</p> <p>Beet Salad Parmesan Baked Pollock Whipped Potatoes Steamed Fresh Yellow Squash Honey Wheat Bread Fresh Fruit Sliced Milk</p>
<p>16</p> <p>Iceberg &amp; Onion Salad Garlic Pork Tenderloin Brown Rice Sautéed Fresh Spinach Whole Wheat Bread Fresh Cantaloupe Milk</p>	<p>17</p> <p>Mixed Greens w/ Italian Drg. Crumb Baked Tilapia Rice Pilaf Steamed Fresh Zucchini Multi Grain Bread Peaches &amp; Melon Salad Milk</p>	<p>18</p> <p>Spinach Salad Roast Turkey Breast with Gravy Red Potatoes Steamed Baby Carrots Whole Wheat Bread Grilled Peaches Milk</p>	<p>19</p> <p>Carrot &amp; Pineapple Salad Dry Rubbed BBQ Beef Tips Bowtie Pasta Steamed Snap Peas w/ Shallots Multi Grain Bread Fresh Watermelon Cubes Milk</p>	<p>20</p> <p>Tossed Green Salad Rosemary Chicken Baked Sweet Potato Oven Roasted Brussel Sprouts Multi Grain Bread Fresh Strawberries &amp; Bananas Milk</p>
<p>23</p> <p>Garden Salad Turkey Primavera Baked potato Broccoli Multi Grain Bread Pineapples &amp; Oranges Milk</p>	<p>24</p> <p>Spinach Salad Rosemary Pork Loin Rice Pilaf Roasted Red Beets Multi Grain Bread Fresh Honey Dew Cubes Milk</p>	<p>25</p> <p>Garden Salad BBQ Beef Farro Risotto Grilled Lemon Garlic Asparagus Multi Grain Bread Kiwi &amp; Strawberries Milk</p>	<p>26</p> <p>Garden Salad Roasted Chicken Thigh Herbed Linguine Sautéed Zucchini Whole Wheat Bread Fresh Fruit Salad Milk</p>	<p>27</p> <p>Cucumber Tomato Salad Grille Trout w/ Avocado Salsa Whipped Potatoes Broccoli with Garlic Whole Wheat Bread Fresh Apple Slices Milk</p>
<p>30</p> <p>Garden Salad BBQ Chicken Whole Wheat Bread Stuffing Roasted Asparagus Multi Grain Bread Fresh Fruit Cup Milk</p>	<div style="text-align: center;">   </div>			