

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 / Crafts 2 1:00 Music in the Living 2:00 Snack 2:15 Bocce Ball 2:45 Chain Reaction 3:15 Finish the Christmas Song	9:45 Uno / Crafts 3 <b>11:30 FIELD TRIP: Out for Pizza</b> 1:00 Rosa Parks 2:00 Snack 2:15 Carpet Ball 2:45 Are You Smarter Than? 3:15 Rhyme Time	9:45 Uno / Crafts 4 1:00 Caltagirone Song & Dance 2:00 Snack 2:15 Ring on Green 2:45 Picture Detective 3:15 LCR	9:45 Uno / Crafts 5 1:00 Owls – Lisa Sanchez 2:00 Snack 2:15 Ladder Golf 2:45 Family Feud 3:15 Fill the Blanks	9:45 Book Club 6 1:00 Christmas Classic TV 2:00 Snack 2:15 Skee Ball 2:45 See the Difference 3:15 Roll a Memory
9:45 Uno / Crafts 9 1:00 Holiday Traditions 2:00 Snack 2:15 Darts 2:45 Wordies 3:15 Hangman	9:45 Uno / Crafts 10 1:00 Sharing our Travels 2:00 Snack 2:15 Hatchet Toss 2:45 Boggle 3:15 Buzzwords	9:45 Uno / Crafts 11 1:00 Winter Wonderland 2:00 Snack 2:15 Snowball Fight 2:45 Scattergories 3:15 True or False	9:45 Uno / Crafts 12 1:00 Sears & Roebuck Holiday 2:00 Snack 2:15 Tee it Up 2:45 Word Connect 3:15 Uno	<b>CHRISTMAS BAZAAR 13</b> <b>Come &amp; Support Us!</b> 9:45 Book Club 1:00 St. Nicholas 2:00 Snack 2:15 Swatter Ball 2:45 Christmas – Caption It! 3:15 Things
9:45 Uno / Crafts 16 1:00 Christmas Carols & Songs 2:00 Snack 2:15 Lawn Darts 2:45 Wheel of Proverbs 3:15 Dominoes	<b>BREAKFAST IS SERVED! 17</b> 9:45 Uno / Crafts 1:00 Build It . . . 2:00 Snack 2:15 Ring It Win It 2:45 Pictionary 3:15 Penny Ante	9:45 Uno / Crafts 18 1:00 Believe it or not? 2:00 Snack 2:15 Horse Shoes 2:45 Horserace Hoe Down 3:15 Would You Rather?	9:45 Uno / Crafts 19 <b>12:30 FIELD TRIP: Moravian Christmas Putz</b> 1:00 Christmas BINGO 2:00 Snack 2:15 Carpet Ball 2:45 Millionaire 3:15 Who Am I?	9:45 Book Club 20 1:00 Christmas Cooking 2:00 Snack 2:15 Frisbee Toss 2:45 You Judge 3:15 Connect Four Launchers
9:45 Uno / Crafts 23 1:00 Creative Candy Canes 2:00 Snack 2:15 Ladder Golf 2:45 Tic Tac Trivia 3:15 Make a Plan	9:45 Uno / Crafts 24 1:00 The Night Before . . . 2:00 Snack 2:15 Wreath Toss 2:45 Guess the Carol 3:15 Twosomes	25 	9:45 Uno / Crafts 26 1:00 Shuffleboard 2:00 Snack 2:15 Toss Across 2:45 Christmas Carol 3:15 Unscramble	9:45 Book Club 27 1:00 Endangered Species 2:00 Snack 2:15 Bowling 2:45 Picture It 3:15 Smart Mouth
9:45 Uno / Crafts 30 1:00 Minute It to Win It 2:00 Snack 2:15 <b>ADS Council/</b> Tailgating Games 2:45 December Puzzles 3:15 Unscramble	9:45 Uno / Crafts 31 1:00 Out with the Old 2:00 Snack 2:15 Carpet Ball 2:45 Trivia Triumph 3:15 Hangman 2024			

**December 2024**

**EDEN WEST ADULT DAY SERVICES MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Iceberg & Red Onion Salad 2 Pork Loin Honey Apple Parslied Diced Potatoes Sautéed Fresh Spinach Wheat Bread Fresh Fruit Cup Milk	Tossed Salad 3 w/ Tomatoes & Cucumbers Beef Liver and Onions Pasta Egg Noodles Steamed Fresh Zucchini Multi Grain Bread Fresh Fruit Salad Milk	Spinach Salad 4 Roast Turkey Breast with Gravy Red Potatoes Steamed Carrots Wheat Bread Fresh Watermelon Cubes Milk	Iceberg & Red Onion Salad 5 Tilapia Piccata Brown Rice Seasoned Green Beans Wheat Bread Fresh Cantaloupe Milk	Tossed Salad 6 w/ Tomatoes & Cucumbers Chicken Thigh w/ Rosemary Baked Sweet Potato Oven Roasted Brussel Sprouts Multi Grain Bread Fresh Apple Slices Milk
Garden Salad 9 Turkey Meatloaf w/ Gravy Roasted Sweet Potato Wedges Steamed Broccoli Wheat Bread Diced Pears Milk	Spinach Salad 10 Rosemary Pork Loin Rice Pilaf w/Veggie Base Roasted Red Beets Wheat Bread Banana Half Milk	Tossed Salad w/ Carrots 11 Lemon Broiled Cod Risotto w/ Vegetable Stock Grilled Lemon Garlic Asparagus Multi Grain Bread Mixed Melon Salad Milk	Tossed Salad w/ Carrots 12 Roasted Chicken Thigh Baked Sweet Potato Sautéed Zucchini Wheat Bread Fresh Pineapple Milk	Tossed Salad 13 w/ Tomatoes & Cucumbers Beef Pot Roast w/ Gravy Whipped Potatoes Broccoli w/ Garlic & Red Pepper Wheat Bread Fresh Fruit Sliced Milk
Tossed Salad w/ Carrots 16 BBQ Chicken Thigh Bread Stuffing Roasted Asparagus Wheat Bread Fresh Cantaloupe Milk	Tossed Salad w/ Mushrooms 17 Pork Cacciatore Fettuccine Pasta Steamed Green Peas Wheat Bread Peaches & Melon Salad Milk	Iceberg & Red Onion Salad 18 Turkey Meatballs Spaghetti Pasta Steamed Fresh Green Beans Wheat Bread Grilled Peaches Milk	Broccoli Cauliflower Salad 19 Italian Beef Sandwich Steamed Yellow Squash Wheat Bread Fresh Watermelon Cubes Milk	Tossed Salad w/ Spinach 20 Ginger Salmon Rice Pilaf w/ Veggie Base Roasted Cauliflower Wheat Roll Fresh Strawberries & Bananas Milk
Garden Salad 23 Grilled Herb Pork Chop Herbed Rice Seasoned Green Beans Wheat Bread Pineapples & Oranges Milk	Garden Salad 24 Beef BBQ Potato Salad Steamed Broccoli Wheat Bread Fresh Honey Dew Cubes Milk	 25	Tossed Salad w/ Carrots 26 Pork Tenderloin Roasted Sweet Potatoes Lemon Broccoli Wheat Bread Fresh Pineapple Milk	Spinach Salad w/ Egg 27 Crab Cakes Whipped Potatoes Steamed Yellow Squash Wheat Bread Fresh Apple Slices Milk
Spinach & Cranberry Salad 30 Herbed Baked Chicken Whipped Mashed Potatoes Steamed Baby Carrots Wheat Bread Fresh Fruit Cup Milk	Garden Salad 31 Turkey Tetrazzini Brown Rice Yellow Squash w/ Mixed Veggies Wheat Bread Sliced Peaches Milk			