

## 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 / Shop Op 3 1:00 National Pig Day 2:00 Snack 2:15 Pass the Pigs 2:45 Unscramble 3:15 Smart Mouth	<b>Shrove Tuesday: Fastnachts</b> 9:45 Uno / Crafts 4 1:00 Mardi Gras/Pancake Tuesday 2:00 Snack 2:15 Pancake Toss 2:45 Words Around 3:15 Table Top Bowling	9:45 Uno / Crafts 5 1:00 Hibernators – Lisa S. 2:00 Snack 2:15 Tic Tac Win 2:45 Tic Tac Know 3:15 Smart As A . . .	9:45 Uno / Crafts 6 1:00 Marching Bands 2:00 Snack 2:15 Washer Toss 2:45 Picture Detectives 3:15 Riddles	9:45 Book Club 7 1:00 Telephone History / Humor 2:00 Snack 2:15 Horseshoes 2:45 Horse Race Hoe Down 3:15 Would You Rather
9:45 Uno / Crafts 10 1:00 Tool Time . . . 2:00 Snack 2:15 Hatchet Throw 2:45 Wheel of Fortune 3:15 True or False	9:45 Uno / Crafts 11 1:00 Mr. Wizard and More 2:00 Snack 2:15 Carpet Ball 2:45 Pictionary 3:15 Fill in the Blank	9:45 Uno / Crafts 12 1:00 Good Samaritan Day 2:00 Snack 2:15 Wally Ball 2:45 Boggle 3:15 Foursomes	9:45 Uno / Crafts 13 1:00 You Been Farming Long? 2:00 Snack 2:15 Corn Hole 2:45 Word Connect 3:15 LCR	9:45 Book Club 14 1:00 Bingo and Math 2:00 Snack 2:15 Ring on the Green 2:45 Concentration 3:15 Connect 4 Launchers
9:45 Uno / Crafts 17 1:00 Luck of the Irish 2:00 Snack 2:15 Gold Coins Toss 2:45 Family Feud 3:15 Dominoes	9:45 Uno / Crafts 18 1:00 BINGO 2:00 Snack 2:15 Xbox Bowling 2:45 Word Chain 3:15 True or False	9:45 Uno / Crafts 19 1:00 Wildlife Moment Camels 2:00 Snack 2:15 Ring It to Win It 2:45 Name 5 3:15 It's a Trap	<b>Field Trip to Middle Creek</b> 20 9:45 Uno / Crafts 1:00 Movie: <i>Field of Dreams</i> 2:00 Snack 2:15 Tumble Tower 2:45 Family Feud 3:15 Mythbusters	9:45 Book Club 21 1:00 M & M History and Recipes 2:00 Snack 2:15 Carpet Ball 2:45 Smart As 3:15 Unscramble
9:45 Uno / Crafts 24 1:00 Greece Travelogue 2:00 Snack 2:15 Ladder Golf 2:45 Word Chain 3:15 Finish the Lyrics	9:45 Uno / Crafts 25 1:00 Shuffleboard 2:00 Snack 2:15 Darts 2:45 Things 3:15 Who Am I?	9:45 Uno / Crafts 26 1:00 Name That Tune 2:00 Snack 2:15 March Madness B-Ball 2:45 Wordscapes 3:15 Fill the Blank	9:45 Uno / Crafts / Shop Op 27 1:00 Batter Up! 2:00 Snack 2:15 Pitcher's Plate 2:45 Scattergories 3:15 Word Search	<b>Breakfast is Served</b> 28 9:45 Book Club 1:00 Coca Cola Then and Now 2:00 Snack 2:15 Putting Green 2:45 Puzzlers 3:15 Uno
9:45 Uno / Crafts 31 1:00 Science Trials 2:00 Snack 2:15 Carpet Ball 2:45 Wordies 3:15 20 Questions	 			

**March 2025**

**EDEN WEST ADULT DAY SERVICES MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Iceberg & Red Onion Salad 3 Pork Loin Honey Apple Parslied Diced Potatoes Sautéed Fresh Spinach Wheat Bread Fresh Fruit Cup Milk	Tossed Salad w/ 4 Cucumber & Tomato Beef Liver and Onions Pasta Egg Noodles Steamed Fresh Zucchini Multi Grain Bread Fresh Fruit Salad Milk	Spinach Salad 5 Roast Turkey Breast with Gravy Red Potatoes Steamed Baby Carrots Wheat Bread Fresh Watermelon Cubes Milk	Iceberg & Red Onion Salad 6 Tilapia Piccata Brown Rice Seasoned Green Beans Wheat Bread Fresh Cantaloupe Milk	Tossed Salad w/ 7 Cucumber & Tomato Chicken Thigh w/ Rosemary Baked Sweet Potato Oven Roasted Brussel Sprouts Multi Grain Bread Fresh Apple Slices Milk
Garden Salad 10 Turkey Meatloaf w/ Gravy Roasted Sweet Potato Wedges Steamed Broccoli Wheat Bread Diced Pears Milk	Spinach Salad 11 Rosemary Pork Loin Rice Pilaf w/ Veggie Base Roasted Red Beets Wheat Bread Banana Half Milk	Tossed Salad w/ Carrots 12 Lemon Broiled Cod Risotto w/ Vegetable Stock Grilled Lemon Garlic Asparagus Multi Grain Bread Mixed Melon Salad Milk	Tossed Salad w/ Carrots 13 Roasted Chicken Thigh Baked Sweet Potato Sautéed Zucchini Wheat Bread Fresh Pineapple Milk	Tossed Salad w/ 14 Cucumber & Tomato Beef Pot Roast w/ gravy Whipped Potatoes Broccolini w/ Garlic & Red Pepper Wheat Bread Fresh Fruit Sliced Milk
Tossed Salad w/ Carrots 17 BBQ Chicken Thigh Bread Stuffing Roasted Asparagus Wheat Bread Fresh Cantaloupe Milk	Tossed Salad w/ Mushrooms 18 Pork Cacciatore Fettuccine Pasta Steamed Green Peas Wheat Bread Peaches & Melon Salad Milk	Iceberg & Red Onion Salad 19 Turkey Meatballs Spaghetti Pasta Steamed Fresh Green Beans Wheat Bread Grilled Peaches Milk	Broccoli Cauliflower Salad 20 Italian Beef Sandwich Steamed Yellow Squash Wheat Bread Fresh Watermelon Cubes Milk	Tossed Salad w/ Spinach 21 Ginger Salmon Rice Pilaf w/ Veggie Base Roasted Cauliflower Wheat Roll Fresh Strawberries & Bananas Milk
Garden Salad 24 Grilled Herb Pork Chop Herbed Rice Seasoned Green Beans Wheat Bread Pineapples & Oranges Milk	Garden Salad 25 Beef BBQ Potato Salad Steamed Broccoli Wheat Bread Fresh Honey Dew Cubes Milk	Tomato & Cucumber Salad 26 Chili Lime Chicken Breast Wild Rice Steamed Asparagus Multi Grain Bread Mixed Melon Salad Milk	Tossed Salad w/ Carrots 27 Pork Tenderloin Roasted Sweet Potatoes Lemon Broccoli Wheat Bread Fresh Pineapple Milk	Spinach Salad w/ Egg 28 Crab Cakes Whipped Potatoes Steamed Yellow Squash Wheat Bread Fresh Apple Slices Milk
Iceberg & Red Onion Salad 31 Pork Loin Honey Apple Parslied Diced Potatoes Sautéed Fresh Spinach Wheat Bread Fresh Fruit Cup Milk	 March is <b>NATIONAL NUTRITION MONTH</b>			