

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 Color and Sip 2:00 Snack 2:15 Ring on Green 2:45 Wheel of Fortune 3:15 Puzzle Out
9:45 Uno / Craft 4 1:00 Satchmo! Clips & Music 2:00 Snack 2:15 Ring Toss 2:45 Guess in 10 3:15 Connect 4 Launchers	9:45 Uno / Craft 5 1:00 Gold Rush 2:00 Snack 2:15 Bocce Ball 2:45 Over and Under 3:15 LCR	9:45 Uno / Craft 6 1:00 Nature with Lisa Sanchez 2:00 Snack 2:15 Ladder Golf 2:45 Family Feud 3:15 Dominoes	9:45 Uno / Craft 7 1:00 Lighthouse Lore 2:00 Snack 2:15 Carpet Ball 2:45 Boggle 3:15 Uno in PM	9:45 Book Club 8 1:00 Bowl You Over! 2:00 Snack 2:15 X Box Bowling 2:45 Words Around 3:15 Unscramble
9:45 Uno / Craft 11 1:00 Dog Days 2:00 Snack 2:15 Frisbee Flip 2:45 Spot the Difference 3:15 Kerplunk	9:45 Uno / Craft 12 1:00 "Follow the Sun" - B. Hogan 2:00 Snack 2:15 Tic Tac Golf 2:45 Who Am I 3:15 20 Questions	9:45 Uno / Craft 13 1:00 Dapper Dan 2:00 Snack 2:15 Corn Hole 2:45 Picture It 3:15 Puzzles	Breakfast is Served! 14 9:45 Uno / Craft 1:00 Gentle Giants 2:00 Snack 2:15 Hatchet Toss 2:45 Name 5 3:15 Lyric Match	FIELD TRIP: Ephrata ReUzit 15 9:45 Book Club 1:00 Sing with Alice 2:00 Snack 2:15 Ladder Golf 2:45 What's Yours Like 3:15 Word Search
9:45 Uno / Craft 18 1:00 Cool It! 2:00 Snack 2:15 Swatter Ball 2:45 Pictionary 3:15 Match It	9:45 Uno / Craft 19 1:00 You Say Potato 2:00 Snack 2:15 Darts 2:45 A-Z Pictures 3:15 Puzzle Up	9:45 Uno / Craft 20 1:00 Rock Around . . . 2:00 Snack 2:15 Skee Ball 2:45 Word Drop 3:15 LCR	9:45 Uno / Craft 21 1:00 Aloha! 2:00 Snack 2:15 Ring It to Win It 2:45 Guess the TV Show 3:15 Finish the Saying	9:45 Book Club 22 1:00 Talking with Sign 2:00 Snack 2:15 Horseshoes 2:45 Hoe Down Trivia 3:15 Unscrambled
FIELD TRIP: Pretzel Hut 25 9:45 Uno / Craft 1:00 Roll with It Day 2:00 Snack 2:15 Target Toss 2:45 Finish the Cliché 3:15 Whiteboard Games	9:45 Uno / Craft 26 1:00 Airforce Ace 2:00 Snack 2:15 Carpet Ball 2:45 You Decide 3:15 LCR	9:45 Uno / Craft 27 1:00 Spiritual Meditation -Nicole 2:00 Snack 2:15 Toss Across 2:45 Know It? 3:15 Men vs. Women	9:45 Uno / Craft 28 1:00 Going Bananas – Cooking with Chris 2:00 Snack 2:15 ADS Council / Tailgate 2:45 Guess the Tune 3:15 Smart As . . .	9:45 Book Club 29 1:00 Delaware Bay Day 2:00 Snack 2:15 Fishing for It 2:45 Hangman 3:15 Scrabble Scramble

August 2025

EDEN WEST ADULT DAY SERVICES MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Tossed Salad w/ Carrot 1 Grilled Swordfish Rice Pilaf w/ Veggie Base Steamed Brussel Sprouts Wheat Bread Fresh Cantaloupe Milk
Iceberg & Red Onion Salad 4 Pork Loin Honey Apple Parslied Diced Potatoes Sautéed Fresh Spinach Wheat Bread Fresh Fruit Cup Milk	Tossed Salad w/ 5 Tomatoes & Cucumbers Beef Liver and Onions Pasta Egg Noodles Steamed Fresh Zucchini Multi Grain Bread Fresh Fruit Salad Milk	Spinach Sala 6 Roast Turkey Breast with Gravy Red Potatoes Steamed Baby Carrots Wheat Bread Fresh Watermelon Cubes Milk	Iceberg & Red Onion Salad 7 Tilapia Piccata Rice Brown Seasoned Green Beans Wheat Bread Fresh Cantaloupe Milk	Tossed Salad w/ 8 Tomatoes & Cucumbers Chicken Thigh w/ Rosemary Baked Sweet Potato Oven Roasted Brussel Sprouts Multi Grain Bread Fresh Apple Slices Milk
Garden Salad 11 Turkey Meatloaf w/ Gravy Roasted Sweet Potato Wedges Steamed Broccoli Wheat Bread Diced Pears Milk	Spinach Salad 12 Rosemary Pork Loin Rice Pilaf w/Veggie Base Roasted Red Beets Wheat Bread Banana Half Milk	Tossed Salad w/ Carrots 13 Lemon Broiled Cod Risotto w/ Vegetable Stock Grilled Lemon Garlic Asparagus Multi Grain Bread Mixed Melon Salad Milk	Tossed Salad w/ Carrots 14 Roasted Chicken Thigh Baked Sweet Potato Sautéed Zucchini Wheat Bread Fresh Pineapple Milk	Tossed Salad w/ 15 Tomatoes & Cucumbers Beef Pot Roast with Gravy Whipped Potatoes Broccolini w/ Garlic&Red Pepper Wheat Bread Fresh Fruit Sliced Milk
Tossed Salad w/ Carrots 18 BBQ Chicken Thigh Bread Stuffing Roasted Asparagus Wheat Bread Fresh Cantaloupe Milk	Tossed Salad w/ Mushrooms 19 Pork Cacciatore Fettuccine Pasta Steamed Green Peas Wheat Bread Peaches & Melon Salad Milk	Iceberg & Red Onion Salad 20 Turkey Meatballs Spaghetti Pasta Steamed Fresh Green Beans Wheat Bread Grilled Peaches Milk	Broccoli Cauliflower Salad 21 Ginger Salmon Rice Pilaf w/ Veggie Base Roasted Cauliflower Wheat Bread Fresh Watermelon Cubes Milk	Tossed Salad w/ Spinach 22 Beef Burger on a Bun Potato Wedges Wheat Roll Fresh Strawberries & Bananas Milk
Garden Salad 25 Grilled Herb Pork Chop Herbed Rice Seasoned Green Beans Wheat Bread Pineapples & Oranges Milk	Garden Salad 26 Beef BBQ Potato Salad Steamed Broccoli Wheat Bread Fresh Honey Dew Cubes Milk	Tomato & Cucumber Salad 27 Chili Lime Chicken Breast Wild Rice Steamed Asparagus Multi Grain Bread Mixed Melon Salad Milk	Tossed Salad w/ Carrots 28 Pork Tenderloin Roasted Sweet Potatoes Lemon Broccoli Wheat Bread Fresh Pineapple Milk	Spinach Salad w/ Egg 29 Crab Cakes Whipped Potatoes Steamed Yellow Squash Wheat Bread Fresh Apple Slices Milk