


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 1 1:00 Lisa Sanchez - Nature 2:00 Snack 2:15 Ring on Green 2:45 Finish the Line 3:15 Penny Ante	9:45 Uno / Crafts 2 1:00 Julie Andrews Clips/Songs 2:00 Snack 2:15 Bocce 2:45 Connect the Word 3:15 Whiteboard Games	9:45 Book Club 3 1:00 Season of Creation 2:00 Snack 2:15 Putting Green 2:45 Family Feud 3:15 Slogans
9:45 Uno / Crafts 6 1:00 Name That Tune 2:00 Snack 2:15 Ladder Golf 2:45 Picture Differences 3:15 Scrabble Scramble	FIELD TRIP: Manheim Farm Show 7 9:45 Uno / Crafts 1:00 Pumpkin Patch 2:00 Snack 2:15 Frisbee Toss 2:45 Shake a Word 3:15 Launchers	9:45 Uno / Crafts 8 1:00 Octopus 2:00 Snack 2:15 Carpet Ball 2:45 Pictionary 3:15 Dominoes	9:45 Uno / Crafts 9 1:00 Fabulous Fall 2:00 Snack 2:15 Hatchet Toss 2:45 Hangman 3:15 "21"	9:45 Book Club 10 1:00 Egg-zactly 2:00 Snack 2:15 Xbox Bowling 2:45 Who Am I? 3:15 PM Uno
9:45 Uno / Crafts 13 1:00 Travelogue with Bob Wyble 2:00 Snack 2:15 ADS COUNCIL 2:45 Skee Ball 3:15 Match	9:45 Uno / Crafts 14 1:00 Movie: <i>The Egg and I</i> 2:00 Snack 2:15 Tic Tac WIN 2:45 Wheel of Fortune 3:15 LCR	9:45 Uno / Crafts 15 1:00 Cooking with Chris 2:00 Snack 2:15 Darts 2:45 A-Z Pictures 3:15 Unscramble	FIELD TRIP: Ephrata Cloisters 16 9:45 Uno / Crafts 1:00 Webster /Dictionary Speller 2:00 Snack 2:15 Football Toss 2:45 Name 5 3:15 Fill in Blank	9:45 Book Club 17 1:00 Zendog – Cherrisse Feddock 2:00 Snack 2:15 Ring It to Win It 2:45 Smarter Than . . . 3:15 Roll the Pigs
9:45 Uno / Crafts 20 1:00 Cryss Stacey – Falcons & Birds of Prey 2:00 Snack 2:15 Ring Toss 2:45 Guess in 10 3:15 Puzzlers	9:45 Uno / Crafts 21 1:00 Tater Tots - Totally Tasty 2:00 Snack 2:15 Carpet Ball 2:45 Know It, Blow It 3:15 Oodles / Buzz Word	9:45 Uno / Crafts 22 1:00 Color Me Happy 2:00 Snack 2:15 Tic Tac Putt 2:45 Famous Faces 3:15 Fill In	9:45 Uno / Crafts 23 1:00 That's Alarming 2:00 Snack 2:15 Horseshoes 2:45 Guess the Theme Song 3:15 Trivia Horse Race	9:45 Book Club 24 1:00 Nick Viscuso Performance 2:00 Snack 2:15 Splat 2:45 Americology 3:15 LCR
9:45 Uno / Crafts 27 1:00 Wolves 2:00 Snack 2:15 Hoops 2:45 Think 3:15 Bowling	BREAKFAST IS SERVED 28 9:45 Uno / Crafts 1:00 Boo Bingo 2:00 Snack 2:15 Bocce 2:45 Slogans 3:15 Uno	9:45 Uno / Crafts 29 1:00 Manners Please 2:00 Snack 2:15 Tumble Tower 2:45 Know It or Blow It 3:15 Kerplunk	9:45 Uno / Crafts 30 1:00 Jack-O-Lantern 2:00 Snack 2:15 Pumpkin Bowling 2:45 Fact or Fiction 3:15 Would you Rather . . .	9:45 Book Club 31 1:00 Oh Bats! 2:00 Snack 2:15 Ladder Golf 2:45 Word Claims 3:15 Finish the Lyrics

October 2025

EDEN WEST ADULT DAY SERVICES MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Spinach Salad 1 Roast Turkey Breast with Gravy Red Potatoes Steamed Baby Carrots Wheat Bread Fresh Watermelon Cubes Milk	Iceberg & Red Onion Salad 2 Tilapia Piccata Rice Brown Seasoned Green Beans Wheat Bread Fresh Cantaloupe Milk	Tossed Salad with 3 Tomato & Cucumbers Chicken Thigh w/ Rosemary Baked Sweet Potato Oven Roasted Brussel Sprouts Multi Grain Bread Fresh Apple Slices Milk
Garden Salad 6 Turkey Meatloaf w/ Gravy Roasted Sweet Potato Wedges Steamed Broccoli Wheat Bread Diced Pears Milk	Spinach Salad 7 Rosemary Pork Loin Rice Pilaf w/Veggie Base Roasted Red Beets Wheat Bread Banana Half Milk	Tossed Salad w/ Carrots 8 Lemon Broiled Cod Risotto w/ Vegetable Stock Grilled Lemon Garlic Asparagus Multi Grain Bread Mixed Melon Salad Milk	Tossed Salad w/ Carrots 9 Roasted Chicken Thigh Baked Sweet Potato Sautéed Zucchini Wheat Bread Fresh Pineapple Milk	Tossed Salad w/ 10 Tomato & Cucumbers Beef Pot Roast w/ Gravy Whipped Potatoes Broccoli w/ Garlic & Red Pepper Wheat Bread Fresh Fruit Sliced Milk
Tossed Salad w/ Carrots 13 BBQ Chicken Thigh Bread Stuffing Roasted Asparagus Wheat Bread Fresh Cantaloupe Milk	Tossed Salad w/ Mushroom 14 Pork Cacciatore Fettuccine Pasta Steamed Green Peas Wheat Bread Peaches & Melon Salad Milk	Iceberg & Red Onion Salad 15 Turkey Meatballs Spaghetti Pasta Steamed Fresh Green Beans Wheat Bread Grilled Peaches Milk	Broccoli Cauliflower Salad 16 Italian Beef Sandwich Steamed Yellow Squash Wheat Bread Fresh Watermelon Cubes Milk	Tossed Salad w/ Spinach 17 Ginger Salmon Rice Pilaf w/ Veggie Base Roasted Cauliflower Wheat Roll Fresh Strawberries & Bananas Milk
Garden Salad 20 Grilled Herb Pork Chop Herbed Rice Seasoned Green Beans Wheat Bread Pineapples & Oranges Milk	Garden Salad 21 Beef BBQ Potato Salad Steamed Broccoli Wheat Bread Fresh Honey Dew Cubes Milk	Tomato & Cucumber Salad 22 Chili Lime Chicken Breast Wild Rice Steamed Asparagus Multi Grain Bread Mixed Melon Salad Milk	Tossed Salad w/ Carrots 23 Pork Tenderloin Roasted Sweet Potatoes Lemon Broccoli Wheat Bread Fresh Pineapple Milk	Spinach Salad w/ Egg 24 Crab Cakes Whipped Potatoes Steamed Yellow Squash Wheat Bread Fresh Apple Slices Milk
Spinach Salad 27 Baked Chicken Thigh Mashed Potatoes Steamed Baby Carrots Wheat Bread Fruit Cup Milk	Garden Salad 28 Turkey Breast Mornay Spaghetti Pasta Yellow Squash Wheat Bread Sliced Peaches Milk	Broccoli Salad, No Raisins 29 Roasted Pork Roasted Red Potatoes Roasted Cauliflower Wheat Bread Mandarin Oranges Milk	Spinach Salad 30 Salisbury Steak Mashed Potatoes Steamed Broccoli Wheat Bread Pineapple Chunks Milk	Tossed Salad w/ Carrots 31 Grilled Swordfish Rice Pilaf w/ Veggie Base Steamed Brussel Sprouts Wheat Bread Fresh Cantaloupe Milk