

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

BASIC DAILY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:45 Book Club 2 1:00 Alaska Joy! 2:00 Snack 2:15 Corn Hole 2:45 Word Drop 3:15 Whiteboard Pictionary
9:45 Uno / Crafts 1:00 Classic TV 2:00 Snack 2:15 Wally Ball 2:45 Boggle 3:15 Puzzles	5 9:45 Uno / Crafts 1:00 Danny Thomas Work / Life 2:00 Snack 2:15 Carpet Ball 2:45 Name 5 3:15 Roll a Memory	6 9:45 Uno / Crafts 1:00 Lisa Sanchez: Nature 2:00 Snack 2:15 Ring on Green 2:45 Finish the Cliché 3:15 Tabletop Bowling	7 9:45 Uno / Crafts 1:00 Elvis Presley 2:00 Snack 2:15 Ladder Golf 2:45 Guess in 10 3:15 Hangman	8 9:45 Book Club 9 1:00 Matt Wenger Guitar 2:00 Snack 2:15 Tumble Tower 2:45 Bubble Talk 3:15 Crossword
9:45 Uno / Crafts 1:00 Motown Moves! 2:00 Snack 2:15 Darts 2:45 License Plate ID 3:15 Kerplunk	12 9:45 Uno / Crafts 1:00 Fuller Brush . . . 2:00 Snack 2:15 Hoops 2:45 Smarter Than a 4th Grader 3:15 21 Questions	13 9:45 Uno / Crafts 1:00 Spiced Up 2:00 Snack 2:15 Snowball Toss 2:45 What's the Difference 3:15 Penny Ante	14 9:45 Uno / Crafts 1:00 Happy Days 50's Life 2:00 Snack 2:15 Ring it to Win it 2:45 Word Drop 3:15 Categories	15 9:45 Book Club 16 1:00 Ben Franklin Inventions 2:00 Snack 2:15 Tee UP 2:45 Pictures Up Close 3:15 Launchers
9:45 Uno / Crafts 1:00 Breath - Nicole 2:00 Snack 2:15 Bocce Ball 2:45 Smart As 3:15 Uno	19 9:45 Uno / Crafts 1:00 Dolly 2:00 Snack 2:15 Horseshoes 2:45 Horse Race Hoe Down 3:15 LCR	20 9:45 Uno / Crafts 1:00 Moose 2:00 Snack 2:15 Tic Tac Win 2:45 Tic Tac Know 3:15 Finish the Line	21 <b>BREAKFAST is served!</b> 21 9:45 Uno / Crafts 1:00 Moose 2:00 Snack 2:15 Tic Tac Win 2:45 Tic Tac Know 3:15 Finish the Line	22 9:45 Uno / Crafts MOVIE DAY: Part 1 1:00 Movie: Part 2 2:00 Snack 2:15 Carpet Ball 2:45 Word Chain 3:15 Build a Snowman
9:45 Uno / Crafts 1:00 Kazoo Day 2:00 Snack 2:15 Ring on Green 2:45 Word Mining 3:15 Puzzles	26 <b>FIELD TRIP:</b> 27 Julius Sturgis Pretzel Bakery 9:45 Uno / Crafts 1:00 National Geo Scavenger 2:00 Snack 2:15 Football Toss 2:45 Famous Faces 3:15 Dominoes	27 9:45 Uno / Crafts 1:00 Bingo 2:00 Snack 2:15 Hatchet Toss 2:45 Word Ladders 3:15 Shut the Box	28 9:45 Uno / Crafts 1:00 Guide Dog Day 2:00 Snack 2:15 Wally Ball 2:45 Concentration 3:15 Uno	29 9:45 Book Club 30 1:00 Inspire Your Heart with Art 2:00 Snack 2:15 Ladder Golf 2:45 Wordscape 3:15 Match

## EDEN WEST ADULT DAY SERVICES MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
Garden Salad Turkey Meatloaf w/ Gravy Roasted Sweet Potato Wedges Steamed Broccoli Wheat Bread Pineapples & Oranges Milk	Tossed Salad w/ Tomatoes Pork Cacciatore Macaroni and Cheese Steamed Green Beans Wheat Bread Honey Dew Cubes Milk	Deviled Eggs Lemon Broiled Cod Risotto w/ Vegetable Stock Grilled Lemon Garlic Asparagus Multi Grain Bread Kiwi and Strawberries Milk	Tossed Salad w/ Carrots Dutch Chicken Pot Pie Roasted Herb Carrots Wheat Bread Fruit Salad Milk	Tossed Salad w/ Tomatoes & Cucumbers Chicken Tenders Oven Baked Fries Steamed Zucchini Wheat Bread Fresh Apple Slices Milk
Tossed Salad w/ Carrots BBQ Chicken Thigh Bread Stuffing Roasted Asparagus Wheat Bread Fresh Fruit Cup Milk	Tossed Salad w/ Mushrooms Glazed Ham Loaf Whipped Sweet Potatoes Broccoli and Cauliflower Wheat Bread Grape, Pineapple, Melon Salad Milk	Iceberg & Red Onion Salad Turkey Meatballs Spaghetti Pasta Steamed Fresh Green Beans Wheat Bread Fresh Watermelon Cubes Milk	Chicken Salad Cup Cheese Pizza Steamed Broccoli Wheat Bread Honeydew Cubes Milk	Tossed Salad w/ Spinach Ginger Salmon Rice Pilaf w/ Veggie Base Roasted Cauliflower Wheat Roll Fresh Strawberries Milk
Garden Salad Brown Butter Trout Herbed Rice Seasoned Green Beans Wheat Bread Diced Canned Peaches Milk	Cucumber Salad Turkey Shepherd's Pie Steamed Broccoli Wheat Bread Apple Slices Milk	Tomato Cucumber Salad Chili Lime Chicken Breast Wild Rice Steamed Asparagus Multi Grain Bread Mixed Melon Salad Milk	Tossed Salad w/ Carrots Pork Tenderloin Roasted Sweet Potatoes Lemon Broccoli Wheat Bread Fresh Pineapple Milk	Tossed Salad w/ Carrots Hamburger with Bun Sweet Potato Fries Steamed Yellow Squash Fresh Summer Sliced Fruit Milk
Iceberg & Red Onion Salad Roasted Pork Tenderloin Parslied Diced Potatoes Sautéed Fresh Spinach Wheat Bread Fresh Cantaloupe Milk	Tossed Salad w/ Tomatoes & Cucumbers Beef Liver and Onions Pasta Egg Noodles Steamed Fresh Zucchini Multi Grain Bread Peaches & Melon Salad Milk	Coleslaw Roast Turkey Breast with Gravy Whipped Mashed Potatoes Seasoned Green Beans Wheat Bread Cinnamon Pears Milk	Iceberg & Red Onion Salad Teriyaki Tilapia Wild Rice Herb Roasted Carrots Wheat Bread Fresh Watermelon Cubes Milk	Tossed Salad w/ Tomatoes & Cucumbers Chicken Tenders Oven Baked Fries Steamed Zucchini Wheat Bread Fresh Apple Slices Milk