

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 Ron Howard Look Back 2:00 Snack 2:15 Frisbee Toss 2:45 Throw the Pigs 3:15 LCR	9:45 Uno / Crafts 3 1:00 People 2:00 Snack 2:15 Bocce 2:45 Four Go 3:15 Twosomes	9:45 Uno / Crafts 4 1:00 Nature: Lisa Sanchez 2:00 Snack 2:15 Swatter Ball 2:45 Word Gold 3:15 Scattergories	9:45 Uno / Crafts 5 1:00 Welcome Florida 2:00 Snack 2:15 Carpet Ball 2:45 Say Anything 3:15 Americology	9:45 Book Club 6 1:00 Monopoly 2:00 Snack 2:15 Toss Across 2:45 Spintopia 3:15 20 Questions
9:45 Uno / Crafts 9 FIELD TRIP: Sturgis Pretzel Bakery 1:00 Tune Time /Wheel of Fortune 2:00 Snack 2:15 Ladder Golf 2:45 Boggle 3:15 White Board Games	9:45 Morning Bingo 10 1:00 Old Stuff 2:00 Snack 2:15 Ring on Green 2:45 Words in the Round 3:15 Dominoes	9:45 Uno / Crafts 11 1:00 Listen 2:00 Snack 2:15 ADS Council 2:30 Darts 2:45 Wordies/ Concentration 3:15 UNO	9:45 Uno / Crafts 12 1:00 Coca-Cola 2:00 Snack 2:15 Horseshoes 2:45 Horse Race Trivia 3:15 Guess in 10	9:45 Book Club 13 1:00 Baseball Caps and Logos 2:00 Snack 2:15 Tumble Tower 2:45 Picture A-Z 3:15 What's in a Word
9:45 Uno / Crafts 16 1:00 Ron and Josie Music 2:00 Snack 2:15 Corn Hole 2:45 Caption It 3:15 Unscramble	9:45 Uno / Crafts 17 1:00 St. Patrick's Day 2:00 Snack 2:15 Hatchet Toss 2:45 Pictionary 3:15 Dice Bingo	9:45 Uno / Crafts 18 FIELD TRIP: Middle Creek Wildlife 1:00 Try Try Again 2:00 Snack 2:15 Tic Tac Putt 2:45 Tic Tac Know 3:15 Complete the Flower	9:45 Uno / Crafts 19 1:00 Movie Day 2:00 Snack 2:15 Skee Ball 2:45 Spintopia 3:15 Table Top Bowling	9:45 Book Club 20 1:00 It's Finally Spring 2:00 Snack 2:15 Ring It to Win It 2:45 Family Feud 3:15 Roll a Memory
9:45 Uno / Crafts 23 1:00 International Sports Car 2:00 Snack 2:15 Hoops 2:45 Who Am I 3:15 Uno	9:45 Uno / Crafts 24 1:00 Cartoons 2:00 Snack 2:15 Lawn Darts 2:45 Spill and Spell 3:15 Launchers	9:45 Uno / Crafts 25 1:00 Chris Cooks 2:00 Snack 2:15 Washer Toss 2:45 Pictionary 3:15 Scrabble Cards	9:45 Uno / Crafts 26 1:00 Jessie Owens 2:00 Snack 2:15 Wally Ball 2:45 Smart As 3:15 Penny Ante	9:45 Book Club 27 1:00 March Bingo 2:00 Snack 2:15 Carpet Ball 2:45 Name 5 3:15 Finish the Lyrics
9:45 Uno / Crafts 30 1:00 Stories from the Farm 2:00 Snack 2:15 X Box Bowling 2:45 Spot the Difference 3:15 Hangman	Breakfast is Served 31 9:45 Uno / Crafts 1:00 Holy Week Inspiration 2:00 Snack 2:15 Putt the Green 2:45 Cliché 3:15 Puzzles			

March 2026

EDEN WEST ADULT DAY SERVICES MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Garden Salad 2 Turkey Meatloaf w/ Gravy Roasted Sweet Potato Wedges Steamed Broccoli Wheat Bread Pineapples & Oranges Milk	Tossed Salad w/ Tomatoes 3 Pork Cacciatore Macaroni and Cheese Steamed Green Beans Wheat Bread Honey Dew Cubes Milk	Deviled Eggs 4 Lemon Broiled Cod Risotto w/ Vegetable Stock Grilled Lemon Garlic Asparagus Multi Grain Bread Kiwi and Strawberries Milk	Tossed Salad w/ Carrots 5 Dutch Chicken Pot Pie Roasted Herb Carrots Wheat Bread Fruit Salad Milk	Tossed Salad w/ Tomatoes & Cucumbers 6 Beef Pot Roast w/ Gravy Whipped Potatoes Broccoli w/ Garlic & Red Pepper Wheat Bread Sliced Apples Milk
Tossed Salad w/ Carrots 9 BBQ Chicken Thigh Bread Stuffing Roasted Asparagus Wheat Bread Fresh Fruit Cup Milk	Tossed Salad w/ Mushrooms 10 Glazed Ham Loaf Whipped Sweet Potatoes Broccoli and Cauliflower Wheat Bread Grape, Pineapple, Melon Salad Milk	Iceberg & Red Onion Salad 11 Turkey Meatballs Spaghetti Pasta Steamed Fresh Green Beans Wheat Bread Fresh Watermelon Cubes Milk	Chicken Salad Cup 12 French Bread Pizza Steamed Broccoli Wheat Bread Honeydew Cubes Milk	Tossed Salad w/ Spinach 13 Ginger Salmon Rice Pilaf w/ Veggie Base Roasted Cauliflower Wheat Roll Fresh Strawberries Milk
Garden Salad 16 Brown Butter Trout Herbed Rice Seasoned Green Beans Wheat Bread Diced Canned Peaches Milk	Cucumber Salad 17 Turkey Shepherd's Pie Steamed Broccoli Wheat Bread Apple Slices Milk	Tomato Cucumber Salad 18 Chili Lime Chicken Breast Wild Rice Steamed Asparagus Multi Grain Bread Mixed Melon Salad Milk	Tossed Salad w/ Carrots 19 Pork Tenderloin Roasted Sweet Potatoes Lemon Broccoli Wheat Bread Fresh Pineapple Milk	Tossed Salad w/ Carrots 20 Hamburger with Bun Sweet Potato Fries Steamed Yellow Squash Fresh Summer Sliced Fruit Milk
Iceberg & Red Onion Salad 23 Roasted Pork Tenderloin Parslied Diced Potatoes Sauteed Fresh Spinach Wheat Bread Fresh Cantaloupe Milk	Tossed Salad w/ Tomatoes & Cucumbers 24 Sliced Roast Beef Pasta Egg Noodles Steamed Fresh Zucchini Multi Grain Bread Peaches & Melon Salad Milk	Coleslaw 25 Roast Turkey Breast with Gravy Whipped Mashed Potatoes Seasoned Green Beans Wheat Bread Cinnamon Pears Milk	Iceberg & Red Onion Salad 26 Tilapia Piccata Rice Brown Seasoned Green Beans Wheat Bread Fresh Cantaloupe Milk	Tossed Salad w/ Tomatoes & Cucumbers 27 Chicken Tenders Oven Baked Fries Steamed Zucchini Wheat Bread Fresh Apple Slices Milk
Carrot Raisin Salad 30 Chicken Divan Steamed White Rice Steamed Baby Carrots Wheat Bread Fresh Fruit Salad Milk	Garden Salad 31 Pork Cutlet Mashed Potatoes Steamed Brussel Sprouts Wheat Bread Watermelon Milk			