

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 3 1:00 Colorado! 2:00 Snack 2:15 Ring on Green 2:45 Zen Word Game 3:15 Scattergories	9:45 Uno / Crafts 4 1:00 The Twist and Bandstand 2:00 Snack 2:15 Frisbee Toss 2:45 Millionaire 3:15 Uno in the Afternoon	9:45 Uno / Crafts 5 1:00 Lisa Sanchez: Nature 2:00 Snack 2:15 Corn Hole 2:45 Words Around 3:15 LCR	9:45 Uno / Crafts 6 1:00 Smokey the Bear 2:00 Snack 2:15 Bocce 2:45 Family Feud 3:15 Puzzlers	FIELD TRIP: Nikki's Custard 7 9:45 Book Club 1:00 Classic TV 2:00 Snack 2:15 Ring It to Win It! 2:45 Word Shaker 3:15 Art Corner
9:45 Uno / Crafts 10 1:00 Baby Boomers Who Changed the World: Dan Martin 2:00 Snack 2:15 Bowling 2:45 Guess the Old Thing 3:15 Gotcha	9:45 Uno / Crafts 11 1:00 Power of the Sun 2:00 Snack 2:15 Carpet Ball 2:45 America Says 3:15 Launchers	9:45 Uno / Crafts 12 1:00 Sunshine & Sunflowers 2:00 Snack 2:15 Golf Tic Tac Toe 2:45 Who Am I? 3:15 Dice Bingo	9:45 Uno / Crafts 13 1:00 That's Peachey 2:00 Snack 2:15 Hatchet Toss 2:45 Finish It 3:15 Spill and Spell	9:45 Book Club 14 1:00 Coast Guard / Lighthouses 2:00 Snack 2:15 Tower Tumble 2:45 Twenty Questions 3:15 Stick Man
9:45 Uno / Crafts 17 1:00 Tell a Joke Day * 2:00 Snack 2:15 Ladder Golf 2:45 Name 5 3:15 Penny Ante	9:45 Uno / Crafts 18 1:00 Name that Elvis Tune 2:00 Snack 2:15 Ring Toss 2:45 Word Solitaire 3:15 Gotcha	FIELD TRIP: New Holland Area Historical Society 19 9:45 Uno / Crafts 1:00 The Klondike: Dan Martin 2:00 Snack 2:15 Darts 2:45 Wheel of Fortune 3:15 White Board Games	9:45 Uno / Crafts 20 1:00 Bingo! 2:00 Snack 2:15 Tic Tac Win 2:45 Tic Tac Know 3:15 Cranium Challenge	9:45 Book Club 21 1:00 Root Beer History A&W 2:00 Snack 2:15 Horseshoes 2:45 Picture It 3:15 Uno
9:45 Uno / Crafts 24 1:00 Zen Dog Presentation 2:00 Snack 2:15 Corn Hole 2:45 Pictionary 3:15 Guess in 10	9:45 Uno / Crafts 25 1:00 Power of "Lemonade" 2:00 Snack 2:15 ADS Council / Bowling 2:45 Things 3:15 Unscramble	9:45 Uno / Crafts 26 1:00 Prayer – Talking to God 2:00 Snack 2:15 Skee Ball 2:45 Roll the Pigs 3:15 True and False	9:45 Uno / Crafts 27 1:00 Campfire Songs 2:00 Snack 2:15 Carpet Ball 2:45 Wordscape 3:15 White Board Tic Tac Toe	9:45 Book Club 28 1:00 Music for Friday 2:00 Snack 2:15 Bocce 2:45 Concentration 3:15 Buzzword
9:45 Uno / Crafts 31 1:00 Wildlife Moment 2:00 Snack 2:15 Hoops 2:45 America Says 3:15 Roll a Memory				

*Bring a joke with you today. We want to laugh with you!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tossed Salad w/ Tomatoes & Cucumbers Turkey Meatloaf Mashed Potatoes Roasted Butternut Squash Multi Grain Bread Peaches & Melon Salad Milk	Tossed Salad w/ Carrots Lemon Broiled Cod Roasted Sweet Potatoes Lemon Grilled Asparagus Wheat Bread Fresh Pineapple Milk	Iceberg & Red Onion Salad Chicken Coq Au Vin Rice Pilaf Roasted Brussel Sprouts Wheat Bread Fresh Watermelon Cubes Milk	Tomato Cucumber Salad Herb Roasted Chicken Thigh Mashed Potatoes Sautéed Zucchini Wheat Bread Mixed Berries Milk	Tossed Salad w/ Carrots Hamburger with Bun Sweet Potato Fries Steamed Yellow Squash Fresh Summer Sliced Fruit Milk
Tossed Salad w/ Carrots BBQ Chicken Thigh Bread Stuffing Roasted Asparagus Wheat Bread Fresh Fruit Cup Milk	Cucumber Salad Beef Burgundy Mashed Potatoes Steamed Green Peas Wheat Bread Apple Slices Milk	Iceberg & Red Onion Salad Turkey Meatballs Spaghetti Pasta Steamed Fresh Green Beans Wheat Bread Fresh Watermelon Cubes Milk	Tossed Salad w/ Tomatoes & Cucumbers Beef Swedish Meatball Whipped Potatoes Succotash Wheat Bread Apple Slices Milk	Chicken Salad Cup French Bread Pizza Roasted Cauliflower Honeydew Cubes Milk
Garden Salad Brown Butter Trout Herbed Rice Seasoned Green Beans Wheat Bread Diced Canned Peaches Milk	Tossed Salad w/ Tomatoes & Cucumbers Turkey Shepherd's Pie Steamed Broccoli Multi Grain Bread Peaches & Melon Salad Milk	Coleslaw Tilapia Teriyaki Wild Rice Pilaf Steamed Asparagus Multi Grain Bread Mixed Melon Salad Milk	Iceberg & Red Onion Salad Beef Pot Roast Roasted Sweet Potato Seasoned Green Beans Wheat Bread Fresh Cantaloupe Milk	Tossed Salad w/ Tomatoes & Cucumber Pork Chop Baked Beans Steamed Yellow Squash Wheat Bread Kiwi and Strawberries Milk
Deviled Eggs Lemon Pepper Salmon Rice Pilaf w/ Veggie Base Roasted Cauliflower Wheat Roll Fresh Strawberries Milk	Garden Salad Sliced Roast Beef Mashed Potatoes Steamed Green Beans Wheat Bread Honey Dew Milk	Iceberg & Red Onion Salad Roast Turkey Mashed Potatoes Roasted Cauliflower Wheat Bread Bananas Milk	Cucumber Salad Salisbury Steak Bread Stuffing Carrots Wheat Bread Fruit Cup Milk	Tossed Salad w/ Carrots Chicken Tenders Crinkle Cut Fries, Baked Steamed Brussel Sprouts Wheat Bread Cantaloupe Milk
Carrot Salad Beef Taco Bake Rice and Red Beans Steamed Carrots Wheat Roll Fresh Strawberries Milk				