

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 "Peanuts"–Charles Shultz 2:00 Snack 2:15 Carpet Ball 2:45 Idiom Fun 3:15 Uno in the Afternoon	9:45 Book Club 2 1:00 Yosemite – Natural Wonder 2:00 Snack 2:15 Ladder Golf 2:45 Word Solitaire 3:15 Scattergories
9:45 Uno / Crafts 5 1:00 Mysteries 2:00 Snack 2:15 Hatchet Toss 2:45 Boggle 3:15 Art and Puzzles	FIELD TRIP: Manheim Farm Show 6 9:45 Uno / Crafts 1:00 Tunes Tuesday 2:00 Snack 2:15 Corn Hole 2:45 Name the Anagram 3:15 Launchers	9:45 Uno / Crafts 7 1:00 Lisa Sanchez: Nature 2:00 Snack 2:15 Bocce 2:45 Smart As 3:15 Buzzword	9:45 Uno / Crafts 8 1:00 Octoberfest 2:00 Snack 2:15 Ring on Green 2:45 Family Feud 3:15 LCT	9:45 Book Club 9 1:00 Neil Diamond 2:00 Snack 2:15 Tic Tac Throw 2:45 Tic Tac Know 3:15 Brain Teasers
9:45 Uno / Crafts 12 1:00 Arthritis Awareness Day 2:00 Snack 2:15 Skee Ball 2:45 Spot the Difference 3:15 Scrabble Scramble	9:45 Uno / Crafts 13 1:00 Silly Sayings Day 2:00 Snack 2:15 Ring Toss 2:45 Family Feud 3:15 Stickman	9:45 Uno / Crafts 14 1:00 "I Like Ike" – Dan Martin 2:00 Snack 2:15 Horseshoes 2:45 Who Am I? 3:15 Spill and Spell	9:45 Uno / Crafts 15 1:00 Lucy Premier 2:00 Snack 2:15 Tic Tac Putt 2:45 Twenty Questions 3:15 Oodles	9:45 Book Club 16 1:00 Pasta Demo 2:00 Snack 2:15 Through the Web Toss 2:45 Millionaire 3:15 Tabletop Bowling
FIELD TRIP: 19 MCC Material Resources Center 9:45 Uno / Crafts 1:00 Mindful Art 2:00 Snack 2:15 Tumble Tower 2:45 Wordies 3:15 Uno	9:45 Uno / Crafts 20 1:00 Bingo 2:00 Snack 2:15 Carpet Ball 2:45 Name 5 3:15 Dice Bingo	9:45 Uno / Crafts 21 1:00 Celebrating Chefs 2:00 Snack 2:15 Darts 2:45 Guess the TV Show 3:15 Nine Letters	9:45 Uno / Crafts 22 1:00 Minute to Win It 2:00 Snack 2:15 Ring It to Win It 2:45 Finish the Lyrics 3:15 Table Top Bowling	9:45 Book Club 23 1:00 Movie Day 2:00 Snack 2:15 Bowling 2:45 Words in the Round 3:15 LCR
9:45 Uno / Crafts 26 1:00 Musicals – Joseph Martin 2:00 Snack 2:15 Frisbee Toss 2:45 Guess in 10 3:15 Gotcha	9:45 Uno / Crafts 27 1:00 Harvest – Preserving Things... Canning, Freezing, Drying 2:00 Snack 2:15 Football Toss 2:45 Bubble Talk 3:15 Cranium Crunch	9:45 Uno / Crafts 28 1:00 Howl at the Moon / Wolf 2:00 Snack 2:15 Wally Ball 2:45 Slogan Slog 3:15 Puzzles	9:45 Uno / Crafts 29 1:00 Bingo 2:00 Snack 2:15 Lawn Darts 2:45 Name that Thing 3:15 Finish the Sentence	9:45 Book Club 30 1:00 Pumpkin Please 2:00 Snack 2:15 Pumpkin Patch Toss 2:45 Pictionary for the Season 3:15 Uno

October 2026

EDEN WEST ADULT DAY SERVICES MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						Tomato Cucumber Salad 1 Herb Roasted Chicken Thigh Mashed Potatoes Sautéed Zucchini Wheat Bread Mixed Berries Milk		Tossed Salad w/ Carrots 2 Hamburger with Bun Sweet Potato Fries Steamed Carrots Wheat Bread Fresh Summer Sliced Fruit Milk	
Garden Salad 5 Chicken Cordon Bleu Mashed Potatoes Seasoned Green Beans Wheat Bread Fruit Salad Milk		Cucumber Salad w/ Vinegar Drg 6 Turkey Shepherd's Pie Mashed Potatoes Cauliflower Au Gratin Wheat Bread Apple Slices Milk		Iceberg & Onion Salad/Drg 7 Butternut Squash Ravioli Mashed Potatoes Steamed Fresh Green Beans Wheat Bread Fruit Salad Milk		Tossed Salad w/ 8 Tomatoes & Cucumbers Beef Meatloaf Whipped Potatoes Creamed Corn Wheat Bread Apple Slices Milk		Chicken Salad Cup 9 Marinated Chicken Breast Mashed Potatoes Broccoli w/ Garlic Wheat Bread Honeydew Cubes Milk	
Garden Salad 12 Cheese Lasagna Mashed Potatoes Seasoned Green Beans Wheat Bread Diced Canned Peaches Milk		Tossed Salad w/ 13 Tomatoes & Cucumbers Beef Burgundy Mashed Potatoes Steamed Peas Multi Grain Bread Peaches & Melon Salad Milk		Garden Salad 14 Lobster Roll Mashed Potatoes Steamed Carrots Multi Grain Bread Mixed Melon Salad Milk		Iceberg & Red Onion Salad 15 Sausage Bratwurst Sauerkraut Pasta Egg Noodles Steamed Squash Wheat Bread Fresh Cantaloupe Milk		Tossed Salad w/ 16 Tomatoes & Cucumbers Apple BBQ Pork Chop Mashed Potatoes Roasted Cauliflower Wheat Bread Kiwi & Strawberries Milk	
Deviled Eggs 19 Buttered Brown Trout Herbed Rice Seasoned Green Beans Wheat Roll Fresh Strawberries Milk		Garden Salad 20 Turkey Shepherd's Pie Mashed Potatoes Sesame Broccoli Wheat Bread Honey Dew Milk		Iceberg & Red Onion Salad 21 Beef Stew Mashed Potatoes Steamed Asparagus Wheat Bread Bananas Milk		Cucumber Salad w/ Vinegar Drg 22 Grilled Pork Tenderloin Mashed Potatoes Carrots Wheat Bread Fruit Cup Milk		Tossed Salad w/ Carrots 23 BBQ Pork Chop Baked Beans Yellow Squash Wheat Bread Cantaloupe Milk	
Carrot Salad 26 Glazed Ham Balls Mashed Potatoes Butter and Sage Corn Wheat Roll Fresh Strawberries Milk		Tossed Salad w/ Carrots 27 Shaved Roast Beef Brown Rice Green Bean Almondine Wheat Bread Fresh Pineapple Milk		Iceberg & Red Onion Salad 28 Sloppy Joe Roasted Red Potatoes Peas and Carrots Wheat Bread Fresh Watermelon Cubes Milk		Garden Salad 29 Salisbury Steak Mashed Potatoes Steamed Broccoli Wheat Bread Bananas Milk		Tossed Salad w/ 30 Tomatoes & Cucumbers Chicken Tenders Mashed Potatoes Brussel Sprouts Wheat Bread Honeydew Cubes Milk	