


ADULT DAY HEALTH CENTER



SUN	MON	TUES	WED	THU	FRI	SAT
1	2 10:00 Coffee 11:00 Yahtzee Noon Lunch 1:00 Bingo/You be the Judge 2:00 Snack	3 10:00 Coffee 11:00 Patriotic songs Noon Lunch 1:00 Balloon Volleyball 2:00 Snack	4 ADHC Closed 	5 10:00 Coffee 11:00 Uno Noon Lunch 1:00 Make Potato Salad 2:00 Snack	6 10:00 Coffee 10:30 Sentimental Reflection 11:00 Grill Out Noon Lunch 1:00 Play Ball 2:00 Snack	7 ADHC Closed
8 ADHC Closed	9 10:00 Coffee 11:00 Exercise Noon Lunch 1:00 Make Chocolate chip cookies 2:00 Snack	10 10:00 Coffee 11:00 Make Cupcakes Noon Lunch 1:00 Bowling 2:00 Snack	11 10:00 Coffee 11:00 Word Search Noon Lunch 1:00 Cupcake Art 2:00 Snack	12 10:00 Coffee 11:00 Bowling Noon Lunch 1:00 Chair Exercise 2:00 Snack	13 10:00 Coffee 11:00 Sing a Long Noon Lunch 1:00 Make French Fries 2:00 Snack	14 ADHC Closed
15 ADHC Closed	16 10:00 Coffee 11:00 Ping Pong Noon Lunch 1:00 Dirt & Worms 2:00 Snack	17 10:00 Coffee 11:00 Word create Noon Lunch 1:00 Bingo 2:00 Snack	18 10:00 Coffee 11:00 Trivia Hummingbirds Lunch 1:00 Make Hummingbird Cake 2:00 Snack	19 10:00 Coffee 11:00 Sing a long Noon Lunch 1:00 Scrabble 2:00 Snack	20 10:00 Coffee 11:00 Exercise to music Noon Lunch 1:00 Movie & Popcorn 2:00 Snack	21 ADHC Closed
22 ADHC Closed	23 10:00 Coffee 11:00 Sentimental Reflections Noon Lunch / Crossword 1:00 ice cream in a bag 2:00 Snack	24 10:00 Coffee 11:00 Chair Exercise Noon Lunch 1:00 LRC 2:00 Snack	25 10:00 Coffee Noon Lunch 1:00 let's Play Ball 2:00 Snack	26 10:00 Coffee 11:00 Shake Loose Memory Noon Lunch 1:00 Keeno Bingo on Patio 2:00 Snack	27 10:00 Coffee 11:00 Bowling Noon Lunch 1:00 Sand Art 2:00 Snack	28 ADHC Closed
29 ADHC Closed	30 10:00 Coffee 11:00 Make Waffle batter Noon Waffles 1:00 The year 1982 2:00 Snack	31 10:00 Coffee 11:00 Sing a long Noon Lunch 1:00 Bingo on Patio 2:00 Snack				