

ADULT DAY HEALTH CENTER



SUN	MON	TUES	WED	THU	FRI	SAT
	1	2	3	4	5	6
	10:00 Coffee 11:00 Pumpkin bars Noon Lunch 1:00 Musical Bingo 2:00 Snack	10:00 Coffee 11:00 Exercise Noon Lunch 1:00 LRC 2:00 Snack	10:00 Coffee 11:00 Sentimental Reflections Noon Lunch 1:00 Card Match up 2:00 Snack	10:00 Coffee 11:00 Singalong Noon Lunch 1:00 Smarter than a 5 th grader 2:00 Snack	10:00 Coffee 11:00 Exercise Noon Lunch 1:00 Make October Banner 2:00 Snack	ADHC Closed
7	8	9	10	11	12	13
ADHC Closed	10:00 Coffee 11:00 Sing along Noon Lunch 1:00 Make Apple Pie 2:00 Snack	10:00 Coffee 11:00 Mind Stretchers Noon Lunch 1:00 John Lennon music 2:00 Snack	10:00 Coffee 11:00 Exercise Noon Lunch 1:00 Let's Play Ball 2:00 Snack	10:00 Coffee 11:00 The year 1973 Noon Lunch 1:00 Keeno Bingo 2:00 Snack	10:00 Coffee 11:00 Cards Noon Lunch 1:00 Make a cake 2:00 Snack	ADHC Closed
14	15	16	17	18	19	20
ADHC Closed	10:00 Coffee 11:00 Lawrence Welk Music Noon Lunch 1:00 Decorate your cake 2:00 Snack	10:00 Coffee 11:00 Sentimental Reflections Noon Lunch 1:00 Uno 2:00 Snack	10:00 Coffee 11:00 Word Create Noon Lunch 1:00 Apple Toss 2:00 Snack	10:00 Coffee 11:00 Exercise Noon Lunch 1:00 Make Brownies 2:00 Snack	10:00 Coffee 11:00 Bingo Noon Lunch 1:00 Movie & Popcorn 2:00 Snack	ADHC Closed
21	22	23	24	25	26	27
ADHC Closed	10:00 Coffee 11:00 Hoops Noon Lunch 1:00 Decorate Pumpkins 2:00 Snack	10:00 Coffee 11:00 Decorate trick or treat bags Noon Lunch 1:00 Make Pumpkin mini muffins 2:00 Snack	10:00 Coffee 11:00 Sing along Noon Lunch 1:00 Make Noodles 2:00 Snack	10:00 Coffee 11:00 Mind Stretchers Noon Lunch 1:00 Make Caramel Apples 2:00 Snack	10:00 Coffee 11:00 Exercise Noon Lunch 1:00 Canvas and Coffee 2:00 Snack	ADHC Closed
28	29	30	31			
ADHC Closed	10:00 Coffee 11:00 Uno Noon Lunch 1:00 Graham Cracker Haunted Houses 2:00 Snack	10:00 Coffee 11:00 Who wants to be a millionaire Noon Lunch 1:00 Candy Corn Rice Treats 2:00 Snack	10:00 Coffee 11:00 Make Scarecrow Dip Noon Lunch 1:00 Halloween Party Movie Hocus Pocus 			