


# ADULT DAY HEALTH CENTER



SUN	MON	TUES	WED	THU	FRI	SAT
				1 10:00 Coffee 11:00 Uno Noon Lunch 1:00 Card Match 2:00 Snack	2 10:00 Coffee 11:00 Sing a long Noon Lunch 1:00 Let's Play ball 2:00 Snack	3  ADHC Closed
4  ADHC Closed	5 10:00 Coffee 11:00 Smarter than 5 <sup>th</sup> grader Noon Lunch 1:00 Wood Craft 2:00 Snack	6 10:00 Coffee 11:00 Exercise Noon Lunch 1:00 Bingo 2:00 Snack	7 10:00 Coffee 11:00 Make Corn Bread Noon Lunch 1:00 Thankful Poster 2:00 Snack	8 10:00 Coffee 11:00 Sing a long Noon Lunch 1:00 Missing word & Reflections 2:00 Snack	9 10:00 Coffee 11:00 Veterans Day History Noon Lunch 1:00 Salute to our Veterans 2:00 Snack	10  ADHC Closed
11  ADHC Closed  	12 10:00 Coffee 11:00 Make Pumpkin Pie Noon Lunch 1:00 Balloon Volleyball 2:00 Snack	13 10:00 Coffee 11:00 Sing a long Noon Lunch 1:00 Keeno Bingo 2:00 Snack	14 10:00 Coffee 11:00 Bit of Wit Noon Lunch 1:00 Sneaky 7s 2:00 Snack	15 10:00 Coffee 11:00 LRC Noon Lunch 1:00 Parachute 2:00 Snack	16 10:00 Coffee 11:00 Exercise Noon Lunch 1:00 Make Blachinda 2:00 Snack	17  ADHC Closed
18  ADHC Closed	19 10:00 Coffee 11:00 Cut out Sugar Cookies Noon Lunch 1:00 Sorry Card Game 2:00 Snack	20 10:00 Coffee 11:00 Exercise Noon Lunch 1:00 Make Peanut Butter Fudge 2:00 Snack	21 10:00 Coffee 11:00 Sing a long Noon Lunch 1:00 History of Thanksgiving 2:00 Snack	22 ADHC Closed  	23 10:00 Coffee 11:00 Bingo Noon Lunch 1:00 Yahtzee 2:00 Snack	24  ADHC Closed
25  ADHC Closed	26 10:00 Coffee 11:00 Let's Play Ball Noon Lunch 1:00 Popcorn & Movie 2:00 Snack	27 10:00 Coffee 11:00 Sneaky 7s Noon Lunch 1:00 Painting 2:00 Snack	28 10:00 Coffee 11:00 Exercise Noon Lunch 1:00 Chocolate Bundt Cake	29 10:00 Coffee 11:00 The year 1974 Noon Lunch 1:00 Pinecone Art 2:00 Snack	30 10:00 Food Prep 11:00 Omelet in bag Noon Lunch 1:00 Indoor Games 2:00 Snack	