

August

ADULT DAY HEALTH CARE ACTIVITIES



MON	TUE	WED	THU	FRI
	Birthdays: Aug. 2nd- Mr. Richard H. Aug. 6th-Miss Dana D. 	1 Beach ball/ring toss 9:30-10 Miss GinaTime 10:00-11:30 Art with Miss Kim 2:00-3:30 Lunch: Chicken piccata, potatoes, green beans, rice crispy cakes	2 Sing a long/chair yoga9-11 Bean bag toss/puzzles 1-3 Lunch: Meatloaf with gravy, mashed potatoes, green beans, black forest cobbler	3 Bowling/noodles 9-11 Painting/crosswords 1-3 Lunch: Seafood fettuccini, broccoli, breadstick, escaloped apple dessert
6 Noodle ball/ring toss 9-11 Match cards/Uno 1-3 Lunch: <i>BBQ Dry Rub chicken, pasta salad, Cucumber salad Ambrosia salad</i>	7 Exercise/Client Choice 9-11 Card games 1:30-2:30 Bingo 2:30-3 Lunch: Pork loin with gravy, cauliflower/broccoli florets, chocolate mousse	8 Exercise 9:00 Trivia- History/Music 9:30 - 11 Word search/Art 1-3 Lunch: Beef strognaff, buttered egg noodles, kernel corn, key lime pie	9 Exercise/Music 9-11 Beauty day/nails/cards 1-3 Lunch: Chicken curry, creamy polenta, Italian flat beans, citrus mousse 	10 Sittercise/Instruments 9-11 Word search/Bingo 1-3 Lunch:Shrimp scampi fettuccine, roast vegetables, cherry cobbler
13 Chair yoga 9-11 Noodle ball, Ring toss 1-3 Lunch: Braised Asian port, jasmine rice, sugar snap peas, oreo cake 	14 Arts & Crafts/Yoga 9-11 Bowling, Bean bag toss 1-3 Lunch: Meatloaf with gravy, mashed potatoes, cauliflower, ice cream bar 	15 Beach ball toss 9:00 Trivia/Music 9:30 - 11 Bingo/Arts & Crafts 1-3 Lunch: BBQ pork, baked sweet potatoe, creamed corn, choc. Applesauce cake	16 Music/Chair yoga 9-11 Bowling, Bean bag toss 1-3 Lunch: Baked fish vera cruz,buttered egg noodles, lemon glazed carrots, lemon blueberry bars	17 Instruments/music 9-11 Puzzles, Noodle ball 1- 3 Lunch: Fried chicken, mac and cheese, grean bean cass, choc chip cookies
20 Chair yoga 9:30-10 beach ball/Trivia 10:30 Arts & Crafts/Dominos 1:30-3:30 Lunch:Stuffed bell pepper, green peas, dinner roll, PB brownie 	21 Arts & Crafts/Yoga 9-11 Bowling, Bean bag toss 1-3 Lunch: <i>Meatloaf with gravy, mashed potatoes, cauliflower, ice cream bar</i> 	22 Beach ball toss 9:00 Trivia/Music 9:30 - 11 Bingo/Arts & Crafts 1-3 Lunch: <i>BBQ pork, baked sweet potatoe, creamed corn, choc. Applesauce cake</i> 	23 Music/Chair yoga 9-11 Bowling, Bean bag toss 1-3 Lunch: <i>Baked fish vera cruz,buttered egg noodles, lemon glazed carrots, lemon blueberry bars</i> 	24 Instruments/music 9-11 Puzzles, Noodle ball 1- 3 Lunch: <i>Fried chicken, mac and cheese, grean bean cass, choc chip cookies</i>
27 Chair yoga 9:30-10 beach ball/Trivia 10:30 Arts & Crafts/Dominos 1:30-3:30 Lunch:Stuffed bell pepper, green peas, dinner roll, Rasberry sorbet	28 Exercise/Music 9-11 Arts & Crafts/Bingo 1-3 Lunch: Baby back ribs, mac and cheese, corn on the cob, watermelon 	29 Music/Exercise 9:30-11 Beauty/nails 1:30-3:15 Lunch: Root beer glazed ham, baked sweet potatoe, collard greens, citrus jello	30 Exercise 9:00 Bible History/Music 9:30 -11 Bingo/word search 1-3 Lunch: Baked chicken, rosemary potatoes, squash, apple crisp 	31 Sittercise/trivia 9-11 Arts and crafts/Cards 1-3 Lunch: Giant meatball, fettucine with marinara, broccoli, PB cookies