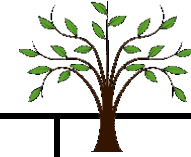















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September '18

ADULT DAY HEALTH CARE ACTIVITIES



MON	TUE	WED	THU	FRI
<p>3 Noodle ball/ring toss 9-11 Match cards/Uno 1-3 Lunch: Swedish meatballs, egg noodles, butter beans, Mississippi mud pudding</p>	<p>4 Golf/Trivia 9-11 Arts & Crafts 1-3 Lunch: Country pork chops, wild rice pilaf, braised greens, pound cake</p> 	<p>5 Beach ball toss/Chair exercises 9-11 Art class-drawing 1:30-3 Lunch: Kielbasa w/Sauerkraut, parslie potatoes, stewed tomatoes, tapioca pudding</p>	<p>6 Sing a long/chair yoga 9-11 Bean bag toss/puzzles 1-3 Lunch: Meatloaf with gravy, mashed potatoes, green beans, black forest cobbler</p>	<p>7 Bowling/noodles 9-11 Painting/crosswords 1-3 Lunch: Seafood fettuccini, broccoli, breadstick, escalloped apple dessert</p>
<p>10 Noodle ball/ring toss 9-11 Match cards/Uno 1-3 Lunch: BBQ Dry Rub chicken, pasta salad, Cucumber salad Ambrosia salad</p>	<p>11 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</p>	<p>12 Exercise 9:00 Trivia- History/Music 9:30 - 11 Word search/Art 1-3 Lunch: Beef stroganoff, buttered egg noodles, kernel corn, key lime pie</p>	<p>13 Exercise/Music 9-11 Beauty day/nails/cards 1-3 Lunch: Chicken curry, creamy polenta, Italian flat beans, citrus mousse</p> 	<p>14 Sittercise/Instruments 9-11 Word search/Bingo 1-3 Lunch: Shrimp scampi fettuccine, roast vegetables, cherry cobbler</p> 
<p>17 Chair yoga 9-11 Noodle ball, Ring toss 1-3 Lunch: Braised Asian port, jasmine rice, sugar snap peas, oreo cake</p> 	<p>18 Arts & Crafts/Yoga 9-11 Bowling, Bean bag toss 1-3 Lunch: Meatloaf with gravy, mashed potatoes, cauliflower, ice cream bar</p> 	<p>19 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</p>	<p>20 Music/Chair yoga 9-11 Bowling, Bean bag toss 1-3 Lunch: Fried chicken, mac and cheese, greean bean cass, choc chip cookies</p>	<p>21 Instruments/music 9-11 Puzzles, Noodle ball 1- 3 Lunch: Baked Fish Vera Cruz, buttered egg noodles, lemon glazed carrots, chocolate chip cookies</p>
<p>24 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</p> 	<p>25 Arts & Crafts/Yoga 9-11 Bowling, Bean bag toss 1-3 Lunch: Baby back ribs, mac and cheese, corn on the cob, watermelon</p> 	<p>26 Beach ball toss 9:00 Trivia/Music 9:30 - 11 Bingo/Arts & Crafts 1-3 Lunch: Root Beer glazed ham, sweet potatoe mash, collard greens, citrus jello</p>	<p>27 Music/Chair yoga 9-11 Bowling, Bean bag toss 1-3 Lunch: Baked chicken, rosemary potatoes, zucchini and squash, apple crisp</p> 	<p>28 Instruments/music 9-11 Puzzles, Noodle ball 1- 3 Lunch: Giant meatballs, fettucine noodles, broccoli, peanut butter cookies</p> 
		<p>BIRTHDAYS: Candida R. Sept 4th Fred L. Sept 16th Lillie H. Sept 18th</p>	