










# September 2018- GCS

## ADULT DAY HEALTH CARE ACTIVITIES



MON	TUE	WED	THUR	FRI
Breakfast 8:00 AM Snack 10:00 Lunch 12:00 PM Snack 2:00				
<b>3 CLOSED FOR LABOR DAY</b> 	<b>4</b> Sittercise/Music 9-11 Games/ Arts&Crafts 1-3 <i>Lunch: Beef Pattyw/herbed mushroom gravy, garlic potatoes,mixed vegs</i> 	<b>5</b> Bible History/Music 9:30 - 11 Games/Sittercise 1-3 <i>Lunch: Turkey sausage, peppers, onions, tomatoes w/pasta, apples w/raisins</i>	<b>6</b> Beauty Time/Music 9-11 Arts Crafts /Games 1-3 <i>Lunch: Batter fish nuggets, garlic mashed potatoes, carrots and fruit cup</i>	<b>7</b> Music/Sittercise 9-11 Movie/Client Choice 1-3 <i>Lunch: Hamburger Patty, potato wedges, carrots, whole grain bun, cookie</i>
<b>10</b> Sittercise/Music 9-11 Arts Crafts /Bingo 1-3 <i>Lunch: Char grilled Beef Patty w/ Pizzaioli Sauce ,Green Beans, Bread, Mandarin Fruit Cup</i>	<b>11</b> Beauty Time/Music 9-11 Arts Crafts /Games 1-3 <i>Lunch:Sliced Turkey Breast w/Country Pepper Gravy, mashed potatoes &amp; green beans</i> 	<b>12</b> Bible History/Music 9:30 - 11 Games/Sittercise 1-3 <i>Lunch: Macaroni Cheese, Seasoned Carrots, Peas, Bread, Fruit Cup</i>	<b>13</b> Sittercise/Music 9-11 Arts&Crafts/Games 1-3 <i>Lunch: Western Omelet, Potatoes O'Brien, Cinnamon Apples, Bread, Fruit Cup</i>	<b>14</b> Music/Sittercise 9-11 Movie/Client Choice 1-3 <i>Lunch: Pork Chop Patty,Diced Sweet Potatoes,Brussel Sprouts,Roll</i> 
<b>17</b> Sittercise/Music 9-11 Arts Crafts /Bingo 1-3 <i>Lunch: BBQ Pork Riblet, baked beans, corn, bread &amp; Peach cup</i> 	<b>18</b> Beauty Time/Music 9-11 Arts Crafts /Games 1-3 <i>Lunch: Beef Patty w/Onion Gravy, Mashed Potatoes, Rutabaga/Red Pepper, Bread, Fruit Cup</i>	<b>19</b> Bible History/Music 9:30 - 11 Games/Sittercise 1-3 <i>Lunch: Chicken Stew(Seeet Potatoes, Carrots) Green Beans, Apple Raisin Fruit, Bread</i>	<b>20</b> Beauty Time/Music 9-11 Arts Crafts /Games 1-3 <i>Lunch: Meatballs and Penne Pasta in Sauce, Broccoli, Italian Veggies Blend, Bread</i>	<b>21</b> Music/Sittercise 9-11 Movie/Client Choice 1-3 <i>Lunch: Honey Mustard Chicken Breast, potatoes, mixed veg. &amp; fruit cup</i>
<b>24</b> Sittercise/Music 9-11 Arts Crafts /Bingo 1-3 <i>Lunch: Baked Chicken, Yellow Rice, Tomatoes Chives,Green Beans, Fruit &amp; Bread</i>	<b>25</b> Beauty Time/Music 9-11 Arts Crafts /Games 1-3 <i>Lunch: Hot Dog/Chili Sauce, baked beans, Corn w/ diced tomato, applesauce</i>	<b>26</b> Bible History/Music 9:30-11 BINGO 1-3 <i>Lunch: Chicken Marsala, Potato Souffle, Spinach &amp; Murshrooms, Moon Pie</i>	<b>27</b> Sittercise/Music 9-11 Arts&Crafts/Games 1-3 <i>Lunch: Meatloaf w/Apple Brown Gravy, Potatoes, stewed tomatoes, Pineapple cup</i>	<b>28</b> Music/Sittercise 9-11 Movie/Client Choice 1-3 <i>Lunch: Cavatappi Bolognese(Meat Sauce),Pasta, Italian Veggies, Bread, Fruit Cup</i>