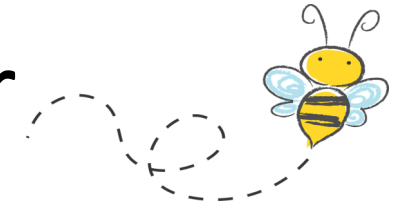






May 2018-Adult Day Center Activity Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Abbreviations: MA / Mast Auditorium AL / Assisted Living FR / Friendship Room in Assisted Living LS / Linked Senior Technology Application</p>		<p>1 May Day 9:30 Sit and Be Fit! 10:00 Bible Study 2:00 Music and Movement 2:30 BINGO! 3:30 LS: All About May Day</p>	<p>2 9:30 Sit and Be Fit! 10:00 Welcome to May! 2:00 Painting to the Classics 3:00 Chair Aerobics 3:30 How Many?: Famous Landmarks</p>	<p>3 9:30 Sit and Be Fit! 10:00 Garden Gnome History and Flower Planting 2:00 Social with AL: Cinco de Mayo / FR 3:30 Scrabble Word Challenge</p>	<p>4 9:00 Coffee and Chat 10:00 Ageless Grace Exercise 10:30 Morning Inspiration with Elizabeth 2:00 Clip Art Calendar with AL / ADC 3:30 Friday at the Movies</p>	<p>5 Cinco de Mayo Adult Day Center Kimberlee Smith-Director Derrick Kendall-Assistant Director Bobbi Hudson-Supervisor Program Coordinators: Sheila Fisher, Dione Jones Elizabeth Smarr & Mary Lu Jones</p>
<p>6</p> <p>Daily: Lunch- 11:45 to 12:45 Rest Period-1:00-1:45 Snack-Between 3-3:30</p> <p>Low impact exercise at least twice daily!</p>	<p>7 9:30 Sit and Be Fit! 10:00 Music Therapy with Healing Sounds and AL / ADC 2:00 Crafting Corner: Flip Flop Wreaths 3:00 Chair Yoga 3:30 Milky Way Day Social and Fun Facts</p>	<p>8 9:30 Sit and Be Fit! 10:00 Bible Study 2:00 Music and Movement 2:30 BINGO! 3:30 Westminster Dog Show Highlights</p>	<p>9 9:30 Sit and Be Fit! 10:00 Art Enrichment with Mary 10:30 TRIP: Lunch at Virginia Diner with AL 2:00 Travel Club 3:00 Chair Aerobics with Sue 3:30 Cranium Crunches: Capitals</p>	<p>10 9:30 Sit and Be Fit! 10:00 All About our Oceans and Planet Earth: Ocean Deep (DVD) 2:00 Jan Kessler Sings with AL / FR 3:30 Root Beer Floats and Hires Root Beer Fun Facts</p>	<p>11 9:00 Coffee and Chat 10:00 Ageless Grace Exercise 10:30 Morning Inspiration with Elizabeth 2:00 Mother's Day Tea and Pins 3:30 Friday at the Movies</p>	<p>12 Contact Us</p> <p>ADC (804)706-5657 Main (804)748-1511</p> <p>6800 Lucy Corr Blvd. Chesterfield, VA 23832</p>
<p>13</p> 	<p>14 9:30 Sit and Be Fit! 10:15 Pet Therapy Visit with Brody! 10:30 Sing-A-Long with AL / ADC 2:00 Crafting Corner: Ribbon Wind Chime 3:00 Chair Yoga 3:30 Mary Poppins</p>	<p>15 Ramadan Begins 9:30 Sit and Be Fit! 10:00 Bible Study 2:00 Music and Movement 2:30 BINGO! 3:30 Chocolate Chip Cookie Social</p>	<p>16 9:30 Sit and Be Fit! 10:00 All About Sequoia National Park 2:00 Coloring to the Crooners 3:00 Chair Aerobics with Sue 3:30 I Love Lucy</p>	<p>17 9:30 Sit and Be Fit! 10:00 Flower Arrangements 10:15 TRIP: Classic Service and Lunch at Ironbridge Church with AL 2:00 Social with AL: Royal Wedding / FR 3:30 Word Game</p>	<p>18 9:00 Coffee and Chat 10:00 Ageless Grace Exercise 10:30 Morning Inspiration with Elizabeth 2:00 Chesterfield County Historical Society with AL / FR 3:30 Friday at the Movies</p>	<p>19 Armed Forces Day Lucy Corr * Independent Living * Assisted Living/Memory Support * Health Care Center with Rehab and Secured Units</p>
<p>20</p> <p>Free Time Activities 4:15-5:30: Options at the end of the day include word games, table games, adult coloring, puzzles, movie etc.</p>	<p>21 9:30 Sit and Be Fit! 10:30 Music Therapy with Healing Sounds and AL / ADC 2:00 Crafting Corner: Penny Art 3:00 Backyard Games 3:30 All About Victoria Day</p>	<p>22 9:30 Sit and Be Fit! 10:00 Bible Study 2:00 Art Enrichment with the Lamb Center 3:30 Music and Movement</p>	<p>23 9:30 Sit and Be Fit! 10:00 Book Club 10:00 TRIP: Joy Ride with AL 2:00 All About Turtles 3:00 Chair Aerobics with Sue 3:30 LS: Jazz History and Music</p>	<p>24 9:30 Sit and Be Fit! 10:00 BINGO! 2:00 Mary Stella Sings with AL / ADC 3:30 Ralph Waldo Emerson Poetry</p>	<p>25 9:00 Coffee and Chat 10:00 Ageless Grace Exercise 10:30 Morning Inspiration with Elizabeth 2:00 Patriotic Sing-A-Long with AL / ADC 3:30 Friday at the Movies</p>	<p>26</p>
<p>27</p>	<p>28 ADC CLOSED</p> 	<p>29 9:30 Sit and Be Fit! 10:00 Bible Study 2:00 Music and Movement 2:30 BINGO! 3:30 LS: Rosie the Riveter Day!</p>	<p>30 9:30 Sit and Be Fit! 10:00 Brag Books: 2:00 Spelling Bee 3:00 Chair Aerobics with Sue 3:30 Ice Cream and Swing Music</p>	<p>31 9:30 Sit and Be Fit! 10:00 Group Game 2:00 Social with AL: Armed Forces Day / FR 3:30 LS: Walt Whitman Poetry and Fun Facts</p>		