

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Happy Labor Day! ADC is Closed.	2 8:00 Morning Mingle 9:45 Daily Chronicles 10:00 Movie and Popcorn 10:00 Outing: Joy Ride 2:00 Praise and Devotions 3:00 Welcome to September 4:00 Out on the Patio 4:45 Free Time Activities	3 8:00 Morning Mingle 9:45 Daily Chronicles 10:00 Sit and Be Fit 10:45 BINGO! 2:00 Mary Stella Sings 3:15 Colorful Creations 4:00 Who Am I? 4:45 Free Time Activities	4 8:00 Morning Mingle 9:45 Daily Chronicles 10:00 Chair Dancing Exercise 10:45 Rock and Roll Sing-a-long 2:00 Taste Test Thursday 3:00 Skee-Ball Game 4:00 Penny Ante Game 4:45 Free Time Activities	5 8:00 Morning Mingle 9:45 Daily Chronicles 10:00 Cardio Drumming 10:45 Paint and Sip 2:00 Grandparents Day Social 3:00 Karaoke Hour! 4:00 Would You Rather? 4:45 Free Time Activities	6 DAILY SCHEDULE MORNING SNACK BETWEEN 10 AM & 10:30 AM LUNCH 12:00 PM TO 1:00 PM AFTERNOON SNACK BETWEEN 3:00 PM & 3:30 PM REST PERIOD 1:00 PM TO 1:45 PM
7 *ALL ACTIVITIES ARE SUBJECT TO CHANGE* FREE TIME ACTIVITIES AVAILABLE OPTIONS INCLUDE: -WORD GAMES -TABLE GAMES	8 8:00 Morning Mingle 9:45 Daily Chronicles 10:00 Chair Yoga 10:45 Craft: Fall Placemats 2:00 BINGO! 3:15 Cornhole 4:00 Spelling Bee 4:45 Free Time Activities	9 8:00 Morning Mingle 9:45 Daily Chronicles 10:00 Seated Cardio Kick Boxing 11:00 Outing: Lunch at Applebee's 2:00 Praise and Devotions 3:00 Science Experiment 4:00 Out on the Patio 4:45 Free Time Activities	10 8:00 Morning Mingle 9:45 Daily Chronicles 10:00 Sit and Be Fit 10:45 BINGO! 2:00 Tom May Plays the Flute 3:15 Colorful Creations 4:00 Puzzle Race 4:45 Free Time Activities	11 8:00 Morning Mingle 9:45 Daily Chronicles 10:00 Chair Dancing Exercise 10:45 Country Sing-a-long 2:00 Taste Test Thursday 3:00 Horse Racing Game 4:00 Where in the World Game 4:45 Free Time Activities	12 8:00 Morning Mingle 9:45 Daily Chronicles 10:00 Cardio Drumming 10:45 Paint and Sip 2:00 National Chocolate Milkshake Day Social 3:15 You Be the Judge 4:00 Fall Crossword Puzzle 4:45 Free Time Activities	13 
14 	15 8:00 Morning Mingle 9:45 Daily Chronicles 10:00 Chair Yoga 10:45 Craft: Flower Arranging 2:00 BINGO! 3:15 Bowling 4:00 Trivia Time 4:45 Free Time Activities	16 8:00 Morning Mingle 9:45 Daily Chronicles 10:00 Movie and Popcorn 10:00 Outing: Joy Ride 2:00 No Bake Demonstration 3:00 Praise and Devotions 4:00 Out on the Patio 4:45 Free Time Activities	17 8:00 Morning Mingle 9:45 Daily Chronicles 10:00 Sit and Be Fit 10:45 BINGO! 2:00 Claudia Carawan Sings 3:15 Colorful Creations 4:00 Silly Laws of the United States 4:45 Free Time Activities	18 8:00 Morning Mingle 9:45 Daily Chronicles 10:00 Chair Dancing Exercise 10:45 Elvis Sing-a-long 2:00 Taste Test Thursday 3:00 Hungry Hippo Game 4:00 Penny Ante Game 4:45 Free Time Activities	19 8:00 Morning Mingle 9:45 Daily Chronicles 10:00 Cardio Drumming 10:45 Paint and Sip 2:00 Talk Like a Pirate Social 3:00 Karaoke Hour! 4:00 Fall Mad Libs 4:45 Free Time Activities	20 ADULT DAY CENTER DIRECTOR BAILEY PETER, CTRS, CDP ADULT DAY CENTER SUPERVISOR LINDSAY JONES PROGRAM COORDINATORS KAITLYN HORNER CHRISTINE AMBS COLLEEN NISEWONGER JAYLEAN CASSADA
21 Happy Adult Day Services Week! September 21st to 27th	22 8:00 Morning Mingle 9:45 Daily Chronicles 10:00 Big Band Dance Party 10:45 Craft: Paper Poppies 2:00 1940's BINGO! 3:15 A Taste of the Forties 4:00 Famous Faces of the 1940s 4:45 Free Time Activities	23 8:00 Morning Mingle 9:45 Daily Chronicles 10:00 <i>Grease</i> 10:00 Outing: Sugar Shack Donuts 2:00 Fashion Through the Decades Fashion Show 3:00 Hand Jive Dance Class 4:00 Out on the Patio 4:45 Free Time Activities	24 8:00 Morning Mingle 9:45 Daily Chronicles 10:00 Twist and Move 11:00 Debra and Patrick Sing 2:00 1960s BINGO! 3:15 Name That Tune: Rock n' Roll Edition 4:00 Important Events of the Sixties 4:45 Free Time Activities	25 8:00 Morning Mingle 9:45 Daily Chronicles 10:00 Disco Dance Party 10:45 Pet Rock Decorating 2:00 Karaoke Hour 3:00 Taste Test of the 1970s 4:00 Catch Phrases of the Seventies 4:45 Free Time Activities	26 8:00 Morning Mingle 9:45 Daily Chronicles 10:00 Exercise with Richard Simmons 10:45 Paint and Sip 2:00 National Adult Day Services Week Social 3:00 Pac Man Toss Game 4:00 1980s Trivia Challenge 4:45 Free Time Activities	27 
28 	29 8:00 Morning Mingle 9:45 Daily Chronicles 10:00 Chair Yoga 10:45 Craft: Fall Suncatchers 2:00 BINGO! 3:15 Golf Putting 4:00 Word Game 4:45 Free Time Activities	30 8:00 Morning Mingle 9:45 Daily Chronicles 10:00 Seated Cardio Kick Boxing 10:00 Outing: Joy Ride 2:00 No Bake Demonstration 3:00 Praise and Devotions 4:00 Out on the Patio 4:45 Free Time Activities	September Adult Day Center Activities Calendar			CONTACT US ADULT DAY CENTER 804-706-5695 LUCY CORR MAIN LINE 804-748-1511 ADDRESS 6800 LUCY CORR BLVD. CHESTERFIELD, VA 23832