

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
July Adult Day Center Activities Calendar			1 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Workout Wednesday 10:45 Peace, Praise & Coloring 11:30 Table Talk Trivia 2:00 Mary Stella Sings 3:15 You Be the Judge 4:00 Math Quiz 4:45 Free Time Activities	2 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Take a Stretch Thursday 10:45 BINGO! 11:30 Brain Buzz 2:00 Taste Test Thursday 3:00 Penny Ante 4:00 Sunshine Club 4:45 Free Time Activities	3 ADC CLOSED HAPPY FOURTH OF JULY!	4 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
5 *ALL ACTIVITIES ARE SUBJECT TO CHANGE*	6 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Music & Motion Monday 10:45 Beach Sing-Along 11:30 Mind Munchies 2:00 Craft: Sharks Suncatchers 3:15 Feed the Shark Toss 4:00 Guess That Ocean Animal 4:45 Free Time Activities	7 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Early Bird Movie 10:00 Outing: Joy Ride 11:30 Cranium Crunches 2:00 Beach Ball Soccer 3:00 Kaitlyn's Shark Spotlight 4:00 Fishing Frenzy 4:45 Free Time Activities	8 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Workout Wednesday 10:45 Peace, Praise & Coloring 11:30 Table Talk Trivia 2:00 Joe Loschiavo Plays Piano 3:15 Kaitlyn's Shark Spotlight 4:00 Shark Week Trivia 4:45 Free Time Activities	9 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Take a Stretch Thursday 10:45 BINGO! 11:30 Brain Buzz 2:00 Taste Test Thursday 3:00 Kaitlyn's Shark Spotlight 4:00 Sunshine Club 4:45 Free Time Activities	10 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Friday Fun & Fitness 10:45 Paint and Sip 11:30 Think Fast Trivia 2:00 Jaw-some Shark Week Social 3:15 Kaitlyn's Shark Spotlight 4:00 Friday at the Movies 4:45 Free Time Activities	11 
12 	13 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Music & Motion Monday 10:45 Jackson 5 Sing-Along 11:30 Mind Munchies 2:00 Craft: Swim Suit Designs 3:15 Skee-Ball Game 4:00 Category Challenge 4:45 Free Time Activities	14 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Early Bird Movie 11:30 Cranium Crunches 1:00 Outing: Bruster's Ice Cream 2:00 Cardio Drumming 3:00 Science Experiment 4:00 Phrases and Sayings 4:45 Free Time Activities	15 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Workout Wednesday 10:45 Peace, Praise & Coloring 11:30 Table Talk Trivia 2:00 Carla Kay Sings 3:15 You Be the Judge 4:00 Math Quiz 4:45 Free Time Activities	16 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Take a Stretch Thursday 10:45 BINGO! 11:30 Brain Buzz 2:00 Taste Test Thursday 3:00 Blackjack 4:00 Sunshine Club 4:45 Free Time Activities	17 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Friday Fun & Fitness 10:45 Art Studio 11:30 Think Fast Trivia 2:00 Happy Hour Social 3:15 Name that Tune 4:00 Friday at the Movies 4:45 Free Time Activities	18 ADULT DAY CENTER DIRECTOR BAILEY PETER, CTRS, CDP ADULT DAY CENTER SUPERVISOR LINDSAY JONES PROGRAM COORDINATORS KAITLYN HORNER COLLEEN NISEWONGER JAYLEAN CASSADA DESTINY WHITE
19 FREE TIME ACTIVITIES AVAILABLE OPTIONS INCLUDE: -WORD GAMES -TABLE GAMES -PUZZLES	20 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Music & Motion Monday 10:45 Christmas Carols Sing-Along 11:30 Mind Munchies 2:00 Craft: Christmas Sand Globes 3:15 Whack-a-Mole Game 4:00 Alphabet Game 4:45 Free Time Activities	21 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Early Bird Movie 10:00 Outing: Joy Ride 11:30 Cranium Crunches 2:00 Beach Ball Soccer 3:00 Christmas Cookie Decorating 4:00 Try Not to Laugh 4:45 Free Time Activities	22 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Workout Wednesday 10:45 Peace, Praise & Coloring 11:30 Table Talk Trivia 2:00 Tom May Plays the Flute 3:15 Santa's Summer Elf Hunt 4:00 Spelling Bee 4:45 Free Time Activities	23 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Take a Stretch Thursday 10:45 BINGO! 11:30 Brain Boosters 2:00 Taste Test Thursday 3:00 Penny Ante 4:00 Sunshine Club 4:45 Free Time Activities	24 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Friday Fun & Fitness 10:45 Art Studio 11:30 Think Fast Trivia 2:00 Christmas in July Social 3:15 Riddle Time 4:00 Friday at the Movies 4:45 Free Time Activities	25 
26 	27 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Music & Motion Monday 10:45 Dolly Parton Sing-Along 11:30 Mind Munchies 2:00 Craft: Spin Art 3:15 Hungry Hippo 4:00 Jeopardy 4:45 Free Time Activities	28 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Early Bird Movie 11:00 Outing: Gino's 11:30 Cranium Crunches 2:00 Cardio Drumming 3:00 Science Experiment 4:00 Who Am I? 4:45 Free Time Activities	29 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Workout Wednesday 10:45 Peace, Praise & Coloring 11:30 Table Talk Trivia 2:00 Sam Singleton Sings 3:15 You Be the Judge 4:00 Name That Logo 4:45 Free Time Activities	30 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Take a Stretch Thursday 10:45 BINGO! 11:30 Brain Boosters 2:00 Universal Yums 3:00 Blackjack 4:00 Sunshine Club 4:45 Free Time Activities	31 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Friday Fun & Fitness 10:45 Art Studio 11:30 Think Fast Trivia 2:00 Lemonade Stand Social 3:15 Higher or Lower 4:00 Friday at the Movies 4:45 Free Time Activities	CONTACT US ADULT DAY CENTER 804-706-5695 LUCY CORR MAIN LINE 804-748-1511 ADDRESS 6800 LUCY CORR BLVD. CHESTERFIELD, VA 23832