

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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		1 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Early Bird Movie 10:15 Outing: Joy Ride 11:30 Cranium Crunches 2:00 James Curry Sings 3:15 Afternoon Stretch 4:00 Welcome to September 4:45 Free Time Activities	2 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Workout Wednesday 10:45 Peace, Praise & Coloring 11:30 Table Talk Trivia 2:00 BINGO! 3:15 Cornhole 4 :00 Spelling Bee 4:45 Free Time Activities	3 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Take a Stretch Thursday 10:45 Healing Sounds: Hymns 11:30 Brain Buzz 2:00 Taste Test Thursday 3:00 That's So 70s! 4:00 Penny Ante 4:45 Free Time Activities	4 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Friday Fun & Fitness 10:45 Art Studio 11:30 Think Fast Trivia 2:00 Labor Day Social 3:15 Wildlife Around the Map 4:00 Friday at the Movies 4:45 Free Time Activities	5 
6 	7 ADC Closed 	8 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Early Bird Movie 10:15 Outing: Krispy Kreme 11:30 Cranium Crunches 2:00 BINGO! 3:15 Afternoon Stretch 4:00 Guess the Occupation 4:45 Free Time Activities	9 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 Table Top Bowling 4:00 This or That Game 4:45 Free Time Activities	10 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Take a Stretch Thursday 10:45 Healing Sounds: Disco 11:30 Brain Buzz 2:00 Taste Test Thursday 3:00 Something Good to Talk About 4:00 Name That NFL Logo 4:45 Free Time Activities	11 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Friday Fun & Fitness 10:45 Art Studio 11:30 Think Fast Trivia 1:50 Football Kickoff Social 3:15 Everyday Heroes 4:00 Friday at the Movies 4:45 Free Time Activities	12 *ALL ACTIVITIES ARE SUBJECT TO CHANGE*
13 ADULT DAY CENTER DIRECTOR BAILEY PETER, CTRS, CDP ADULT DAY CENTER SUPERVISOR LINDSAY JONES PROGRAM COORDINATORS KAITLYN HORNER COLLEEN NISEWONGER JAYLEAN CASSADA VICTORIA CLOUSE	14 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Music & Motion Monday 10:45 Celebrating the Virginia 11:30 Mind Munchies 2:00 Craft: Paper Strips Apple 3:15 Celebrating Grandparents 4:00 Rhyme Time 4:45 Free Time Activities	15 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Early Bird Movie 11:00 Outing: Panda Express 11:30 Cranium Crunches 2:00 BINGO! 3:15 Afternoon Stretch 4:00 Give Me 5 4:45 Free Time Activities	16 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 Flute 3:15 Indoor Fishing 4:00 The Price is Right Game 4:45 Free Time Activities	17 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Take a Stretch Thursday 10:45 Healing Sounds: Country 11:30 Brain Buzz 2:00 Universal Yums 3:00 Travel to Universal Country 4:00 Higher or Lower 4:45 Free Time Activities	18 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Friday Fun & Fitness 10:45 Art Studio 11:30 Think Fast Trivia 2:00 Fall Harvest Social 3:15 Oktoberfest Begins 4:00 Friday at the Movies 4:45 Free Time Activities	19 
20 	21 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Hollywood Hustle 10:45 Cocktail Hour with Our Stars 11:30 Lights, Camera, Quiz! 2:00 Craft: Hollywood Star 3:15 Acting Class 4:00 Movie Quote Match-Up 4:45 Free Time Activities	22 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Early Bird Movie 10:15 Outing: Joy Ride 11:30 Star Power Trivia 2:00 BINGO! 3:15 Dancing Through the Decades 4:00 Guess The Hollywood Star 4:45 Free Time Activities	23 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Stars in Motion 10:45 Peace, Praise & Coloring 11:30 Hollywood Brain Busters 2:00 Carla Kay Sings 3:15 Red Carpet Fashion 4:00 Hollywood "Would You Rather?" 4:45 Free Time Activities	24 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Red Carpet Fitness 10:45 Our Stars Take the Mic 11:30 Star-Studded Trivia 2:00 Taste Test Thursday 3:00 Hollywood Walk of Fame 4:00 Guess the TV Theme Song 4:45 Free Time Activities	25 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Silver Screen Stretch & Strength 10:45 Stars & Masterpieces 11:30 Behind the Scenes Trivia 2:00 ADC Academy Awards 3:15 Hollywood Headshots 4:00 Friday at the Movies 4:45 Free Time Activities	26 FREE TIME ACTIVITIES AVAILABLE OPTIONS INCLUDE: -WORD GAMES -TABLE GAMES -PUZZLES
27 CONTACT US ADULT DAY CENTER 804-706-5695 LUCY CORR MAIN LINE 804-748-1511 ADDRESS 6800 LUCY CORR BLVD. CHESTERFIELD, VA 23832	28 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Music & Motion Monday 10:45 Generations of Love 11:30 Mind Munchies 2:00 Craft: Watercolor Leaves 3:15 The Ed Sullivan Experience 4:00 Math Quiz 4:45 Free Time Activities	29 8:00 Breakfast & Broadcast 9:45 Morning Mingle 10:00 Early Bird Movie 10:15 Outing: Joy Ride 11:30 Cranium Crunches 2:00 BINGO! 3:15 Afternoon Stretch 4:00 Solve the Riddle 4:45 Free Time Activities	30 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 Ring Toss 4:00 Try Not to Laugh 4:45 Free Time Activities	September Adult Day Center Activities Calendar		