



LUCY CORR

# ADULT DAY CENTER ACTIVITY CALENDAR

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1	2	3	4	5	6	7
<p><b>11:45 - 12:45</b> Lunch  <b>1:00 - 1:45</b> Rest Period  <b>3:00 - 3:30</b> Snack</p> <p>Low impact exercise at least twice daily!</p>	<p><b>9:00</b> Daily Chronicle  <b>9:30</b> Sit and Be Fit!  <b>10:15</b> Pet Therapy Visit with Brody and AL/ADC  <b>10:30</b> Donuts and Photos with AL/ADC Patio  <b>2:00</b> Chair Yoga  <b>2:30</b> Travel Club: Swaziland  <b>3:30</b> Group Game: Checkers</p>	<p><b>9:00</b> Daily Chronicle  <b>9:30</b> Sit and Be Fit!  <b>10:15</b> Bible Study  <b>2:00</b> Music and Movement  <b>2:30</b> BINGO!</p>	<p><b>9:00</b> Daily Chronicle  <b>9:30</b> Ageless Grace Exercise  <b>10:00</b> Linked Senior  <b>11:30</b> Lunch at the Reserve at the Highlands  <b>2:00</b> A-Z Fruits and Veggies  <b>3:00</b> Chair Aerobics w/ Sue  <b>3:30</b> A League of Their Own</p>	<p><b>9:00</b> Daily Chronicle  <b>9:30</b> Sit and Be Fit!  <b>10:00</b> Craft: Apples  <b>2:00</b> Social with AL: Back to School  <b>3:30</b> Who Am I?</p>	<p><b>10:00</b> Shopping Trip  <b>2:00</b> Cardio Strength &amp; Stretch w/Sue  <b>4:00</b> Happy Hour</p>	
8	9	10	11	12	13	14
<p><b>4:15 - 5:30</b> Free Time Activities!</p> <p>Options at the end of the day may include word games, table games, adult coloring, puzzles, moves, news, magazines, etc</p>	<p><b>9:00</b> Daily Chronicle  <b>9:30</b> Sit and Be Fit!  <b>10:15</b> Pet Therapy Visit with Brody and AL/ADC  <b>10:30</b> Donuts and Photos with AL/ADC Patio  <b>2:00</b> Line Dancing  <b>2:30</b> Crossword Puzzle  <b>3:30</b> Bee Movie</p>	<p><b>9:00</b> Daily Chronicle  <b>9:30</b> Sit and Be Fit!  <b>10:15</b> Bible Study  <b>2:00</b> Beatles Sing-A-Long  <b>3:30</b> Linked Senior</p>	<p><b>9:00</b> Daily Chronicle  <b>9:30</b> Ageless Grace Exercise  <b>10:00</b> Art Enrichment w/ Mary  <b>2:00</b> BINGO!  <b>3:00</b> Chair Aerobics w/ Sue  <b>3:30</b> I Love Lucy</p>	<p><b>9:00</b> Daily Chronicle  <b>9:30</b> Sit and Be Fit!  <b>10:00</b> Linked Senior  <b>2:00</b> Social with AL: Capture the Moment  <b>3:30</b> Group Game: Ladder Ball</p>	<p><b>10:00</b> Shopping Trip  <b>2:00</b> Cardio Strength &amp; Stretch w/Sue  <b>4:00</b> Happy Hour</p>	
15	16	17	18	19	20	21
	<p><b>9:00</b> Daily Chronicle  <b>9:30</b> Sit and Be Fit!  <b>10:00</b> Music Therapy with Healing Sounds  <b>12:00</b> National ADC Week Pizza Party!  <b>2:00</b> Chair Yoga  <b>2:30</b> Country Music Songs  <b>3:30</b> The Apple Dumpling Gang</p>	<p><b>9:00</b> Daily Chronicle  <b>9:30</b> Sit and Be Fit!  <b>10:15</b> Bible Study  <b>2:00</b> Music and Movement  <b>2:30</b> BINGO!  <b>3:30</b> Linked Senior</p>	<p><b>8:30</b> National ADC Week Family Breakfast  <b>10:00</b> Ageless Grace Exercise  <b>2:00</b> Baseball Trivia  <b>3:00</b> Chair Aerobics w/ Sue  <b>3:30</b> The Ed Sullivan Show</p>	<p><b>9:00</b> Daily Chronicle  <b>9:30</b> Sit and Be Fit!  <b>10:00</b> Junk Drawer Detective  <b>10:30</b> Aromatherapy Hand Massages  <b>2:00</b> Jan Kessler Plays Piano  <b>3:30</b> Poems and Punch</p>	<p><b>10:00</b> Shopping Trip  <b>2:00</b> Cardio Strength &amp; Stretch w/Sue  <b>4:00</b> Happy Hour</p>	
22	23	24	25	26	27	28
	<p><b>9:00</b> Daily Chronicle  <b>9:30</b> Sit and Be Fit!  <b>10:15</b> Pet Therapy Visit with Brody and AL/ADC  <b>10:30</b> Donuts and Photos with AL/ADC Patio  <b>2:00</b> Chair Yoga  <b>2:30</b> Travel Club: Swaziland  <b>3:30</b> Group Game: Darts</p>	<p><b>9:00</b> Daily Chronicle  <b>9:30</b> Sit and Be Fit!  <b>10:15</b> Bible Study  <b>2:00</b> Art Enrichment  <b>3:30</b> Piano Facts and YouTube Video</p>	<p><b>9:00</b> Daily Chronicle  <b>9:30</b> Ageless Grace Exercise  <b>10:00</b> Joy Ride with AL  <b>10:00</b> All About Johnny Appleseed  <b>2:00</b> BINGO!  <b>3:00</b> Chair Aerobics w/ Sue  <b>3:30</b> 12 Love Letters</p>	<p><b>9:00</b> Daily Chronicle  <b>9:30</b> Sit and Be Fit!  <b>10:00</b> Craft: Scenery  <b>2:00</b> Social with AL: Kickoff to Football  <b>3:30</b> Chuckles and Chocolate Milk</p>	<p><b>9:00</b> Coffee &amp; Chat  <b>10:00</b> Ageless Grace Exercise  <b>10:30</b> Morning Inspiration  <b>2:00</b> Dance Party  <b>2:30</b> Thank You Notes  <b>3:30</b> Friday at the Movies: Little Women</p>	
29	30	31				
	<p><b>9:00</b> Daily Chronicle  <b>9:30</b> Sit and Be Fit!  <b>10:15</b> Pet Therapy Visit with Brody and AL/ADC  <b>10:30</b> Donuts and Photos with AL/ADC Patio  <b>2:00</b> Line Dancing  <b>2:30</b> Crossword Puzzle  <b>3:30</b> Bee Movie</p>	<p><b>9:00</b> Daily Chronicle  <b>9:30</b> Sit and Be Fit!  <b>10:15</b> Bible Study  <b>2:00</b> Music and Movement  <b>2:30</b> BINGO!</p>				