

Monday

Tuesday

Wednesday

Thursday

Friday

<p>C: Quizmania 1 P: Resistance Bands or Healthy Bodies C: Biopoem or Everything I Need To Know <i>LUNCH</i> C: Guinness Book of World Records or Hits of the 40s P: Target Darts or Table Ball C: Famous Faces or Musical Toss A: Courtyard Choral</p>	<p>C: Interactive Trivia 2 P: Balance Exercise or Dance Aerobics C: Flower Bingo or Musical Wheel of Fortune <i>LUNCH</i> A: Paint Class with Patti or Down Memory Lane P: Volleyball or Choices C: iPad Promenade or Finish the Phrase C: Cards and Games</p>	<p>C: Red, White & Blue Trivia 3 O: Swirly Cookies or Healthy Bodies C: Star Bingo or Patriotic Sing Along <i>4th of July Lunch</i> A: Birthday Party with Dave and Sally or Fourth of July Facts P: Star Toss or Sponge Fireworks C: Storylines or Seasons Choral P: Battle Ball</p>	 <p>4</p>	<p>C: Fascinating Facts 5 P: Lower Body Stretch or Ball Exercises E: Spirituality with Pastor Paul or Musical Connections <i>LUNCH</i> C: iPad Chain of Thought or What's That Occupation? P: Disc Golf or Battle Ball C: Blurt or Rhythm Band C: Yesterdays Photos</p>
<p>C: iPad Chatoms 8 P: Dan's Cake or Healthy Bodies E: Spirituality-Pastor Schneider or Healthy Bodies <i>LUNCH</i> C: Golf Bingo or Name That Memory P: Bean Bag Bocce or iPad: 2Pics 1Word A: Art Appreciation or Finish the Phrase C: Toss 'n Talk Ball</p>	<p>C: Memories & Musings 9 P: Resistance Bands or Lower Body Stretch A: Flower Activity with Midland Mom's Group or Musical Wheel of Fortune <i>LUNCH</i> C: Hangman or Sing, Dance & Reminisce P: Ladder Golf or Bean Bag Toss C: You Be The Judge or Table Talk C: Reading Roundtable</p>	<p>C: Elder Trivia 10 P: Dance Aerobics or Bean Bag Exercise C: Bible Study or Name Ten <i>LUNCH</i> C: Brain Drain or Sanford Lake Dancers P: Corn Toss or iPad: Fun Facts A: Musical Bingo or What's In The Bag? P: Battle Ball</p>	<p>C: Memory Chain 11 P: Arm Aerobics or Healthy Bodies C: Chalked Words or Recipe Recall <i>LUNCH</i> C: Me Moves/Words in Words or Music Through the Decades P: Jumbo Ring Toss or Battle Ball C: Table Talk or Music Player C: Cards and Games</p>	<p>C: Sock It To Me 12 P: Octaband or Ball Exercises C: Game of Pairs or Seasons Choral <i>LUNCH</i> C: Jumbo Crossword or Family Memory Lane P: Texas Horseshoes or Noodle Ball C: Country Trivia or Memory Chain C: Mind Joggers</p>
<p>C: US History Trivia 15 P: Healthy Bodies or Movement and Music C: Guess Who or Hat Chat <i>LUNCH</i> C: Outing to Cottage Creamery or Sharpen Your Senses P: Bowling or Table Ball C: Fact or Fiction or Sing Along with Susie Q C: Choices</p>	<p>C: Shake Loose a Memory 16 C: Famous Faces or Sentimental Strings P: Me Moves Exercise or Healthy Bodies <i>LUNCH</i> A: Paint Class with Patti or Mind Joggers P: Star Toss or Table Ball C: Name It! or Hits of the 50's A: Art Expression</p>	<p>C: Famous Folks Trivia 17 P: Resistance Bands or Arm Aerobics C: Shake Awake Your Taste or Seasons Choral <i>LUNCH</i> A: Music and Dancing with Paul Wilkinson P: Badminton or Shuffleboard Table C: Blurt or Cards & Games C: Choices</p>	<p>C: Remembering Apollo 11 18 O: Moon Pies or Moon Exercises C: Moon Trivia or Moon Songs <i>LUNCH</i> A: Moon Rocks or Memories and Musings P: Moon Toss or Battle Ball C: Space Hangman or Courtyard Choral A: Pastimes</p>	<p>C: Name That State 19 P: Balance Exercise or Can Weights E: Spirituality with Pastor Paul or Reminisce Through the Decades <i>LUNCH</i> C: Celebrity Ages or Name Ten P: Bean Bag Toss or Choices C: Tribond or Say It With Music A: Musical Connections</p>
<p>C: Easy Does It Trivia 22 A: Native American Flutes or TED Talk P: Ball Exercises or Upper Body Stretch <i>LUNCH</i> C: Metaphors or Musical Twister P: Triple Soccer or Life Stories C: Create-a-Word or I Hear Music A: Art Expression</p>	<p>C: Storymatic 23 P: Arm Aerobics or Can Weights C: Memory Fitness or Humorama <i>LUNCH</i> E: Sanford Lake Dancers or Scattergories P: Jumbo Ring Toss or Shuffleboard Table C: Trivia Treasury or Family Talk A: Select a Song</p>	<p>C: Silly Sentences 24 P: Octaband or Bean Bag Exercises C: Elder Trivia or Shake Awake Your Taste <i>LUNCH</i> C: Jumbo Crossword or Real or Fake Song Titles P: Bowling or Toss 'n Talk C: Newspaper Headlines or Life Stories P: Battle Ball</p>	<p>C: Me Moves & Word Teasers 25 P: Healthy Bodies or Bean Bag Exercise C: Advice Columns or Seasons Choral <i>LUNCH</i> E: Outing to Gypsy Hollow Horse Farm or Songs to Remember P: Baseball or Card Bingo C: Six Words or Dominoes P: Table Ball</p>	<p>C: Random Trivia 26 P: Healthy Bodies or Dance Aerobics E: Spirituality-Pastor Schneider or Kwizniac <i>LUNCH</i> C: Ice Cream Hangman or "I'm" a Music Fan Sing Along P: Volleyball or Uno C: Melting Pot Trivia or Family Feud C: Pastimes</p>
<p>C: Alphabetics 29 P: Can Weights or Me Moves Stretch E: Spirituality with Pastor Paul or Twister Trivia <i>LUNCH</i> C: Beach Trivia or I Hear Music P: Floor Darts or What Year Was It? C: ABC Challenge or Cards & Games P: Table Ball</p>	<p>C: Can You Picture This? 30 P: Sour Cream Muffins or Healthy Bodies C: Flag Bingo or Discover America <i>LUNCH</i> A: Paint Class with Patti or Name That State P: Disc Golf or 5 Minute Mysteries C: Card Sharks or Weather Sing Along C: Everything I Need To Know</p>	<p>C: Word Connections 31 P: Ball Exercises or Arm Aerobics C: Bingo or Yesterdays Photos <i>LUNCH</i> C: Jeopardy or I Hear Memories P: Football Toss or Last Letter Challenge C: Can You List It or Explore America P: Table Ball</p>	 <p>July 2019 Seasons Adult Day Health Services</p>	

Program Key: P- Physical, A- Creative Arts/Music, C- Cognitive, E- Environmental/Sensory, O- Occupational/Life Skills
Program Schedule: 9:00AM, 10:00 AM, 11:00AM, 1:00PM, 2:00PM, 3:00PM, 4:00PM

Birthdays: Kelsey- 2nd, Dan S.- 7th, Dawn- 9th, Ken C.- 12th