

ADULT DAY SERVICE CENTER
September 2017 Activities Calendar

Highlights!

Dominoes with Arlene
M-W-F in the Blue Room



Around the World
The Month of Belize!
Tuesdays at 1:30



Special Events

September Birthday Celebration
Wednesday, September 27 at 2:30




Special Events & More
Check the calendar for our performers, parties, and other special events to look out for, **highlighted in bold on the calendar!**

*Italics notes activities running concurrently.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Ongoing Daily Activities: 9:00-9:30-Current Events & Conversation 9:30-10:00-Morning Stretch 1:00-1:30-Outdoor Relaxation <i>Cranium Crunches</i> 4:00-6:00-Break-out Groups: Board games, puzzles, ongoing socialization</p>	<p>Note: Activities subject to change without notice</p>	<p>Lunch: 12:00-1:00 pm Afternoon snack: 2:30</p>		<p>1 10:00-Clean funny Jokes 10:30-Naam Yoga - Thea 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Music & Mental Fitness - Bob 2:45-Brain Games</p>
<p>4 CENTER CLOSED IN OBSERVANCE OF LABOR DAY HOLIDAY</p>	<p>5 10:00-Labor Day Trivia 10:30-Balance /Strength Training - Don 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Food & Fun!- Evelyn 2:45-Jazz Trivia Q & A</p>	<p>6 10:00-Cherokee Indian Interesting Facts 10:30-Naam Yoga - Berenice 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Bingo Game with Prizes 2:45-Buddy Holly Biography</p>	<p>7 10:00-TV Premier The Flying Nun Facts 10:30-Balance /Strength Training - Don 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Music Therapy - Irby 2:45-Hand Massage / Manicure <i>Puzzles & Ponderings</i></p>	<p>8 10:00-Patsy Cline Biography 10:30-Naam Yoga - Thea 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Musician Singer Peter & Friend 2:45-Brain Games</p>
<p>11 10:00-World War History 10:30-Naam Yoga - Thea <i>Or Reminiscence BR</i> 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Cook's Corner - Jasmine 2:45-Grandparents Day Trivia</p>	<p>12 10:00- Historic American Event Facts 10:30-Balance /Strength Training - Don 11:30-Daily Chronicle 1:00-Cranium Crunches 1:15-Music Therapy - Irby 2:45-New York City Facts</p>	<p>13 10:00- Pancake Breakfast - Eva  10:30-Naam Yoga - Berenice 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-September Word Scramble 2:45-September in History</p>	<p>14 10:00-Hispanic Heritage Month Trivia 10:30-Balance /Strength Training - Don 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Nina & Friends Performance 2:45-Floor Games</p>	<p>15 10:00-History of Mexican Independence 10:30-Naam Yoga - Thea 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Music & Mental Fitness - Bob 2:45-Brain Games</p>
<p>18 10:00-September Current Events 10:30-Naam Yoga - Thea <i>Or Reminiscence BR</i> 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Art-Memories in the Making - Jasmine 2:45-This Was the Year... 1984</p>	<p>19 10:00-Sports and Games Trivia 10:30-Balance /Strength Training -Don 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Around the World - Rachel 2:45-Hangman Game</p>	<p>20 10:00-This All Happened in September 10:30-Naam Yoga - Berenice <i>Or Chef's Corner BR - Maria</i> 11:30-Daily Chronicle 1:00-Cranium Crunches 1:00-Cranium Crunches 1:30-Matching Game - Dolores 2:45-Bulletin Board Trivia</p>	<p>21 10:00-Golf Trivia Q & A 10:30-Balance /Strength Training - Don 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Music Therapy - Irby 2:45-Hand Massage / Manicure <i>Puzzles & Ponderings</i></p>	<p>22 10:00-Rosh Hashanah Facts 10:30-Naam Yoga - Thea 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Musician Singer Peter & Friend 2:45-Brain Games</p>
<p>25 10:00-Baseball Trivia Q & A 10:30-Naam Yoga - Thea <i>Or Reminiscence BR</i> 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Cook's Corner- Jasmine 2:45-Person, Place, or Thing? Facts</p>	<p>26 10:00-Food & Drink Trivia 10:30-Balance /Strength Training - Don 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Around the World - Rachel 2:45-Facts About Hispanic Heritage, Culture and History</p>	<p>27 10:00-Government Trivia 10:30-Naam Yoga - Berenice 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Nina & Friends Performance 2:30-September Birthday Celebration 2:45-September Birthday Facts</p>	<p>28 10:00-September Trivia 10:30-Balance /Strength Training - Don 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Pet Therapy Lend-a-Paw - Lisa 2:45-Floor Games</p>	<p>29 10:00-Famous Latinos in U.S.A 10:30-Naam Yoga - Thea 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Bingo Game with Prizes 2:45-Brain Games</p>

Spanish Calendar see back

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
<p>Nota: Las actividades sujetas a cambios sin previo aviso</p>		<p>Feliz Mes De La Herencia Hispana Septiembre 15 – Octubre 15</p>		<p>1 10:00-La crónica cotidiana 10:30-Ejercicios - Eva 11:30-Recordar tus canciones favoritas 1:30-La música y la aptitud mental - Bob 2:30-Aperitivo / bocadillo 2:45-Crusigramas</p>
<p>4 Almuerzo: 12:00-1:00 pm</p>	<p>5 10:00-La crónica cotidiana 10:30-Ejercicios con Maria 11:30-Historia del día del trabajo en Estados Unidos de América 1:30-Juego de boliche 2:30-Aperitivo / bocadillo 2:45-Hispanos influyentes en U.S.A</p>	<p>6</p>	<p>7</p>	<p>8 10:00-La crónica cotidiana 10:30-Ejercicios - Eva 11:30-Historia de la independencia de México 1:30-Juego de dominó 2:30-Aperitivo / bocadillo 2:45-Juego de pelota</p>
<p>11</p>	<p>12 10:00-Desayuno de panqueques  10:30-Ejercicios - Maria 11:30-Paises latinos que celebran su independencia en septiembre 1:30-Terapia de música con Irby 2:30-Aperitivo / bocadillo 2:45-Masaje de manos</p>	<p>13</p>	<p>14</p>	<p>15 10:00-La crónica cotidiana 10:30-Ejercicios - Eva 11:30-Recordando a nuestros héroes 1:30-Celebracion de Independencia de México y Centro América 2:30-Aperitivo / bocadillo 2:45-Hablar de nuestro país de origen</p>
<p>18</p>	<p>19 10:00-La crónica cotidiana 10:30-Ejercicios con Maria 11:30-El acta de independencia de América Central 1:30-Juego de rompecabezas 2:30-Aperitivo / bocadillo 2:45-Jugar básquetbol</p>	<p>20</p>	<p>21</p>	<p>22 10:00-La crónica cotidiana 10:30-Ejercicios - Eva 11:30-Juegos mentales 1:30-Apreciacion de música con Peter 2:30-Aperitivo / bocadillo 2:45-La pintura y el dibujo</p>
<p>25</p>	<p>26 10:00-La crónica cotidiana 10:30-Ejercicios con Maria 11:30-Deletrear palabras 1:30-Juego de dominó 2:30-Aperitivo / bocadillo 2:45-Frases famosas</p>	<p>27</p>	<p>28</p>	<p>29 10:00-La crónica cotidiana 10:30-Ejercicios - Eva 11:30-Complete los dichos y refranes 1:30-Juego de lotería con premios 2:30-Aperitivo / bocadillo 2:45-Identificar objetos de uso diario</p>

