

Participation in activities are voluntary. Activities are subject to change.

# ADULT LIFE PROGRAMS

Your Caregiving Solution

## AUGUST 2010

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6:30 center opens	12:30 individual activities
7:30 individual activities	1:30 program
8:30 breakfast	2:30 snack
9:30 routes arrive/breakfast	3:30 routes depart
10:00 program	3:30 individual activities
11:30 lunch	5:30 center closes



In accordance with Federal law and US Department of Agriculture policy, Adult Life Programs is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TD). Adult Life Programs is an equal opportunity provider and employer.

Mon	Tue	Wed	Thu	Fri
<b>2 Trivia/Exercise Arts &amp; Crafts BP &amp; WEIGHT <math>\sqrt</math>'s &amp; EATING SMART WITH GLENNIE</b>	<b>3 TRIVIA/EXERCISE PERSONAL HYGIENE - NAIL CARE &amp; HAND WASHING!!! Watermelon Day Music with Margaret</b>	<b>4 Trivia/Exercise HB Mr. President Music with Brenda H. PARTICIPANT COUNCIL MTG.</b>	<b>5 TRIVIA/EXERCISE LUNCH @ THE CORNER TABLE - NEWTON Travel with Hamp</b>	<b>6 Trivia/Exercise BP &amp; Weight <math>\sqrt</math>'s &amp; "I Love Lucy" Movie VISIT W/THE CORNFIELD CLOGGERS</b>
<b>9 TRIVIA/EXERCISE Picnic Lunch in Blowing Rock</b>	<b>10 Trivia/Exercise Shopping @ Walmart DEVOTIONS W/ REV. KANE</b>	<b>11 TRIVIA/EXERCISE MUSIC WITH BRENDA C. Budget Shopping @ Lowe's Foods</b>	<b>12 Trivia/Exercise Deliver Meals on Wheels Cooking Class - Sandwich &amp; Salad EATING SMART W/GLENNIE</b>	<b>13 TRIVIA/EXERCISE TRIP TO NEWTON LIBRARY/BOOK SALE Make Kool-Aid Popsicles &amp; Bus Etiquette w/Anna</b>
<b>16 Trivia/Exercise Remembering Elvis - Jelly Doughnuts EATING SMART WITH GLENNIE</b>	<b>17 TRIVIA/EXERCISE MUSIC WITH LIBBIE Pet Therapy Baking - Desserts/Salads</b>	<b>18 Trivia/Exercise TRIP TO BALLS CREEK FOR OLD TIME RELIGION &amp; LUNCH</b>	<b>19 TRIVIA/EXERCISE TRIP TO CAROLINA THEATER Potato Day Trip to Library or Travel w/Hamp</b>	<b>20 Center Closed So Staff Can Attend A Conference</b>
<b>23 TRIVIA/EXERCISE BOWLING @ PIN STATION Eating Smart w/ Glennie or Quick Trip to Lowe's</b>	<b>24 Trivia/Exercise LET'S CELEBRATE HAWAII BECOMING A STATE COOKING HAM WITH PINEAPPLE</b>	<b>25 TRIVIA/EXERCISE Lenoir ALP Visits - Hotdog Cook-out &amp; Homemade Ice Cream Play Bingo!!!</b>	<b>26 Trivia/Exercise Storytelling with Lois TRIP TO THE LIBRARY OR TRAVEL W/HAMP</b>	<b>27 TRIVIA/EXERCISE SHOW &amp; TELL SOMETHING RED Visit with Faith Tabernacle Church</b>
<b>30 Trivia/Exercise Deliver Meals on Wheels or Word Games EATING SMART WITH GLENNIE</b>	<b>31 TRIVIA/EXERCISE ALP'S AUCTION August Birthday Party &amp; Play Bingo</b>			
<b>Robert C. - 8/12</b> <b>Michael R. - 8/15</b>		<b>Happy Birthday!</b> <b>Richard (vol) - 8/19</b> <b>Kimberly - 8/20</b>		<b>Ernest - 8/29</b> <b>Barbara - 8/31</b>



Member Agency

Free visits are available.  
 Call Anna at 464-0078 for more information.