

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

ADULT LIFE PROGRAMS

Your Caregiving Solution

NOVEMBER 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



Happy Thanksgiving!!!

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
1 Hand Bells in Sunroom or Travel with Hamp PLAY BINGO!!!	2 COOKING CLASS OR TALK TIME W/THE MEN Visit w/the Catawba County Humane Society	3 Target Practices What's In Your Food??? SANDWICH RACE - LET'S HAVE SOME FUN!!!	4 ARM YOGA IN THE SUNROOM OR GAME TIME Singing with Margaret	5 Karaoke with Pancho or Crafts in The Sunroom REMEMBER TO SET YOUR CLOCKS BACK PICKLE EATING CONTEST
8 TRAVEL W/ HAMP OR HAND BELLS IN THE SUNROOM Auction Time with Janice	9 Making Peanut Butter Cookies or Art Class: How To Draw A Perfect Circle PLAYING BINGO	10 PET THERAPY OR NAIL PAINTING W/EVELYN Looking Back On The Streets of Hickory with Betty Eich	11 Singing with the Hardee's Gang HONORING ALP VETERANS: WEAR RED, WHITE & BLUE	12 CRAFTS W/ JUDY OR KARAOKE W/ PANCHO Music with The Catawba River Boys
15 TRAVEL W/HAMP OR GO OUT FOR LUNCH Devotions w/ Pastor Andrew	16 Devotions with Jerry or Go Out for Lunch REMEMBERING THE DECADES	17 WORLD PEACE DAY CONCERT @ THE LUTHERAN HOME Singing with Full Gospel	18 Great American Smoke Out Day - Music w/the Melodears BALLOON VOLLEYBALL	19 CRAFTS W/ JUDY OR PET THERAPY WITH BILLY & CHEYENNE Music w/The Coffey Break
22 Hand Bells in the Sunroom or Travel with Hamp SHOPPING @ DOLLAR TREE OR MOVIE WITH VONNIE	23 MUSIC WITH THE FEATHERS Shopping @ Dollar Tree Tell All Game	24 Pet Therapy or Nail Painting with Evelyn FAMILY DAY SOCIAL @ 1:00	25 CLOSED FOR THANKSGIVING DAY HOLIDAY	26 Closed for Thanksgiving Day Holiday
29 SHARING THANKSGIVING STORIES Playing Bingo!!!	30 Birthday Party or Cookbook Reminiscing HEALTH UPDATE	<i>Happy Anniversary to:</i> Ruth L. - 11/17 (2 years)		
<i>Happy Birthday!!!</i>		Marilyn (staff) - 11/25 Bob - 11/10 Marta H. (staff) - 11/7		
Barbara I. - 11/2	Theresa L. - 11/8	Marnie L. - 11/17		
Ray C. - 11/6	Noah L. - 11/12	Alphonso L. - 11/17		



Member Agency

Free visits are available.
 Call Amanda at 324-1313 for more information.