

ADULT LIFE PROGRAMS

Our vision is to be the leading provider of adult day services in NC

Our Mission: To enhance the vitality of participants' lives and support their caregivers by providing quality adult day services designed to keep them connected to and involved in the community.

September 2023

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MON

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WED

THURS

FRI

<p>Birthday: Michael 1st Douglas-10th</p> 	<h1>Hello, September!</h1>			<p>1st-8:30-coffee & current events 10:00-morning exercise 10:30-Pin Station-bowling 12:30-Public Speaking-M 1:30-Individual Living Skills</p> 
<p>4th- CLOSED</p> 	<p>5th-8:30-coffee & current events 10:00-exercise-stretches 10:30-Budget shopping-money management 12:30-Participant's Council Meeting 1:30-Individual Living Skills</p>	<p>6th 8:30-coffee & current events 10:00- beachball toss 10:30-VAYA-Dementia 12:30-Pet Therapy w/ Faith 1:30-Individual Living Skills</p> 	<p>7th 8:30-coffee & current events 10:00-exercise-walking 10:30-trip to library/washing beans 12:30-art skills 1:30-Individual Living Skills</p>	<p>8th-8:30-coffee & current events 10:00-morning stretches 10:30-cooking class-Poor man lunch/Jeopardy-K 12:30-Proper Handwashing -P 1:30-Individual Living Skills</p>
<p>11th -8:30-coffee & current events 10:00-morning stretch 10:30-MH Monday-K 12:30-Hangman-A 1:30-Individual Living Skills</p>	<p>12th 8:30-coffee & current events 10:00- exercise-walking 10:30-Catawba County Facts-Melanie 12:30-Bee Inspire 1:30-Individual Living Skills</p>	<p>13th -8:30-coffee & current events 10:00- morning stretch 10:30-singalong w/ Libbie/Detective Find 12:30-money management-budget shopping 1:30-Individual Living</p>	<p>14th 8:30-coffee & current events 10:00-Parachute 10:30-Math Skills-What come next 12:30-beanbag toss 1:30-Individual Living Skills</p>	<p>15th -8:30-coffee & current events 10:00-walkinglaps 10:30-Trip to Deal's Produce late lunch 12:30-Patio Chat</p>  <p>1:30-Individual Living Skills</p>
<p>18th 8:30-coffee & current events 10:00-beachball toss 10:30-Gem's shopping trip 12:30-rolling potatoes/hot potato game 1:30-Individual Living</p> 	<p>19th 8:30-coffee & current events 10:00-walking laps 10:30-trip to the library/cooking class -Potato Bar 12:30-Judy's Pottluck 1:30-Individual Living Skills</p>	<p>20th 8:30-coffee & current events 10:00-exercise-beanball 10:30-Cranium Crunches 10:45-meals on Wheels 12:30-Pet therapy w/ Faith 1:30-Individual Living</p>	<p>21st -8:30-coffee & current events 10:00- off to the movies -(\$5.00) 12:30-Word search contest 1:30-Individual Living Skills</p>	<p>22nd-8:30-coffee & current events 10:00- exercise-stretching 10:30-bingo 12:30-reminscing 1:30-Individual Living Skills</p>
<p>25th 8:30-coffee & current events 10:00-morning stretches 10:30-MH Monday-K 12:30-Deal or No Deal 1:30-Individual Living Skills</p>	<p>26th -8:30-coffee & current events 10:00-walking at center 10:30-trip to the library/anagram 12:30-Reading Skills-C 1:30-Individual Living Skills</p>	<p>27th -8:30-coffee & current events 10:00-beachball toss 10:30-charades 12:30-ice cream social-name your favorite 1:30-Individual Living Skills</p> 	<p>28th 8:30-coffee & current events 10:00-Parachute toss 10:30-Music-Seniors on the Move 12:30-Wacky Words-D Devotion w/ Marcus 1:30-Individual Living Skills</p>	<p>29th -8:30-coffee & current events 10:00- exercise-stretching 10:30-movie & popcorn 12:30-beanbag toss 1:30-Individual Living Skills</p>

**** Activities are subject to change ****

We are an equal opportunity provider

