

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.

APRIL 2024

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Daily Schedule

8:30 to 10:00 Breakfast

10:00 to 10:15 Devotions

10:15 to 10:45 Exercise

10:45 to 11:30 Small Groups

11:30 to 12:00 Lunch

12:00 to 12:15 Chores

12:30 to 1:30 Activities

1:30 to 1:45 Snack Time

1:45 to 2:00 Break







2:00 Van Transports

2:15 to 3:15 "Group Time!"

3:30 to 4:30 Individualized Activities

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4:30 to 5:30 "It's TV Time!"

Monday	Tuesday	Wednesday	Thursday	Friday
1. Easter Monday <ul style="list-style-type: none"> Egg Carrying Contest Roll The Egg Game Will the egg sink  	2. Peanut Butter & Jelly Day <ul style="list-style-type: none"> What memories do you have as a kid eating PB & J sandwiches? What kind of sandwich can you create? 	3. Get Your Groove On <ul style="list-style-type: none"> Wear something that is Tie-Dye or Retro. It's Karaoke Time? Who are the favorite entertainers of the 	4. Ice Cream Sundae Day <ul style="list-style-type: none"> Let's Make our own version of an ice cream sundae What is the name of your creative 	5. Don't Worry Be Happy! <ul style="list-style-type: none"> Cover All Smiley Bingo Smiley Face Bingo What makes you
8. Porch Talk <ul style="list-style-type: none"> Front Porch Rocking Devotions Name Five Game 	9. Let's Exercise <ul style="list-style-type: none"> Dances of the Times Name That Dance? Vaya Health Seminar Electric Slide & Cha Cha Slide Contest 	10. Lollipop Day  <ul style="list-style-type: none"> Let's see who can get to the middle of the lollipop first? How many words are in Lollipop? 	11. Basketball Race <ul style="list-style-type: none"> Who can get the most points? Pass back and forth basketball relay Basketball Toss 	12. Relaxation Day <ul style="list-style-type: none"> Let's paint Fingernails 5 Minute Meditation  Neck Stretches
15. Coffee & Current Events <ul style="list-style-type: none"> Upper Body Exercises Frisbee Throw Con- 	16. Peach Cobbler Day <ul style="list-style-type: none"> Cooking Class: Peach Cobbler Peachy Keen Game  	17. National Pet Day <ul style="list-style-type: none"> What is your Favorite Pet.? Visit from our Pet Dog Bailey 	18. Antique Day <ul style="list-style-type: none"> Bring something that you have that is old but not valuable Antiques Road- 	19. Movie Madness <ul style="list-style-type: none"> Can you name that movie? Let's vote on our favorite movie.
20. Musical Chairs <ul style="list-style-type: none"> Musical Shapes Game Who can find the Shapes? Who can find the numbers? 	23. Flower Day <ul style="list-style-type: none"> Let's make flower centerpieces for our tables. Flower Game: What is an Annual or a Perennial? 	24. Game Day <p>Game Tournament</p> <ul style="list-style-type: none"> Checkers Tic Tac Toe Bowling Jenga Challenge 	25. The Price is Right <ul style="list-style-type: none"> Featuring our own ALP Showcase  Showdown Exercise - Spiro 101 	26. Number Game <ul style="list-style-type: none"> Let's play the Number Game How many numbers can you name? Let's add numbers.
29. All About Art <ul style="list-style-type: none"> Coloring Contest  Artistic Expressions 	30. It's Bubble Day <ul style="list-style-type: none"> Who can guess which gum flavor you have? Let's have a bubble party Bubble Painting 	Monthly Birthdays <ul style="list-style-type: none"> Natasha 4-12 Ryan 4-13 Wanda 4-17 Kim 4-21 		

1:1 Activities are subject to change based on the needs of each individual participant