

** Activities subject to change **

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.

August 2022

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| MON | TUES | WED | THURS | FRI |
|--|--|---|--|---|
| 1 10:00 Morning Meeting & Exercise 10:30 Participant Council Meeting 1:00 Welcome to August with Michael | 2 10:00 Morning Meeting & Exercise 10:30 Community Shopping 1:00 Show & Tell | 3 10:00 Morning Meeting & Exercise 10:30 "Substance Use & Misuse" - VAYA Health 1:00 Watermelon Social | 4 10:00 Morning Meeting & Exercise 10:30 Cooking Class - Potato Bar Bulletin Art 1:00 Double Exposure | 5 10:00 Morning Meeting & Exercise 10:30 I Love Lucy - Trivia / Puzzles 1:00 Candy Relay |
| 8 10:00 Morning Meeting & Exercise 10:30 Wiggle your toes with Vonnie Healthy Feet Facts with Peggy 1:00 Complete the Puzzle | 9 10:00 Morning Meeting & Exercise 10:30 Bowling at Pin Station 1:00 "What Doesn't Belong" with Darlene | 10 10:00 Morning Meeting & Exercise 10:30 Cooking Class—Tacos 10:45 Anagram with Johnny 1:00 Afternoon with Jeremy | 11 10:00 Morning Meeting & Exercise 10:30 Bingo 1:00 Detective - Find Tracy | 12 10:00 Morning Meeting & Exercise 10:30 Elephants Coloring Contest & Peanut Toss 1:00 Trivia Fact & Guess the number of Peanuts |
| 15 10:00 Morning Meeting & Exercise 10:00 Jeopardy with Kenneth 1:00 Community Activity | 16 10:00 Morning Meeting & Exercise 10:30 Music & Singalong with Libbie 1:00 "Elvis has left the building" | 17 10:00 Morning Meeting & Exercise 10:30 Meals on Wheels Hangman with Aubree 1:00 Name that Tune with Cindie | 18 10:00 Morning Meeting & Exercise 10:30 Let's get our props ready for picture day w/ Suzanne 12:30 It's time to "Say Cheese!" - let's take your picture w/Leslie & Polly | 19 10:00 Morning Meeting & Exercise 10:30 Fall Prevention with Melanie (EMS) 1:00 Wacky Words with Darlene |
| 22 10:00 Morning Meeting & Exercise 10:30 Arts & Crafts - Sunflowers Budget shopping with Tracy 1:00 Sunflower Facts | 23 10:00 Morning Meeting & Exercise 10:30 Picnic at Jacob Fork Park | 24 10:00 Morning Meeting & Exercise 10:30 Indoor Golf Golf Trivia with Michael 1:00 Ice Cream Social | 25 10:00 Morning Meeting & Exercise 10:30 Auction Game 1:00 "Who Am I?" | 26 10:00 Morning Meeting & Exercise National Dog Day 10:30 Cooking Class - Corn Dogs Name that Dog 1:00 Mix-Matched Dogs |
| 29 10:00 Morning Meeting & Exercise 10:30 Bingo 1:00 Afternoon with Jeremy | 30 10:00 Morning Meeting & Exercise 10:30 Bean Bag Toss & Game Day 1:00 Devotions with Pastor Marcus | 31 10:00 Morning Meeting & Exercise 10:30 Community Shopping 1:00 Monthly Birthday Party and Trivia | HAPPY BIRTHDAY Jeremy - 8/24 HAPPY ANNIVERSARY Johnny - 8/11 (17 yrs) Mindy - 8/12 (10 yrs) Tyler - 8/18 (1 yr) | |

