

# 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.

## May 2023

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MON	TUES	WED	THURS	FRI
<p><b>1 10:00-11:30</b> Morning Star/ Music &amp; Devotion/ Welcome to May</p> <p><b>12:45-1:45</b> The Sky's the Limit Day Activity</p> 	<p><b>2 10:00-11:30</b> Inspirational Songs Drawing &amp; Writing Therapy Wear Sunglasses Day</p> <p><b>12:45-1:45</b> Singing w/ Jim Coffey Interactive Card Games</p> 	<p><b>3 10:00-11:15</b> Singing &amp; Dancing w/ Macon Creative Coloring</p> <p><b>1:00-1:45</b> Participants Council Mtg</p> 	<p><b>4 10:00-11:30</b> Sing Along Move w/The Yoga Group Firefighters Day "May the 4th Be with You" Day</p> <p><b>1:00-1:45</b> Let's Play Bingo</p> 	<p><b>5 10:00-11:30</b> Morning Music /Chair Exercise <b>Cinco de Mayo</b></p> <p><b>12:30-1:45</b> Flower Moon Day Pet Therapy w/ Billy &amp; Lakota</p> 
<p><b>8 10:00-11:30</b> Sing Along /Walking Exercise <b>National Herb Week Begins</b> Drawing &amp; Writing Therapy/ <b>1:00-1:45</b> Flowers in Art Day / Brain Aerobics Memory Game</p> 	<p><b>9 10:00-11:30</b> Feel Good Songs/ Small Group Sessions</p> <p><b>1:00-1:45</b> Full Moon Day / Visiting w/ Comfort Dog in Process "FAITH"</p> 	<p><b>10 10:00-11:15</b> Morning Music / Chair Exercise / Baseball w/ Matthew</p> <p><b>1:00-1:45</b> Mother Ocean Day Ocean in a Bottle Sensory Activity</p>  	<p><b>11 10:00-11:15</b> Moving to the Oldies / Activity w/ Hogs &amp; Kisses</p> <p><b>1:00-1:45</b> Number Game w/ Tracie</p> 	<p><b>12 10:00-11:15</b> ALP Mother's <b>Nurses Day</b> Thank You Michele <b>1:00-1:45</b> Birthday Activity Deidre</p>  
<p><b>15 10:00-11:30</b> Moving to the Oldies Chair Exercise w/ Kevir Photo Month</p> <p><b>1:00-1:45</b> Birthday Activity w/ Alicia</p>  	<p><b>16 10:00-11:15</b> Inspirational Songs Small Group Sessions</p> <p><b>1:00-1:45</b> Senior Citizens Day Swing Music Month</p> 	<p><b>17 10:00-11:15</b> Sing Along / Exercise w/ Nikki Activity w/ The Doves</p> <p><b>1:00-1:45</b> A Berry Nice Day Drawing &amp; Writing Therapy</p> 	<p><b>18 10:00-11:15</b> Morning Music Mount St. Helens / Science Activity</p> <p><b>1:00-1:45</b> Short Story Month w/ Wanda &amp; Glenn</p> 	<p><b>19 10:00-11:15</b> Feel Good Music / Exercise w/ Susan Birthday Activity w/Joel <b>1:00-1:45</b> Movie Friday/ Individual Activities Scrapbooking Month</p> 
<p><b>22 10:00-11:30</b> Inspirational Songs Small Group Sessions Backyard Games Week Begins</p> <p><b>1:00-1:45</b> Paper &amp; Pencil Puzzles Month Concentration Puzzle</p>	<p><b>23 10:00-11:15</b> Feel Good Music / Morning Walk Birthday Activity w/ Doug</p> <p><b>1:00-2:00</b> Smile Month /Price is Right w/ Glenn</p> 	<p><b>24 10:00-11:15</b> Moving to the Oldies National Scavenger Hunt Day</p> <p><b>1:00-1:45</b> Visiting w/ Comfort Dog in Process "FAITH"</p> 	<p><b>25 10:00-11:15</b> Morning Music / VAYA Health Training</p> <p><b>Wear the Purple Day</b></p> <p><b>1:00-1:45</b> Family Feud w/ Cole</p>	<p><b>26 10:00-11:15</b> Morning Music Chair Exercise/ Pictionary w/ Des</p> <p><b>12:45 -1:15</b> Bad Boys of Conover / Individual Activities</p> 
<p><b>29 Closed for MEMORIAL DAY</b></p> 	<p><b>30 10:00-11:30</b> Sing Along Birthday Activity w/ Trudy</p> <p><b>1:00-1:45</b> TBA-Classic tv w/ Jennifer /Morse Code Flow- er Puzzle</p> 	<p><b>31 10:00-11:30</b> Inspirational Songs Exercise w/ Des Speak in Complete Sentences Day</p> <p><b>12:30-1:45</b> Collage and Decoupage</p>	<p><b>Andrea -5/6 (12 yrs) Cindy-5/21 (20 yrs)</b></p> 	<p><b>Deidre-5/12(staff) Alicia-5/13 Joel-5/18 Douglas-5/23 Trudy-5/29</b></p> 

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

This institution is an equal opportunities provider