

## 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 2022

Peggy Smith

Assistant Day Services Manager

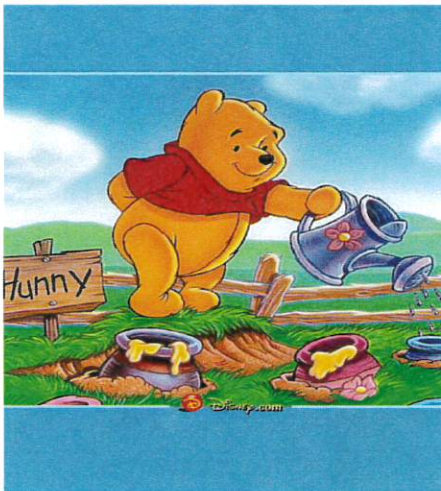
211 2nd Ave PI NE

Conover, NC 28613

Phone: 828-464-0078

Fax: 828-464-6081

[www.adultlifeprograms.com](http://www.adultlifeprograms.com)



MON	TUES	WED	THURS	FRI
<p><b>2</b> 10:00-morning meeting/exercise-Vonnie/Jeremey</p> <p>10:30-Fire Safety w/ Peggy</p> <p>Bulletin art</p> <p>1:00-May trivia w/ Michael</p>	<p><b>3</b> 10:00-morning meeting/exercise-Vonnie/ Jeremey</p> <p>10:30-Art-Flowers</p> <p>Budget shopping w/ Tracy</p> <p>1:00-Wacky Words-Darlene</p>	<p><b>4</b> 10:00-morning meeting/exercise-Jeremey/Vonnie</p> <p>10:30-VAYA discussion-PTSD</p> <p>1:00-Grumps w/ Cindie</p>	<p><b>5</b> 10:00-morning meeting/exercise- Do the Macarena</p> <p>"Cinco De Mayo"-Why we celebrate.</p> <p>Cooking class-taco salads/fried ice cream</p> <p>1:30-Pinata</p>	<p><b>6</b> 10:00-morning meeting/exercise</p> <p>10:30-Participant Council Meeting</p> <p>1:00-Indoor Bowling</p> <p>Root beer and pretzels</p>
<p><b>9</b> 10:00-morning meeting/exercise-</p> <p>10:30-Recognizing our Ladies! Out to Wendy's lunch for Ladies.</p> <p>1:30- Famous Moms</p> <p>Guys-daily chores 1:30 Bulletin Art</p>	<p><b>10</b> 10:00-morning meeting/exercise-Jeremey/Vonnie</p> <p>10:30-Jeopardy w/ Kenneth-Put on your thinking cap</p> <p>1:00-balancing your allowance</p>	<p><b>11</b></p> <p>10:00-morning meeting/exercise-take a walk at the park and/or library</p> <p>10:30-car Emblems</p> <p>1:00-bingo</p>	<p><b>12</b></p> <p>10:00-off to the movies at Carolina</p> <p>1:30-Patio Chat-Reminiscing</p>	<p><b>13</b> 10:00-morning meeting/exercise-Jeremey10:30-Cooking Class-making a salad and Pizza-Things you need in a salad 1:00 - Soap Opera trivia-Cindie</p>
<p><b>16</b> 10:00-morning meeting/exercise-Jeremey/Vonnie</p> <p>10:30-Alp's Auction game</p> <p>1:00-Detective Find-Tracy</p>	<p><b>17</b> 10:00-morning meeting- ALP's Brunch-10:30 Country Ride to Knob's Creek</p> <p>1:00-capping strawberries</p>	<p><b>18</b> 10:00-morning meeting/exercise 10:30-Meals on Wheels/ Individual Projects Making homemade ice cream 1:00-America Says-Darlene</p>	<p><b>19</b> 10:00-morning meeting</p> <p>10:30-Produce Stand/banana box shopping</p> <p>Word search puzzles</p> <p>1:00-show and tell</p>	<p><b>20</b> 10:00-morning meeting/exercise-Jeremey/Vonnie</p> <p>10:30-Price is Right w/ Peggy</p> <p>1:00-Micheal's fun facts</p>
<p><b>23</b> 10:00-morning meeting/exercise-Jeremey/Vonnie</p> <p>10:30-Community budget shopping</p> <p>1:00-gardening</p> <p>Patio chat w/ lemonade</p>	<p><b>24</b> 10:00-morning meeting</p> <p>10:30-Piano and Sing-along-Libbie</p> <p>Nails w/ Aubree</p> <p>1:00-afternoon w/ Jeremey</p>	<p><b>25</b> 10:00-morning meeting/exercise-Jeremey/Vonnie</p> <p>10:30-budget shopping w/ Tracy</p> <p>Anagram</p> <p>1:00- what's in the bag-Cindie</p>	<p><b>26</b> 10:00-morning meeting</p> <p>10:30- Crawdad's ball-game or bean bag toss</p> <p>Anagram w/ Johnny</p> <p>1:00-Spelling Bee</p>	<p><b>27</b> 10:00-morning meeting</p> <p>10:30-off to the park for a Cook-out for Memorial Day.</p> <p>Walking at the park</p> <p>1:30-Memorial Trivia-facts. Watermelon</p>
<p><b>30</b></p> <p><b>CLOSED FOR MEMORIAL DAY</b></p>	<p><b>31</b> 10:00-morning meeting/exercise-Jeremey/Vonnie</p> <p>10:30-bingo</p> <p>1:30-monthly b'day Party the month in review.</p>	<p><b>Birthdays:</b></p> <p><b>Myriah May 3rd</b></p>		