

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.

June 2023

Suzanne Devine
Day Services Manager

3390 Shepard's Rd.
Maiden, NC 28650

Phone: 828-428-9010

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

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

MON

TUES

WED

THURS

FRI

<p><u>Happy Birthday</u> Wesley -June 1st Jackie -June 4 Paul—June 11th</p>		<p><u>Cooking Class Menu:</u> This months Cooking Class will be a "Summer Walking Cheesecake." We will send the recipe home so that you can enjoy it too!</p>	<p>1. <u>National Pen Pay Day</u></p> <ul style="list-style-type: none"> Meals on Wheels Flat Stanley Adventures Write a letters to Pen Pals Across USA 	<p>2. <u>National Donut Day</u></p> <ul style="list-style-type: none"> Outing to Krispy Kreme Donut Craft Donut Race 
<p>5. <u>National Ketchup Day</u></p> <ul style="list-style-type: none"> Name That Word "Ketchup" Ketchup & Fry Tasting (Senses) Musical Ketchup Game 	<p>6. <u>National Gardening Day</u></p> <ul style="list-style-type: none"> Trip to the flower Orchard Let's Plant Some Potted Flowers Let's Dig in the Dirt 	<p>7. <u>National Chocolate Ice-cream Day</u></p> <ul style="list-style-type: none"> Let's Make Ice—Cream in Ziplock bags Spreading The Word with Pastor Easter  	<p>8. <u>National Best friends Day</u></p> <ul style="list-style-type: none"> Best Friend Bingo Let's Make a Necklace for Our Best Friend Colorful Expressions with a friend 	<p>9. <u>National Donald Duck Day</u></p> <ul style="list-style-type: none"> Hold Your Tongue Like A Duck Game Friday Funday Games & Outside Fun
<p>12. <u>National Loving Day</u></p> <ul style="list-style-type: none"> Make a Rose Pen for the one you love. Love One Another Word Scramble 	<p>13. <u>Front Porch Rocking Day</u></p> <ul style="list-style-type: none"> Vaya Health Lemonade on the Porch Reminiscing about the Good 	<p>14. <u>Strawberry Short-cake Day</u></p> <ul style="list-style-type: none"> Let's Make Cakes Strawberry Bingo Let's Dip 	<p>15. <u>National Recess At Work Day</u></p> <ul style="list-style-type: none"> Cornhole & Ring Toss Bowling & Dice Game Bubble Machine 	<p>16. <u>Father's Day Lunch</u></p> <ul style="list-style-type: none"> Bar-B Que Baked Beans & Slaw Special Dessert
<p>19. <u>Juneteenth Day</u></p> <ul style="list-style-type: none"> What is Juneteenth? Name That Tune? Name That Memory? 	<p>20. <u>Bird Watching Day</u></p> <ul style="list-style-type: none"> Let's Make Some Bird Feeders Name That Bird Yogurt & Granola—Human Bird Feed 	<p>21. <u>First Day of Summer</u></p> <ul style="list-style-type: none"> Popsicles on The Porch What Reminds you of Summertime ? Spreading The Word with Pastor Easter 	<p>22. <u>National Rainforest Day</u></p> <ul style="list-style-type: none"> Meditations to the sounds of the Rainforest Rainforest Trivia Color the Rainforest  	<p>23. <u>National Let It Go Day</u></p> <ul style="list-style-type: none"> Balloon Launch Balloon Messages <u>Conversations on:</u> "How to Let It Go !"
<p>26. <u>It's Game Day!</u></p> <ul style="list-style-type: none"> Between Your leg Balloon Race Hit the Balloons with Pool Noodles— Don't let the Balloon Fall  Roll the Dice Game 	<p>27. <u>National Bingo Day</u></p> <ul style="list-style-type: none"> 4 Ways To Play Bingo And Win \$5.00 Bingo Game Jackpot Bingo 	<p>28. <u>National Parchment Cooking Day!</u></p> <ul style="list-style-type: none"> Monthly Birthday Party Let's Bake Cookies! Parchment Paper Art 	<p>29. <u>National Camera Day!</u></p> <ul style="list-style-type: none"> Let's Take Selfies Tiki Bar Pictures Gazebo Pictures 	<p>30. <u>Fifties Day!</u></p> <ul style="list-style-type: none"> Coke Floats Let's Dress Up Like The Fifties. 50's Sock Hop Dance! Let's Learn The Hand Jive.

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