

MON

TUES

WED

THURS

FRI

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
2023

Peggy Smith

Day Services Manager

211 2nd Ave. PL. NE




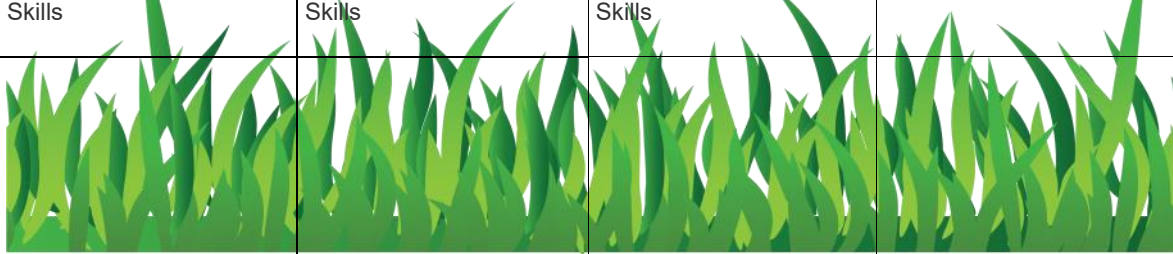
Conover, NC 28613

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www.adultlifeprograms.com



				
3 8:30-coffee & current events 10:00-exercise-stretches 10:30-Arts & Crafts 12:30-MH w/Kim 1:30-Individual Living Skills	4 8:30-coffee & current events 10:00-beachball toss 10:30-Budget shopping-T 12:30-April's Trivia w/ MS 1:30-Individual Living Skills	5 8:30-coffee & current events 10:00-exercise-stretches 10:30-VAYA w/ Anxiety Disorders 12:30-trip to library/lunch preparation. 1:30-Individual Living Skills	6 8:30-coffee & current events 10:00-Rabbit hop exercise 10:30-dyeing eggs/ cooking class w/ T 12:30-wacky words-D 1:30-Individual Living Skills	7 <u>CLOSED</u> 
10 8:30-coffee & current events 10:00-exercise-stretches 10:30-Participant's Council Meeting 12:30-MH w/ K 1:30-Individual Living	11 8:30-coffee & current events 10:00-exercise-walking 10:30-trip to Pin Station for Bowling 12:30-Thinking w/ Judy 1:30-Individual Living Skills	12 8:30-coffee & current events 10:00-music chairs 10:30-cooking class w/ T-tuna/wacky words 12:30-math skills 1:30-Individual Living Skills	13 8:30-coffee & current events 10:00-exercise-stretches 10:30- Music/ word search 12:30-Let's Play Scrabble/games 1:30-Individual Living	14 8:30-coffee & current events 10:00-exercise-stretches 10:30-Gents outing/ likes/ dislikes 12:30-Trivia Reading-S 1:30-Individual Living Skills
17 8:30-coffee & current events 10:00-exercise-stretches 10:30-MH w/ K 12:30-Gems/ find the difference 1:30-Individual Living	18 8:30-coffee & current events 10:00-parachute toss 10:30-singalong/ unscramble words 12:30-Matching 1:30-Individual Living Skills	19 8:30-coffee & current events 10:00-exercise-stretches 10:30-Vol Opportunity-Meals on Wheels/Put items in Order-J 12:30-Health Tips-P 1:30-Individual Living	20 8:30-coffee & current events 10:00-Community Outing to the movies (\$4.50) 12:30-Hangman 1:30-Individual Living Skills	21 8:30-coffee & current events 10:00-exercise-stretches 10:30-Bingo 12:30-Jeopardy-K 1:30-Individual Living Skills
24 8:30-coffee & current events 10:00-exercise-stretches 10:30-Cooking Class-Patio Picnic-T 12:30-corn hole	25 8:30-coffee & current events 10:00-hokey pokey 10:30-Police Dept discuss Scams. 12:30-Health tips-food 1:30-Individual Living Skills	26 8:30-coffee & current events 10:00-parachute 10:30-making pretzels/ library 12:30-mediation 1:30-Individual Living Skills	27 8:30-coffee & current events 10:00-walking at the Farmer's Market 12:30-Patio Chat/ Devotion Pastor Marcus 1:30-Individual Living Skills	28 8:30-coffee & current events 10:00-beachball toss 10:30-movie 12:30-Who is your Superhero-Public speaking 1:30-Individual Living Skills
Birthday's Staff-Peggy-14th 				

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

We are an equal Opportunity provider