

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.

November

2023

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MON

TUES

WED

THURS

FRI

		1st--8:30-coffee & current events 10:00-morning stretches 10:30-VAYA-Suicide and Aging 12:30-Pet Therapy-F 1:30-Individual Living Skills	2nd-8:30-coffee & current events 10:00-lets go for a walk At the Farmer's Market 12:30-Fun Facts Reading-M 1:30-Individual Living Skills	3rd-8:30-coffee & current events 10:00-morning stretches 10:30-Participant Council Meeting 12:30-Meal Planning/budget shopping 1:30-Individual Living
6th-8:30-coffee & current events 10:00-beachball toss 10:30-MH- Kim 12:30-art and cocoa 1:30-Individual Living Skills	7th-8:30-coffee & current events-Brunch 10:00-stretching 10:30-Walking at the Mall 12:30-Relationships 1:30-Individual Living Skills	8th-8:30-coffee & current events 10:00-morning stretches 10:30-library/trivia pursuit 12:30-charades 1:30-Individual Living Skills	9th--8:30-coffee & current events 10:00-exercise video 10:30-Gem's shopping 12:30-Flu symptoms-P 1:30-Individual Living Skills	10th-8:30-coffee & current events 10:00-parachute toss 10:30-Deal or No Deal 12:30-Cleaning closets 1:30-Individual Living Skills
13th-8:30-coffee & current events 10:00-beachball toss 10:30-MH-Kim 12:30-utilize your writing skills 1:30-Individual Living Skills	14th-8:30-coffee & current events 10:00-morning stretches 10:30-Singalong w/ Libbie 12:30-Being thankful w/ Judy 1:30-Individual Living Skills	15th-8:30-coffee & current events 10:00-parachute toss 10:30-Vol.Opportunity-Meals on Wheels/ wheel of fortune game 12:30-Pet Therapy-F 1:30-Individual Living	16th-8:30-coffee & current events 10:00-coping skills-R 12:30-bingo 1:30-Individual Living Skills	17th-8:30-coffee & current events 10:00-beachball toss 10:30-movie and popcorn 12:30-hangman-A 1:30-Individual Living Skills
20th-8:30-coffee & current events 10:00-beanbag toss 10:30-MH-Kim 12:30-Gents budget shopping 1:30-Individual Living Skills	21st--8:30-coffee & current events 10:00-parachute toss 10:30-Meal Prep-P/cards 12:30-word search contest 1:30-Individual Living Skills	22nd-8:30-coffee & current events 10:00-morning stretches 10:30-What are you thankful for handwriting skills Thanksgiving Luncheon 1:00-Clean up	23rd- Center closed 	24th- Center closed
27th-8:30-coffee & current events 10:00-exercise video 10:30-MH-Kim 12:30-budget shopping/meal planning-P 1:30-Individual Living Skills	28th-8:30-coffee & current events- 10:00-morning stretch 10:30-bowling at Pin Station 12:30-Bingo 1:30-Individual Living Skills	29th-8:30-coffee & current events 10:00-morning stretches 10:30-library/meal prep-taco salad 12:30-PSR goals 1:30-Individual Living Skills	30th-8:30-coffee & current events 10:00-off to the movies (bring 5.50) 12:30-Hygiene-appropriate clothing-P 1:30-Individual Living Skills	

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

We are an equal opportunity provider