

** Activities subject to change **

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.

August 2022

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MON	TUES	WED	THURS	FRI
<p>1 Morning Song & Exercise / Music w/ Morning Star/ Girlfriends Day 10:00a-11:15a</p> <p>Diversity Awareness Month</p> <p>Birthday Activity w/ Kevin 1:15p-1:45p</p>	<p>2 Morning Song & Exercise Birthday Activity w/Simon 10:00a-11:15a</p> <p>Ice Cream Sandwich</p> <p>National Coloring Book Day</p> <p>Music w/Jim Coffey 12:45p-1:45p</p>	<p>3 Morning Song & Yoga w/ The Yoga Group /Small Groups 10:00-11:15</p> <p>Watermelon Day</p> <p>Win with Civility Month</p> <p>Participant Council Meeting 1:15-1:45</p>	<p>4 Morning Song & Exercise / Let's Play Bingo 10:00-11:15</p> <p>Activity with Hogs & Kisses / Music Therapy 1:15-1:45</p>	<p>5 Morning Song & Exercise Yoga w/ The Yoga Group /Seeing Double Day "Dress Alike" 10:00-11:15</p> <p>Movie Friday / Sculpture Gardens Day 12:00-1:45</p>
<p>8 Morning Song & Exercise</p> <p>Melon Monday</p> <p>Happiness Happens Day 10:00-11:15</p> <p>Pain & Sip Afternoon Tea 1:00-1:45</p>	<p>9 Morning Walk/ Song & Exercise</p> <p>Elvis Week begins / Simon Activity 10:00-11:15</p> <p>Kool Aid Month</p> <p>Activity with Shele 1:15-1:45</p>	<p>10 Morning Song & Yoga w/The Yoga Group / Painting w/ Dean & Trudy 10:00-11:15</p> <p>'Smoes Day</p> <p>Number Game w/Elvis Music 1:15-1:45</p>	<p>11 Morning /Song & Exercise</p> <p>Play in the Sand Day 10:00-11:15</p> <p>Birthday Activity w/ Elizabeth 1:15-1:45</p>	<p>12 Morning / Song & Exercise</p> <p>Birthday Activity w/Jeff P 10:00-11:15</p> <p>World Elephant Day / Movie Friday / Individual 12:00-1:45</p>
<p>15 Morning Song & Exercise/ National Relaxation Day 10:00-11:15</p> <p>Leathercraft Day 1:15-1:45</p>	<p>16 Morning Song & Exercise w/Eric 10:00-11:15</p> <p>National Tell a Joke Day w/Deidre 1:00-1:45</p>	<p>17 Morning Song & Exercise / Yoga w/ The Yoga Group / Craft Time</p> <p>Black Cat Appreciation Day 10:15-11:15</p> <p>Activity w/The Doves 1:00-1:45</p>	<p>18 Morning Song & Exercise</p> <p>Antiques Day 10:00-11:15</p> <p>Keep Your Cool Day</p> <p>Corn Hole/Antiques Road Show 1:15-1:45</p>	<p>19 Morning Song & Exercise /Yoga</p> <p>World Photo Day 10:00-11:15</p> <p>Potato Day</p> <p>National Aviation Day w/ Thomas 12:30-1:45</p>
<p>22 Morning Song & Exercise</p> <p>Beginning of American Sign Language 10:00-11:15</p> <p>Sunflower Day</p> <p>Craft Time 1:15-1:45</p>	<p>23 Morning Song & Exercise</p> <p>Kathy's Birthday Activity 10:00-11:15</p> <p>Activity w/ Jennifer 1:00-2:00</p>	<p>24 Morning Song & Yoga w/ The Yoga Group 10:15-11:15</p> <p>Wear White Wednesday</p> <p>Birthday Activity w/ Glenn 1:15-1:45</p>	<p>25 Morning Song & Exercise</p> <p>Kiss & Make Up Day / Making Cards 10:00-11:15</p> <p>Coloring w/Betty</p> <p>National Banana Split Day 1:00-1:45</p>	<p>26 Morning Song & Exercise / Yoga w/The Yoga Group / Popsicle Activity 10:00-11:15</p> <p>Cherry Popsicle Day/ Movie Friday / Popsicle Activity 12:00-1:45</p>
<p>29 Morning Song & Exercise</p> <p>Let's Play Bingo 10:00-11:15</p> <p>Lemon Juice Day 1:15-1:45</p>	<p>30 Morning Song & Exercise</p> <p>College Colors Day Activity w/ Cole 10:00-11:15</p> <p>Activity Ride the Wind Day 1:15-1:45</p>	<p>31 Morning Song & Exercise / Yoga w/The Yoga Group / Health Update w/Nurse Viki 10:00-11:15</p> <p>Volleyball w/ Des 1:00-1:45</p>	<p>HAPPY BIRTHDAY</p> <p>Kevin - 8/1</p> <p>Simon - 8/2</p> <p>Jeff P - 8/13</p> <p>Elizabeth - 8/13</p> <p>Kathy - 8/16 (staff)</p> <p>Glenn - 8/24</p>	<p>HAPPY ANNIVERSARY</p> <p>Nikki - 8/2 (5 yrs)</p> <p>Tracie - 8/4 (10 yrs)</p> <p>Lauren - 8/10 (4 yrs)</p> <p>Rufus - 8/13 (1 yr)</p> <p>Amanda - 8/16 (1 yr)</p> <p>Beverly - 8/21 (4 yrs)</p>

This institution is an equal opportunities provider