

November 2022

ADULT LIFE PROGRAMS

Vision: To be the leading provider of adult day services in NC

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.

Conover Center

Peggy Smith
Day Services Manager

322 2nd Avenue Place NE
Conover, NC 28613

Phone: 828-464-0078

www.adultlifeprograms.com



Monday

**All Activities are Subject to Change*

- 7**
8:30 Coffee & Current Events
10:00 Exercise w/ Jahlei
10:30 Mental Health Monday w/ Kim
12:30 Community Shopping
1:30 Independent Living Skills
- 14**
8:30 Coffee & Current Events
10:00 Beachball Toss w/ Carrie
10:30 Mental Health Monday w/ Kim, Anger Management
12:30 Adult Education, Budgeting
1:30 Independent Living Skills
- 21**
8:30: Coffee & Current Events
10:00 Exercise w/ Peggy
10:30 Sing Along w/ Libbie
12:30 Community Outing *Budget Shopping*
1:30 Independent Living Skills
- 28**
8:30: Coffee & Current Events
10:00 Exercise w/ Jahlei
10:30 Mental Health Monday w/ Kim, Seasonal Depression
12:30 Newton Library
1:30 Independent Living Skills

Tuesday

- 1**
8:30: Coffee & Current Events
10:00 Exercise w/ Peggy
10:30 Participants Council Meeting
12:30 Adult Education, Reading
1:30 Independent Living Skills
- 8**
8:30: Coffee & Current Events
10:00 Beachball Toss w/ Carrie
10:30 Morning Brunch
11:15 Community Outing *Deal's Produce*
1:30 Independent Living Skills
- 15**
8:30: Coffee & Current Events
10:00 Community Outing *Bowling at Pin Station (Bring \$5.00 for shoes & game)*
12:30 Adult Education, Math Skills Worksheet
1:30 Independent Living Skills
- 22**
8:30: Coffee & Current Events
10:00 Bean Bag Toss w/ Mikala
10:30 Cooking Class
12:30 Movie & Popcorn
1:30 Independent Living Skills
- 29**
8:30: Coffee & Current Events
10:00 Stretching w/ Peggy
10:30 Change for Life Guest Speaker Carleen C.
12:30 Cooking Class w/ Tracy
1:15 Pastor Marcus
1:30 Independent Living Skills

Wednesday

- 2**
8:30: Coffee & Current Events
10:00 Parachute Exercise
10:30 Mental Health w/ VAYA
12:30 Art w/ Peggy
1:30 Independent Living Skills
- 9**
8:30: Coffee & Current Events
10:00 Stretching w/ Aubree
10:30 Spelling Bee w/ Jahlei
12:30 Holiday Crafts w/ Judy
1:30 Independent Living Skills
- 16**
8:30: Coffee & Current Events
10:00 Parachute Exercise
10:30 Volunteer Opportunity *Meals on Wheels*
12:30 What's Missing w/ Aubree
1:30 Independent Living Skills
- 23**
8:30: Coffee & Current Events
10:00 Stretching w/ Aubree
10:30 The Thanksgiving Story w/ Aubree
12:30 Anagram w/ Johnny
1:30 Independent Living Skills
- 30**
8:30: Coffee & Current Events
10:00 Community Outing
12:30 Bingo w/ Darlene & Myriah
1:15 Monthly Birthday Party
1:30 Independent Living Skills

Thursday

- 3**
8:30: Coffee & Current Events
10:00 Community Outing *The Farmers Marker*
12:30 Adult Education, *Wacky Words w/ Darlene*
1:30 Independent Living Skills
- 10**
8:30: Coffee & Current Events
10:00 Music & Motion
10:30 Gents with Tracy & Jahlei
12:30 Thankful Words Bingo w/ Darlene & Myriah
1:30 Independent Living Skills
- 17**
8:30: Coffee & Current Events
10:00 Community Outing *Movies (\$5.00 for ticket/snack)*
12:30 Patio Chat, Thanksgiving Memories & Traditions
1:30 Independent Living Skills
- 24**

Closed
Happy Thanksgiving!



Friday

- 4**
8:30: Coffee & Current Events
10:00 Stretching w/ Aubree
10:30 Meal Planning w/ Tracy
12:30 Community Outing Newton Library
1:30 Independent Living Skills
- 11**
8:30: Coffee & Current Events
10:00 Beachball Toss w/ Carrie
10:30 Jeopardy w/ Kenneth
**Lunch at Western Steer—\$2*
12:30 Veterans Day Education
1:30 Independent Living Skills
- 18**
8:30: Coffee & Current Events
10:00 Exercise w/ Peggy
10:30 Gems w/ Tracy & Jahlei
12:30 Adult Education, Reading
1:30 Independent Living Skills
- 25**

Closed
Happy Thanksgiving!

