

# 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
Sherry-11/1 (4yrs) Nicole-11/9 (8yrs) Sharon-11/18(4yrs) Deidre-11/28(5yrs)	Gilbert-11/2 Anette -11/6 (staff) Niki11/10 Santos Cruz-11/16 Elizabeth ( Lizzy)-11/17 Sylvetta-11/26(staff)	<b>1 10:00-11:15</b> Singing & Dancing w/ Macon National Cinnamon Day <b>1:00-1:45</b> Be Thankful Month International Games Autistics Speaking Day	<b>2 10:00-11:15</b> Morning Song Fun Exercise/ <b>Participants Council</b>  <b>1:00-1:45</b> Birthday Activity w/ Gilbert	<b>3 10:00-11:15</b> Inspirational Songs Photography with Haley <b>12:30-1:45</b> Movie Friday/ Individual Activities Pet Therapy w / Billy & Lakota 
 <b>6 10:00-11:15</b> Morning Star/ Beginning of National Recycling Week (Craft)  <b>1:00-1:45</b> Saxophone Day Nachos Day	 <b>7 10:00-11:15</b> Morning Song Tone It Up Tuesday Birthday Activity w/Anette <b>1:00-1:45</b> Employee Brotherhood/ Sisterhood Day / Hog & Kisses Activity 	 <b>8 10:00-11:15</b> Select-a-Song Fun Exercise Let's Play Bingo <b>1:00-1:45</b> Visiting w/ Comfort Dog  "Faith"	<b>9 10:00-11:15</b> Moving to the Oldies / Mum's the Word Today (Craft) <b>1:00-1:45</b> Nuts About Peanut Butter Day Three Stooges Activity <b>3:30 -5:30</b> Caregiver Appreciation & ALP Open House	 <b>10 10:00-11:15</b> Select-a-Song Fun Move w/ Yoga Group Birthday Activity w/ Niki  <b>1:00-1:45</b> Veterans Day and Remembrance Day
<b>13 10:00-11:15</b> Select-a-Song Fun Exercise <b>World Kindness Day</b> <b>1:00-1:45</b> Six-Step Funny Turkey Drawing Military Family Appreciation Month	<b>14 10:00-11:15</b> Morning Song Tone It Up Tuesday <b>Block It Out Day</b> Block negativity from our digital lives! <b>1:00-1:45</b> Pajama Party Day /American Teddy Bear Day	<b>15 10:00-11:15</b> Select-a-Song Fun Exercise/Perfect Fit Day In celebration of Puzzles Month <b>1:00-1:45</b> Tina from NC Extension Agent Family and Consumer Science	<b>16 10:00-11:15</b> Moving to the Oldies / International Day for Tolerance <b>1:00-1:45</b> Birthday Activity w/ Santos 	<b>17 10:00-11:15</b> Birthday Activity w/ Lizzy <b>( Number Game )</b> <b>World Peace Day</b> <b>1:00-1:45</b> Music w/Bad Boys of Conov Individual Activities 
<b>20 10:00-11:15</b> Moving to the Oldies <b>Memorabilia Monday</b> – In celebration of Treasures of Life Month. <b>1:00-1:45</b> Stately Knowledge Day /Find Your Hidden Treasure Day	<b>21 10:00-11:15</b> Morning Song Tone It Up /Let's Talk Turkey Tuesday – Celebrated the Tuesday before Thanksgiving. <b>1:00-2:00</b> Small Group Sessions Life writing Month and Memoir	<b>22 10:00-11:15</b> Select-a-Song Fun Exercise Word Puzzle Wednesday w/ Emily <b>1:00-1:45</b> Visiting w/ Comfort Dog  "Faith"	<b>23</b> Closed for Thanksgiving 	<b>24</b> Closed for Thanksgiving 
<b>27 10:00-11:15</b> Morning Song Fun <b>Cranium Crunches</b> Games and Puzzles Month  <b>12:30-1:45</b> Birthday Activity w/ Sylvetta 	<b>28 10:00-11:15</b> Morning Song Tone It Up Tuesday <b>1:00-1:45</b> Musical numbers Scene It ! w/ Jennifer from Hickory Library	<b>29 10:00-11:15</b> Select-a-Song Fun Exercise / Family Feud w/ Cole  <b>1:00--1:45</b> Can You See The Big Picture ? 	<b>30 10:00-11:15</b> VAYA Manly Puzzle  <b>1:00-1:45</b> Small Groups Kitchen Band Month 	

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