

## ADULT LIFE PROGRAMS

*Our vision is to be the leading provider of adult day services in NC*


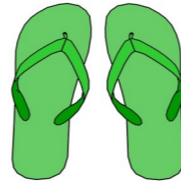
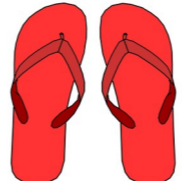
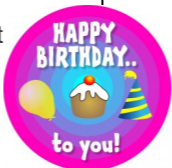
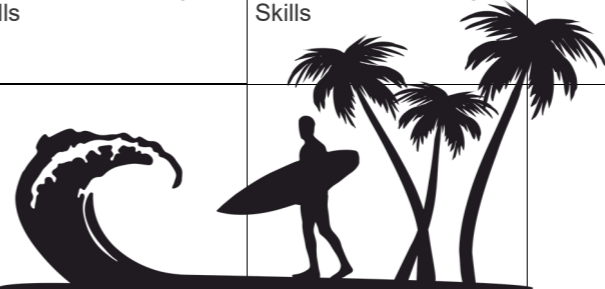
**Our Mission:** To enhance the vitality of participants' lives and support their caregivers by providing quality adult day services designed to keep them connected to and involved in the community.

# June

# 2023

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MON	TUES	WED	THURS	FRI
			1 8:30-coffee & current events 10:00-beachball toss 10:30-heads/tail game 12:30-health tips-P 1:30-Individual Living Skills	2 8:30-coffee & current events 10:00-walking laps 10:30-Public Speaking-S Do-Nut 12:30-Picture this-C 1:30-Individual Living Skills
5 8:30-coffee & current events Alp's store-J 10:00-exercise-beachball toss 10:30-Participant's Council Meeting-M 12:30-MH-Kim 1:30-Individual Living	6 8:30-coffee & current events 10:00-morning stretch 10:30-buget shopping/meal planning-T Art/educational work sheets 12:30-Pet Therapy w/F 1:30-Individual Living	7 8:30-coffee & current events 10:00-walking laps 10:30-VAYA w OCD  12:30-llibrary/rolling pota-toes 1:30-Individual Living Skills	8 8:30-coffee & current events 10:00-Parachute toss 10:30-Cooking Class-Potato Bar-T Nutrition facts 12:30-Wacky Words-D  1:30-Individual Living	9 8:30-coffee & current events 10:00-exercise-stretches 10:30-Spelling Bee-J 12:30-bean bag toss /golf on porch Freeze pops 1:30-Individual Living Skills
12 8:30-coffee & current events/Alp's store-J 10:00-exercise-stretches 10:30-MH-Kim 12:30-before/after-M 1:30-Individual Living Skills	13 8:30-coffee & current events 10:00-exercise-stretches 10:30-singalong w/Libbie/Detective find 12:30-Highlights w/Judy 1:30-Individual Living Skills	14 8:30-coffee & current events 10:00-parachute toss 10:30-Making a Flag 12:30-Flag Day-Public Speaking-C 1:30-Individual Living Skills	15 8:30-coffee & current events 10:00-Community outing to the movies (\$4.50) 12:30-Patio Chat 1:30-Individual Living Skills	16 8:30-coffee & current events 10:00-exercise-stretches 10:30-Juneteenth-Reading Skills-S 12:30-board games 1:30-Individual Living Skills
19 8:30-coffee & current events/Alp's store-J 10:00-exercise-stretches 10:30-Gents out for lunch/shopping 12:30-Father's Day 1:30-Individual Living	20 8:30-coffee & current events 10:00-parachute toss 10:30-Bowling at Pin Station 12:30-Pet Therapy w/F 1:30-Individual Living Skills	21 8:30-coffee & current events 10:00-exercise-stretches 10:30-Vol.Opportunity-Meals on Wheels / puzzles 12:30-Health Tips -P 1:30-Individual Living	22 8:30-coffee & current events 10:00-beanbag throw 10:30-Name that George-A 12:30-Math Skills 1:30-Individual Living Skills	23 8:30-coffee & current events-Wear Pink 10:00-exercise-stretches 10:30-likes/dislikes-P 12:30-Which one-M 1:30-Individual Living Skills
26 8:30-coffee & current events/Alp's store-J 10:00-beachball toss 10:30-Gems shopping/Jeopardy-K  12:30-MH-Kim 1:30-Individual Living	27 8:30-coffee & current events 10:00-walking laps 10:30-bingo day  12:30-anagram-J 1:30-Individual Living Skills	28 8:30-coffee & current events 10:00-parachute toss 10:30-library/hangman 12:30-trivia reading-D 1:30-Individual Living Skills	29 8:30-coffee & current events 10:00-morning stretch 10:30-Community Picnic 12:30-Watermelon 1:30-Individual Living Skills	30 8:30-coffee & current events 10:00-music chairs 10:30-movie and popcorn 12:30-Reminscing-T 1:30-Individual Living Skills
Birthday's Tracy (staff)-1st Robbin-5th Matthew-8th Sarah-15th Cindie-17th				

**\*\* Activities are subject to change \*\***  
**We are an equal Opportunity Provider**