

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.

May

2023

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Day Services Manager




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MON	TUES	WED	THURS	FRI
1 8:30-coffee & current events 10:00-beachball toss ALP's store-J 10:30-MH w/ Kim 12:30-PCM-P 1:30-Individual Living Skills	2 8:30-coffee & current events 10:00-exercise-stretches 10:30-Safety w/ Melanie 12:30-Pet Therapy-F/art 1:30-Individual Living Skills	3 8:30-coffee & current events 10:00-exercise-stretches 10:30-VAYA-Substance Abuse 12:30-Meal Planning -T 1:30-Individual Living Skills	4 8:30-coffee & current events 10:00-beachball toss 10:30-budget shopping-T 12:30-Cleaning the Patio 1:30-Individual Living	5 8:30-coffee & current events 10:00-exercise—Brain Games-think Mexico 10:30-Photo Shoot-P 11:00-Cooking Class-T- Taco Salad 1:30-Individual Living Skills 
8 8:30-coffee & current events Alp's store-J 10:00-exercise-beachball toss 10:30-meal planning-T 12:30-MH-Kim 1:30-Individual Living Skills	9 8:30-coffee & current events 10:00-morning stretch 10:30-Country ride and Picnic at Knob's Creek 1:30-Individual Living Skills 	10 8:30-coffee & current events 10:00-music chairs 10:30-music-Name that tune 12:30-Spelling-P 1:30-Individual Living Skills	11 8:30-coffee & current events 10:00-Parachute toss 10:30-Jeopardy-K 12:30-trip to library/board games 1:30-Individual Living Skills	12 8:30-coffee & current events 10:00-exercise-stretches 10:30-Horse Facts-S 12:30-relay race-P 1:30-Individual Living Skills
15 8:30-coffee & current events/Alp's store-J 10:00-exercise-stretches 10:30-Gems out for lunch/shopping 12:30-Mother's Day 1:30-Individual Living	16 8:30-coffee & current events 10:00-exercise-stretches 10:30-singalong/math – put in order 12:30-Pet Therapy-F/word search 1:30-Individual Living	17 8:30-coffee & current events 10:00-parachute toss 10:30-Vol.Opportunity-Meals on Wheels/ Hangman-A 12:30-Reading Skills 1:30-Individual Living	18 8:30-coffee & current events 10:00-Community outing to the movies 12:30-Patio Chat 1:30-Individual Living Skills	19 8:30-coffee & current events 10:00-exercise-stretches 10:30-bingo 12:30-Public speaking-M 1:30-Individual Living Skills
22 8:30-coffee & current events/Alp's store-J 10:00-exercise-stretches 10:30-MH w/Kim 12:30-Public Speaking-S 1:30-Individual Living	23 8:30-coffee & current events 10:00-parachute toss 10:30-Bowling 12:30-Staying Hydrated-P 1:30-Individual Living Skills	24 8:30-coffee & current events 10:00-exercise-stretches 10:30-Crawdad Ballgame (\$10.00) /movie 12:30-before/after-M 1:30-Individual Living Skills	25 8:30-coffee & current events 10:00-beanbag throw 10:30-Wacky Words-D 12:30-Devotion Pastor Marcus/ gardening 1:30-Individual Living Skills	26 8:30-coffee & current events 10:00-exercise-stretches 10:30-Community outing to the Park with Maiden Cook-out. 1:30-watrmelon social 
29 Center closed Memorial Day 	30 8:30-coffee & current events 10:00-beachball toss 10:30-Gents outing/ Scavenger Hunt-C 12:30-Pondering w/ Judy 1:30-Individual Living	31 8:30-coffee & current events 10:00-parachute toss 10:30-trip to the library/ Spelling-P 12:30-bingo 1:30-Individual Living Skills		
		** Activities are subject to change ** We are an equal opportunity provider		Birthday's Myriah– 3rd Linda– 9th 