

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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Daily Schedule

8:30 to 10:00 Breakfast

10:00 to 10:15 Devotions

10:15 to 10:45 Exercise

10:45 to 11:30 Small Groups

11:30 to 12:00 Lunch

12:00 to 12:15 Chores

12:30 to 1:30 Activities

1:30 to 1:45 Snack Time

1:45 to 2:00 Break

2:00 Van Transports

2:15 to 3:15 "Group Time!"

3:30 to 4:30 Individualized Activities

4:30 to 5:30 "It's TV Time!"

MON	TUES	WED	THURS	FRI
<p>1 <u>May Day Begins</u></p> <ul style="list-style-type: none"> Let's Dance Around The Maypole May Day Scramble May Day Puzzles 	<p>2 <u>Sunglasses Day</u></p> <ul style="list-style-type: none"> Wear your Shades! The Sun's so Bright You've Gotta Wear Shades! Beaded Sunglass 	<p>3 <u>Front Porch Rocking</u></p> <ul style="list-style-type: none"> Lets Talk Game Copycat Game Name Three Categories Game 	<p>4 <u>Firefighter's Day.</u></p> <ul style="list-style-type: none"> Let's visit the Fire Station Take Care packages to the Firemen Meals on Wheels 	<p>5 <u>Let's Celebrate Cinco De Mayo!</u></p> <p>Lunch at 3 Hermano's Restaurant in Maiden</p> <ul style="list-style-type: none"> Mexican Candy Tasting
<p>8 <u>It's Coconut Cream Pie Day!</u></p> <ul style="list-style-type: none"> Let's Eat some Coconut Crème Pie <p><u>It's Trivia Time!</u></p> <ul style="list-style-type: none"> Who will get a pie in the face. 	<p>9 <u>Kentucky Derby Party</u></p> <ul style="list-style-type: none"> Let's Make Bowties and Fascinator Hat's Place your bets on your favorite horse. It's Mint Julep Time 	<p>10 <u>Good To the Last Drop Day</u></p> <ul style="list-style-type: none"> Artistic Coffee Cup Design Contest Coffee Tasting Day Spreading the Word with Pastor Easter 	<p>11 <u>Mother's Day Tea</u></p> <ul style="list-style-type: none"> Fancy Fruit Salad Chicken Salad Croissant's Pasta Salad Rose Cakes 	<p>12 <u>Ice Cream Day</u></p> <ul style="list-style-type: none"> What do you like in your ice cream? Ice cream Word-Scramble How many flavors can you name?
<p>15 <u>Wizard of Oz Day!</u></p> <p>Follow the Yellow Brick Road for a fun adventure...</p> 	<p>16 <u>Senior Citizen Day!</u></p> <ul style="list-style-type: none"> What is so great about being a Senior Citizen? Senior Road Trip 	<p>17 <u>All About Music!</u></p> <ul style="list-style-type: none"> Handbell Choir from Abernathy Laurels (10:30) Let's Play Instruments 	<p>18 <u>Very Berry Nice Day!</u></p> <ul style="list-style-type: none"> Let's Make Jam.. Berry Nice Thank You Notes 	<p>19 <u>It's Circus Time!</u></p> <ul style="list-style-type: none"> Outdoor Circus Games Rainbow Slushies Cotton Candy
<p>22 <u>Backyard Game Day</u></p> <ul style="list-style-type: none"> Frisbee Throw Ring Toss Hot Potato Card Games 	<p>23 <u>Letterboxing Day</u></p> <ul style="list-style-type: none"> Name Stamp Bracelets for Men Monogram Spoon Stamp Necklaces for Women 	<p>24 <u>Bingo Bonanza!</u></p> <ul style="list-style-type: none"> Let's Play Three Bingo Bonanza Games Cover All Bingo Game Spreading the Word with Pastor Easter 	<p>25 <u>Towel Day</u></p> <p>Bring a Towel Day!</p> <ul style="list-style-type: none"> Let's Make Animals out of Towels... Who can make the best animal? 	<p>26 <u>Outdoor Fun!</u></p> <ul style="list-style-type: none"> Bubble Blowing Contest Bubble Flower Art Who can blow the biggest bubble?
<p>29</p> <p>Center Closed</p> 	<p>30 <u>All About You Day!</u></p> <p>Monthly Birthday Party</p> <ul style="list-style-type: none"> Mainly Manicures with Satin Hands Neck Massages 	<p>31 <u>National Senior Health Day!</u></p> <ul style="list-style-type: none"> Blood Pressure Checks! Weight Checks! 	<p>Happy Birthday:</p> <p>Victoria Holmes</p> <p>June 4th</p> 	

1:1 Activities are subject to change based on the needs of each individual participant