

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.

**September
2024**

**Conover Center
211 2nd Ave. Pl. NE
Conover, NC 28613**

828-464-0078

MON	TUES	WED	THURS	FRI
<p>2</p> <p>CLOSED FOR Labor Day</p> 	<p>3</p> <p>10:30-September Fun Facts (MS) 11-Cooking Class (P)  12-Cookout Lunch 12:30Independent Living Skills 1-Group: Mental Health Monday (K)</p>	<p>4</p> <p>10:30-Journaling (T) 11:30-Club: Bible Study (D) 12:30-Pet Therapy (Faith) / Independent Living Skills 1-Community outing: Newton Library (C)</p>	<p>5</p> <p>10:30-Brain Games 11-Arts and Crafts: Trees 12:30-Independent Living Skills 1-Group: Coping Skills (C)</p> 	<p>6</p> <p>10:30-Community Outing: Valley Hills Mall 12:30-Independent Living Skills 1-Participant 's Council Meeting 1:30-Keep it Clean Friday (P)</p>
<p>9</p> <p>10:30-Meal Planning & Money Management (P) 11-Community Outing: Walmart  12:30-Independent Living Skills 1-Group: Mental Health Monday (K)</p>	<p>10</p> <p>10:30-Community Outing: Food Bank (P/C) 11:30-Cooking Class: Tacos 12:30-Independent Living Skills 1-Guest Visitor (Judy) World Suicide Prevention Day!</p>	<p>11</p> <p>10:30-Partner's Mental Health 11:30-Club: Bible Study (D) 12:30-Independent Living Skills 1-Arts & Crafts: Self Portrait</p> 	<p>12</p> <p>10:30-Community Outing: Bowling @ Pin Station 12:30-Independent Living Skills 1-Group: Coping Skills (C)</p>	<p>13</p> <p>10:30-Friday the 13th Superstitions 11-Community Outing: Deals' Produce & Brunch 12:30-Independent Living Skills 1-Word of the Day 1:30-Keep it Clean Friday (P)</p>
<p>16</p> <p>10:30-Meal Planning & Money Management (P) 11-Community Outing: Walmart 12:30-Independent Living Skills 1-Group: Mental Health Monday (K)</p>	<p>17</p> <p>10:30-Picnic Prep (P) 11-Community Outing: Picnic @ Wittenburg Park 12:30-Independent Living Skills 1-Arts and Crafts: Past, Present & Future (T)</p> 	<p>18</p> <p>10:30-Community Volunteer: Meals on Wheels 11:30Club: Bible Study (D) 12:30-Pet Therapy (Faith) 12:30-Independent Living Skills 1-Community Outing: Conover Library</p>	<p>19</p> <p>10:30-Community Outing: Carolina Theater (Bring \$5.50) 12:30-Independent Living Skills 1-Group: Coping Skills (C)</p>	<p>20</p> <p>10:30-Journaling (T) 11-Community Outing: Thrift Shopping 12:30-Independent Living Skills 1-Wacky Words 1:30-Keep it Clean Friday (P)</p>
<p>23</p> <p>10:30-Guest Visitor: Music (Libbie) 11:30-Seasons Change Preparations 12:30-Independent Living Skills 1-Group: Mental Health Monday (K)</p>	<p>24</p> <p>10:30-Meal Planning & Money Management (P) 11-Community Outing: Walmart/Thrift Shopping 12:30-Independent Living Skills 1-BINGO</p>	<p>25</p> <p>10:30-Hangman 11-Community Outing: Hickory Aviation Museum w/ Picnic Lunch 12:30-Independent Living Skills 1-Club: Bible Study (D)</p>	<p>26</p> <p>10:30-Community Outing: ALP Maiden (Lunch 'n' Fun) 12:30-Independent Living Skills 1-Group: Coping Skills (C)</p>	<p>27</p> <p>10:30-Movie & Popcorn @ Center 12:30-Independent Living Skills 1-Deal or No Deal 1:30-Keep it Clean Friday (P)</p> 
<p>30</p> <p>10:30-Journaling (T) 11-Cooking Class: Birthday Cookies 12:30-Independent Living Skills 1-Group: Mental Health Monday (K) 2-Monthly Birthday Celebration</p>		<p>Birthday's Michael S.-1st Carly-15th</p> 		