

# MAIDEN CENTER AUGUST 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>ADULT LIFE PROGRAMS MAIDEN 3390 SHEPHERD RD. MAIDEN, NC 28650 828-428-9010</b>		10 am: Morning Meeting <b>1</b> 10:30am: Outdoor Morning Exercises 12pm: Scheduled Activities - Craft Stick Quilt - Bingo - Letters to Justine 1:45pm: Independent Living Skills 	10 am: Morning Meeting <b>2</b> 10:30am: Inside Walking Path 12pm: Scheduled Activities - Disc Golf - Tabletop Games 1:45pm: Independent Living Skills
10 am: Morning Meeting <b>5</b> 10:30am: ROM Exercises 12pm: Scheduled Activities - Bingo - Red Light, Green Light 1:45pm: Independent Living Skills 	10 am: Morning Meeting <b>6</b> 10:30:Basketball/Outside Meditation 12pm: Scheduled Activities * Faith Service Dog Volunteer - Oral Hygiene Talk - Sock Activity 1:45pm: Independent Living Skills	10 am: Morning Meeting <b>7</b> 10:30:Outdoor Morning Exercises 12pm: Scheduled Activities *Pastor Easter Volunteer - Light House Collages - Packing Boxes 1:45pm: Independent Living Skills	10 am: Morning Meeting <b>8</b> 10:30am: Inside Walking Path 12pm: Scheduled Activities - Pickle Ball - Senior Outing: Salvation Army Thrift - Adults: Monopoly 1:45pm: Independent Living Skills	10 am: Morning Meeting <b>9</b> 10:30am: Chair Exercises 12pm: Scheduled Activities - Audiobook Listening - Fair Games 1:45pm: Independent Living Skills
10 am: Morning Meeting <b>12</b> 10:30am: Basketball or Outside Med- itation 12pm: Scheduled Activities - Group Floral Collage - Hula Dancing 1:45pm: Independent Living Skills	10 am: Morning Meeting <b>13</b> 10:30am: Outdoor Morning Exercises 12pm: Scheduled Activities *Partner's OCD Talk - Bingo - Lei History and Create 1:45pm: Independent Living Skills	10 am: Morning Meeting <b>14</b> 10:30am: Inside Walking Path 12pm: Scheduled Activities - Navajo Code Talking History and Activity - Wiffle Ball 1:45pm: Independent Living Skills 	10 am: Morning Meeting <b>15</b> 10:30am: Chair Exercises 12pm: Scheduled Activities - Porch sitting for National Relax Day - Adults Outing: Dollar Tree - Seniors: Cowboys/Cowgirls Activity 1:45pm: Independent Living Skills	10 am: Morning Meeting <b>16</b> 10:30am: ROM Exercises 12pm: Scheduled Activities - Kite flying - Group Developed Playlist and Dancing/Exercise 1:45pm: Independent Living Skills 
10 am: Morning Meeting <b>19</b> 10:30am: Outdoor Morning Exercises 12pm: Scheduled Activities - Potato Activity - Paper Airplane Decorate and Tour- nament 1:45pm: Independent Living Skills	10 am: Morning Meeting <b>20</b> 10:30am: Inside Walking Path 12pm: Scheduled Activities *EMS Safety Talk with Volunteer - Radio Listening - Cooking class with Polly: Sundaes 1:45pm: Independent Living Skills 	10 am: Morning Meeting <b>21</b> 10:30am: Chair Exercises 12pm: Scheduled Activities *Pastor Easter Volunteer - Bingo - National Seniors Day Activities 1:45pm: Independent Living Skills	10 am: Morning Meeting <b>22</b> 10:30am: ROM Exercises 12 pm: Scheduled Activities - Painted Rocks -Adults Outing: McDonald's for Na- tional Burger Day - Seniors: Bean Artwork for Never Bean Better Day 1:45pm: Independent Living Skills 	10 am: Morning Meeting <b>23</b> 10:30am: Basketball or Outside Med- itation 12pm: Scheduled Activities - Crystallized Heart Science Experi- ment - Civil War Day of Remembrance History and Trivia 1:45pm: Independent Living Skills
10 am: Morning Meeting <b>26</b> 10:30am: Chair Exercises 12pm: Scheduled Activities - Dog Paper Plate Craft - Guess that Tune? 1:45pm: Independent Living Skills 	10 am: Morning Meeting <b>27</b> 10:30am: ROM Exercises 12pm: Scheduled Activities - Propagation Starter Planting - Rock Paper Scissors Competition 1:45pm: Independent Living Skills	10 am: Morning Meeting <b>28</b> 10:30am: Basketball or Outside Meditation 12pm: Scheduled Activities - Sport Sampler Day (Baseball, Bas- ketball, Soccer, and Dancing) 1:45pm: Independent Living Skills	10 am: Morning Meeting <b>29</b> 10:30am: ROM Exercises 12 pm: Scheduled Activities - Bingo - Senior Outing: BBQ King (See Flyer) - Adults: Traffic Awareness Month Presentation 1:45pm: Independent Living Skills	10 am: Morning Meeting <b>30</b> 10:30am: Basketball or Outside Med- itation 12pm: Scheduled Activities - Beach Activities - Grief Awareness Day and Activity 1:45pm: Independent Living Skills 