

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 2022

Susan Blizzard, Day Services Manager

1265A 21st St NE

Hickory, NC 28601

Phone: 828-324-1313

Fax: 828-322-9174

sblizzard@adulthoodprograms.com

www.adulthoodprograms.com



* Activities subject to change *

MON	TUES	WED	THURS	FRI
 <p>HAPPY BIRTHDAY!!!! Malcolm 6/10; Carlos-6/13; Bo-6/23</p>		<p>1 Morning Walk/ Song & Exercise / Yoga w/ The Yoga Group / Talk Time On The Patio 10:15-11:15</p> <p>National Nail Polish Day/ Tabletop Shuffleboard 1:15-1:45</p>	<p>2 Morning / Song & Exercise /</p> <p>Let's Play Bingo 10:15-11:15</p> <p>Alzheimer's and Brain Awareness Month</p> <p>Bowling Activity w/ Hogs & Kisses Day 1:15-1:45</p>	<p>3 Morning Walk Song & Exercise /</p> <p>Yoga w/ The Yoga Group / Small Groups 10:15-11:15</p> <p>Fun Friday / Participants Pick Individual Activities 12:30-1:45</p>
<p>6 Music w/ Morning Star / Words Finds/ Playing Cards 10:15-11:15</p> <p>Shopping @ Dollar Tree/ Activity w/ Eric 1:15-1:45</p>	<p>7 Morning Walk/ Song & Exercise /Number Game w/ Tracie 10:15-11:15</p> <p>Playing Cards</p> <p>Singing w/ Jim Coffey 12:30-1:30</p>	<p>8 Morning Walk/ Song & Exercise / Participant Council Meeting 10:15-11:15</p> <p>10:15-11:15</p> <p>Shopping @ Dollar Tree/ World Oceans Day Activity 1:15-1:45</p>	<p>9 Morning Walk Song & Exercise /</p> <p>"Everything Is Coming Up Roses" Day 10:15-11:15</p> <p>Craft Time/ Dairy Lovers Day 1:15-1:45</p>	<p>10 Morning Walk/ Song & Exercise / Birthday Activity w/ Malcolm 10:15-11:15</p> <p>Shopping @ Dollar Tree/ Clean Up Friday /</p> <p>Movie / Individual Activities 12:30-1:45</p>
<p>13 Morning Song & Exercise /</p> <p>It's Kitchen Klutzes Day! 11:15-11:15</p> <p>National Weed Your Garden Day</p> <p>Random Acts of Light Day Activity 1:15-1:45</p>	<p>14 Morning Song & Exercise /Birthday Activity w/ Carlos 10:15-11:15</p> <p>Flag Day/Karaoke w/ Cole 1:15-1:45</p>	<p>15 Morning Song & Exercise / Singing w/ Macon/ Coloring w/ Matthew & Word Finds 10:15-11:15</p> <p>Making Father's Day Card w/ Activity w/ The Doves 1:15-1:45</p>	<p>16 Morning Song & Exercise / Activity w/ Susan & Amanda 10:15-11:15</p> <p>Men's Health Month w/ Blake Activity w/ Shakya 1:15-1:45</p>	<p>17 Morning Song & Exercise / Yoga w/ The Yoga Group / Small Group w/ Cindy 10:15-11:15</p> <p>Fun Friday / Participants Pick Individual Activities 12:30-1:45</p>
<p>20 Morning Song & Exercise Out To Lunch @ Boxcar/</p> <p>National Iced Tea Month 10:15-11:15</p> <p>Ice Cream Soda Day Activity w/ Sherry 1:15-1:45</p>	<p>21 Morning Walk/ Song & Exercise / Activity w/ Lauren 10:15-11:15 Thank you Marilyn Shakya Roxanne Sharon Mailee Chandra 1:15-1:45</p>	<p>22 Morning Song & Exercise / Yoga w/ The Yoga Group</p> <p>Out To Lunch @ Box Car 10:15-11:15</p> <p>Blue Butterfly Day</p> <p>Painting w/ Tiffany 1:15-1:45</p>	<p>23 Morning Walk/ Song & Exercise / Birthday Activity w/ Bo 10:15-11:15</p> <p>Wear Pink Day Activity w/ Shele / Game "oh! Snap" 1:15-1:45</p>	<p>24 Morning Song & Exercise/Out To Lunch @ Boxcar/ Clean Up Friday 10:15-11:15</p> <p>Board Games / Movie / Individual Activities 12:30-1:45</p>
<p>27 Morning Walk Song & Exercise/</p> <p>Let's Play Bingo 10:15-11:15</p> <p>Many Mini Snack w/ Deidre</p> <p>Drawing & Coloring Activity 1:15-1:45</p>	<p>28 Morning Walk/ Song & Exercise/</p> <p>Charades w/ Des & Glenn 10:15-11:15</p> <p>Individual Group/ Timeless Trivia w/ Jennifer 1:15-1:45</p>	<p>29 Morning Walk / Song & Exercise 10:15-11:00</p> <p>Health Update w/ Nurse Viki 11:00-11:15</p> <p>I Spy Past -n- Future 1:15-1:45</p>	<p>30 Morning Walk Song & Exercise / Penny Toss 10:15-11:15</p> <p>Decorating for the 4th of July</p> <p>Participants vs Staff 1:15-1:45</p>	<p><i>Happy Anniversary</i></p> <p>Blake -6/1 (1 yr)</p> <p>Timothy-6/12 (3 yrs)</p> <p>Steven-6/16 (8 yrs)</p> <p>Eric- 6/22 (1 yr)</p>