

# 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 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**

MON

TUES

WED

THURS

FRI

<p><b><u>Happy Birthday:</u></b> <b><u>No birthday's this month....</u></b></p> 	<p>goodbye, august hello, september</p>			<p>1. <b><u>Outside Fun</u></b></p> <ul style="list-style-type: none"> <li>Beach Ball Roll</li> <li>Twister Questions</li> <li>How many Questions can you answer? How many can you ask?</li> </ul> 
<p>4. <b><u>CLOSED</u></b></p> 	<p>5. <b><u>Improve your Penmanship Day</u></b></p> <ul style="list-style-type: none"> <li>Fancy Pens Craft</li> <li>How many words can you write Neatly?</li> <li>Match That Word?</li> </ul>	<p>6. <b><u>It's All About Cheese Day!</u></b></p> <ul style="list-style-type: none"> <li>Photo Day " Say Cheese!"</li> <li>Let's Make Grilled Cheese &amp; Apple Sandwiches</li> </ul>	<p>7. <b><u>National Football Day</u></b></p> <ul style="list-style-type: none"> <li>It's a Tailgate party Outside with hotdogs &amp; all the fixings</li> <li>Football Toss</li> <li>Guess that Team?</li> </ul>	<p>8. <b><u>Board Game Day</u></b></p> <ul style="list-style-type: none"> <li>Checkers</li> <li>Name Five?</li> <li>Scrabble</li> <li>Would You Rather?</li> </ul>
<p>11. <b><u>Classic Movies</u></b></p> <ul style="list-style-type: none"> <li>I Dream of Jeannie &amp; Leave It To Beaver Showtime &amp; Trivia</li> <li>Name That Classic Movie</li> </ul>	<p>12. <b><u>Bingo Bonanza</u></b></p> <ul style="list-style-type: none"> <li>Vaya Health Seminar</li> <li>Cover All Bingo</li> <li>Four Corners Bingo</li> </ul>	<p>13. <b><u>Word Game Wednesday...</u></b></p> <ul style="list-style-type: none"> <li>Describe That Word..</li> <li>Jenga Challenge</li> <li>Spreading The Word</li> </ul>	<p>14. <b><u>It's Bingo Day!</u></b></p> <ul style="list-style-type: none"> <li>Fill up your own Bingo Card....</li> <li>B Column Bingo</li> <li>G Column Bingo</li> </ul>	<p>15. <b><u>Wear A Hat Day!</u></b></p> <ul style="list-style-type: none"> <li>What job would you like to have?</li> <li>Road Game-- How many jobs can you name on the road?</li> </ul>
<p>18. <b><u>All About Apples</u></b></p> <ul style="list-style-type: none"> <li>Apple Games</li> <li>Apple Art</li> <li>Apple Tasting with the Different kinds of Apples...</li> </ul>	<p>19. <b><u>Honky Tonk Country Throwback Day!</u></b></p> <ul style="list-style-type: none"> <li>Let's learn the Boot Scoot Boogie Dance</li> <li>Dance Bingo</li> <li>DJ Eric's County Hits</li> </ul>	<p>20. <b><u>Back To School</u></b></p> <ul style="list-style-type: none"> <li>100 Really Dumb Things to Do Game</li> <li>Spelling Bee</li> <li>Guess that Word</li> </ul>	<p>21. <b><u>It's Baking Day!</u></b></p> <ul style="list-style-type: none"> <li>Food Group Bingo</li> <li>Cooking Class: Apple Pie in a Cup!</li> </ul> 	<p>22. <b><u>Autumn Begins</u></b></p> <ul style="list-style-type: none"> <li>The Smells of Autumn</li> <li>Autumn Craft</li> <li>What reminds you of Autumn?</li> </ul>
<p>25. <b><u>Card Game Day</u></b></p> <ul style="list-style-type: none"> <li>UNO</li> <li>Old Maid</li> <li>Go Fish</li> <li>Match that Card</li> </ul> 	<p>26. <b><u>Let's Learn About Johnny Appleseed...</u></b></p> <ul style="list-style-type: none"> <li>Fact or Fiction?</li> <li>Caramel Apple Dip</li> <li>Apple Jello Dip</li> </ul>	<p>27. <b><u>Scarf Day!</u></b></p> <ul style="list-style-type: none"> <li>Scarf Exercises</li> <li>Make your own scarf</li> <li>Spreading The Word with Pastor Easter</li> </ul>	<p>28. <b><u>Apple Cook-off</u></b></p> <ul style="list-style-type: none"> <li>Apple Dumplings with Vanilla Ice-cream</li> <li>Homemade Apple Cider</li> </ul>	<p>29. <b><u>Adult Life 40th Celebration!</u></b></p> <ul style="list-style-type: none"> <li>Please look for your invitation to our 40th celebration Party</li> </ul> 

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