

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.

April 2024

Cassandra Hall, MHR, QP
Day Services Manager

1265A 21st Street NE



Hickory, NC 28601

Phone: 828-324-1313

Fax: 828-322-9174

www.adultlifeprograms.com



MON	TUES	WED	THURS	FRI
<p>1 10:00-11:30 Inspirational Songs / Exercise Jody's Birthday Activity </p> <p>1:00-1:45 International Black Women's History Month Begins Dollar Sign Day (Cranium Crunches)</p>	<p>2 10:00-11:30 Inspirational Songs /Exercise Drawing & Writing Sing Karaoke Month</p> <p>1:00-1:45 World Autism Awareness Day PB&J (Peanut Butter and Jelly) Day</p>	<p>3 10:00-11:15 Singing & Dancing  Find a Rainbow Day Painting w/ Kevin</p> <p>1:00-1:45 Wiser Now Wednesday Getting to know you Name that Participants w/ Heather</p>	<p>4 10:00-11:30 Participants Council Meeting </p> <p>1:00-1:45 A Day "Four" Having Fun MTW w/Lauren Get Your Groove On Day</p>	<p>5 10:00-11:30 Morning Music /Chair Exercise Samatha's Birthday Activity </p> <p>Be Happy Day</p> <p>12:30-1:45 Pet Therapy w/ Billy & Lakota  Clean Up Friday</p>
<p>8 10:00-11:30 Music & Devotion w/ Morning Star Brain Tools Month</p> <p>1:00-1:45 Total Solar Eclipse Fire Safety Day</p>	<p>9 10:00-11:30 Feel Good Songs/ Exercise Small Group Sessions Out To Lunch @ KFC </p> <p>Unicorn Day</p> <p>1:00-1:45 Let's Play Bingo </p>	<p>10 10:00-11:15 Morning Music / Chair Exercise / National Siblings Day Out To Lunch @ KFC</p> <p>12:45-1:45 Visiting w/ Comfort Dog in Process "FAITH" </p>	<p>11 10:00-11:15  Inspirational Songs Moving to the Oldies / Andrea's Birthday Activity</p> <p>1:00-1:45 National Pet Day "Bring your favorite Pet Photo "</p>	<p>12 10:00-11:15 Feel Good Songs/ Exercise Painting w/ Kevin Tattoo Week Begins Day of Pink</p> <p>1:00-1:45 Movie Friday/ Individual Activities Clean Up Friday</p>
<p>15 10:00-11:30 Moving to the Oldies Chair Exercise </p> <p>Raequel's Birthday Activity</p> <p>1:00-1:45 Nick's Anniversary Activity Anniversary of McDonald's</p>	<p>16 10:00-11:15 Inspirational Songs Wear Your Pajamas to Work Day /Stress Awareness Day Out To Lunch @ KFC </p> <p>1:00-1:45 Noodle Game w/ Carlos & Eric </p>	<p>17 10:00-11:15 Sing Along / Chair Exercise Mustang Day / Painting w/ Kevin</p> <p>1:00-1:45 Number Game w/ Tracie </p>	<p>18 10:00-11:15 Morning Music / Exercise Adult Autism Awareness Day Out To Lunch @ KFC </p> <p>1:00-1:45 High Five Day  Activity w/</p>	<p>19 10:00-11:15 Feel Good Music /Exercise Poetry and the Creative Mind Day Jody's Anniversary Activity</p> <p>1:00-1:45 Movie Friday/ Individual Activities Clean Up Friday</p>
<p>22 10:00-11:30 Inspirational Songs Small Group Sessions Shopping @ </p> <p>1:00-1:45 Earth Day April Showers Day</p>	<p>23 10:00-11:15 Feel Good Music / Exercise Spanish Language Day Pink Moon Day</p> <p>1:00-2:00 Camping Themed Scene It w/ Jennifer Hickory Public Library</p>	<p>24 10:00-11:15 Moving to the Oldies Administrative Professionals Day /Karaoke w/ Valerie</p> <p>12:45-1:45 Visiting w/ Comfort Dog in Process "FAITH" </p> <p>Painting w/ Kevin</p>	<p>25 10:00-11:15 VAYA Health Training Suicide and self-harm</p> <p>1:00-1:45 Shopping @  Small Groups</p>	<p>26 10:00-11:15 Morning Music /Chair Exercise Special Olympics 12:45 -1:15 A Day for Fiddlers Bad Boys of Conover / Individual Activities</p>
<p>29 10:00-11:15 Feel Good Music / Jessica's Birthday Activity </p> <p>1:00-1:45 International Dance Day</p>	<p>30 10:00-11:30 Sing Along /Exercise Shopping @ </p> <p>1:00-1:45 Beading Jewelry w/ Elizabeth Noodle Game w/ Carlos & Eric</p>		<p>Nick-4/15(11yrs.) Jody-4/19 (1 year)</p> <p></p>	<p>Jody-4/1(staff) </p> <p>Samatha -4/6</p> <p>Andrea-4/11</p> <p>Raequel-4/15(staff)</p> <p>Jessica -4/28(staff) </p>

**** Activities are subject to change ****

This institution is an equal opportunities provider