

**SEPTEMBER 2019** **Wilder Adult Day Health Program DAY ROOM**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>
	06:30 Individual Activities 09:00 Social Cafe 10:30 Exercise 11:00 Can You Picture This? 11:45 Lunch 12:45 Horse Shoes 01:15 Flower Arranging/SWIM Catagories 02:00 Tribond 02:30 Social Cafe 03:30 - 05:30 Individual Activities	06:30 Individual Activities 09:00 Social Cafe 10:00 <b>Art Class w/Sandra</b> 10:30 Carosel Songs at the Fair 11:45 Lunch 12:45 Bowling 01:15 Theatre Now Puppetry Performance 02:30 Social Cafe 03:30 - 05:30 Individual Activities	06:30 Individual Activities 09:00 Social Cafe 10:30 Exercise 11:00 Mystery Bookclub/Feathered Fridends: The Joy of Backyard Chickens 11:45 Lunch 12:45 Advisory Council 01:15 Choir Song List/ Flute Demo 02:00 Labor Day Video 02:30 Social Cafe 03:30 - 05:30 Individual Activitie	06:30 Individual Activities 09:00 Social Cafe 10:00 Men's Group: Campers 10:15 Cook's Corner: Zucchini Bread 11:45 Lunch 12:45 Corn Hole 01:15 Art w/Barb/Wilderness Survival Tips & Camping Inventions 02:00 My Hilarious Job: Been There Done That! 02:30 Social Cafe 03:30 - 05:30 Individual Activities
<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
06:30 Individual Activities 09:00 Social Cafe 10:30 <b>Tai Chi/Exercise</b> 11:00 Do You Hear What I Hear? 11:45 Lunch 12:45 Lawn Darts <b>01:00 Storytelling w/ T Mychael Rambo</b> 01:15 Discuss and Recall: Going, Going, Gone 02:00 Tribond 02:30 Social Cafe 03:30 - 05:30 Individual Activities	06:30 Individual Activities 09:00 Social Cafe 10:30 Wrap 'n Llama Craft/Modern Jopardy Trivia 11:00 Outburst 11:45 Lunch 12:45 Balloon Volleyball 01:15 Flower Arranging/ Are You Smarter Than a 5th Grader? 02:00 Catagories 02:30 Social Cafe 03:30 - 05:30 Individual Activities	06:30 Individual Activities 09:00 Social Cafe 10:00 <b>Art Class w/Sandra</b> 10:30 <b>Tai Chi/Exercise</b> 11:00 Giant Crossword 11:45 Lunch 12:45 9 Square <b>01:15 Charlie Maguire</b> 02:00 Who, What, Where, When? 02:30 Social Cafe 03:30 - 05:30 Individual Activities	06:30 Individual Activities 09:00 Social Cafe 10:30 <b>HFC/Cup-ple of Apples Craft/KFC Outing</b> 11:00 Mystery Book Club/Health Talk by Mee 11:45 Lunch 12:45 Ring Toss 01:15 <b>Choir/Remembering Moon Songs</b> 02:00 Puzzles and Games 02:30 Social Cafe 03:30 - 05:30 Individual Activities	06:30 Individual Activities 09:00 Social Cafe 10:00 Men's Group: WW1 10:15 Apple Sampling/Spa Day 11:45 Lunch 12:45 Dutch Shuffleboard 01:15 Cook's Corner: Moon Cakes/Moon Trivia 02:15 Bingo 02:30 Social Cafe 03:30 - 05:30 Individual Avtivities
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
06:30 Individual Activities 09:00 Social Cafe 10:30 <b>Tai Chi/Exercise</b> 11:00 Croquet Group/ Eat an Apple a Day 11:45 Lunch 12:45 Pin Toss 01:00 <b>Storytelling w/ T Mychael Rambo</b> 01:15 Giant Crossword 02:00 Cranium Crunches 02:30 Social Cafe 03:30 - 05:30 Individual Activities	06:30 Individual Activities 09:00 Social Cafe 10:30 Exercise 11:00 On the Road: Charles Lindberg House 11:45 Lunch 12:45 Chicken in a Bucket 01:15 Flower Arranging/Sky, Land, and Sea 02:00 Daily Chronicles 02:30 Social Cafe 03:30 - 05:30 Individual Activities	06:30 Individual Activities 09:00 Social Cafe 10:30 <b>Tai Chi/Words That End in Z Quizz</b> 11:00 Zen Doodle Moon Craft/Apples To Apples 11:45 Lunch 12:45 Movie of the Month: Ever After 01:15 Guesstures 02:00 Who, What, Where, When? 02:30 Social Cafe 03:30 - 05:30 Individual Activities	06:30 Individual Activities 09:00 Social Cafe 10:30 Exercise with Nancy 11:00 Mystery Book Club/Do You Hear What I Hear? 11:45 Lunch 12:45 Velcro Ball 01:15 <b>Choir/Can You Picture This?</b> 02:00 Word Grid 02:30 Social Cafe	06:30 Individual Activities 09:00 Social Cafe 10:00 Men's Group: Rock Bands 10:15 Colorado Wild Flower Tour 11:00 Visit To Baltimore 11:45 Lunch 12:45 Horse Shoes <b>01:15 Sing Along w/ Janine/Art w/ Barb</b> 02:00 Who, What, Where, When? 02:30 Social Cafe 03:30 - 05:30 Individual Activities
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
06:30 Individual Activities 09:00 Social Cafe 10:30 <b>Tai Chi/Exercise</b> 11:00 "You Know It's Fall When..." 11:45 Lunch 12:45 Noodle Toss <b>01:00 Storytelling w/ T Mycael Rambo</b> 01:15 A Spoonful of Sound 02:00 Who, What, Where, When? 02:30 Social Cafe 03:30 - 05:30 Individual Activities	06:30 Individual Activities 09:00 Social Cafe 10:30 Health and Wellness - Mindfulness Matters 11:00 Crochet Group/Autumnal Equinox 11:45 Lunch 12:45 Elevensies 01:15 Flower Arranging/Garden Stroll and Clean-up 02:00 Randon Trivia 02:30 Social Cafe 03:30 - 05:30 Individual Activities	06:30 Individual Activities 09:00 Social Cafe 10:30 <b>Tai Chi/Exercise</b> 11:00 Moon Trivia 11:45 Lunch 12:45 Noodle Ball 01:15 Do You Hear What I Hear? 02:00 Hot Potato 02:30 Social Cafe 03:30 - 05:30 Individual Activities	06:30 Individual Activities 09:00 Social Cafe 10:30 <b>Let's Go Fishing Outing/HFC</b> 11:00 Do You Hear What I Hear?/Mystery B00k Club 11:45 Lunch 12:45 Fishing Game 01:15 <b>Choir/Berry Pickina Reminisce</b> 02:15 Word Grid 02:30 Social Caf�e 03:30 - 05:30 Individual Activities	06:30 Individual Activities 09:00 Social Cafe 10:00 Men's Group: Oktoberfest 10:30 Frost Sugar Cookies/Cranium Crunches & Hidden Pictures 12:45 9 Square 01:15 Logical Musicians 02:00 Autumn Catagories 02:30 Social Cafe 03:30 - 05:30 Individual Activities
<b>30</b>				
06:30 Individual Activities 09:00 Social Cafe <b>10:30 Tai Chi/Exercise</b> 11:00 Jopardy Trivia 12:45 Dutch Shuffleboard <b>01:00 Storytelling w/ T Mychael Rambo</b> 01:15 Rosh Hashanah 02:00 Hidden Pictures and Word Puzzles 02:30 Social Cafe 03:30 - 05:30 Individual Activities				<b>INDIVIDUAL ACTIVITIES</b> <b>Creative Table Time</b> <b>Individual Progress Goals</b> <b>Laundry Assistance</b> <b>Magazines</b> <b>Picture Identification</b> <b>Plant Watering</b> <b>Puzzles/Table Game</b> <b>Sorting/Gardening</b> <b>Wii</b> <b>Worksheet &amp; Word Puzzles</b>