

AUGUST		2019		Wilder Adult Day Health Program GREAT ROOM		
Monday	Tuesday	Wednesday	Thursday	Friday		
INDIVIDUAL ACTIVITIES Creative Table Time Individual Progress Goals Laundry Assistance Magazines Picture Identification Plant Watering Puzzles/Table Game Sorting/Gardening Wii Worksheet & Word Puzzles				06:30 Individualized Activities 09:00 Social Cafe 10:00 Guided Imagery 10:15 Exercise with Weights 11:00 Horse Shoes 11:45 Lunch 12:45 World's Funniest Animals 01:15 Wilder Choir / American Bandstand 02:15 Social Cafe 02:30 Gang of Five 03:30 - 05:30 Individualized Activities	06:30 Individualized Activities 09:00 Social Cafe 10:00 Men's Group: Sturgis 10:15 Stacy's Craft 11:00 Giggile Feet Festival 11:45 Lunch 12:45 Exercise with Weights 01:15 Music with Janine 02:15 Social Cafe 02:30 Puzzles/ Wordfinds 03:30 - 05:30 Individualized Activities	01 02
05	06	07	08	09		
06:30 Individualized Activities 09:00 Social Cafe 10:00 Mindfulness 10:15 Exercise with Weights 11:00 Tunnel Run 11:45 Lunch 12:45 Good News 01:00 Storytelling with Tmycheal Rambo 02:15 Social Cafe 02:30 Alphabet Soup 03:30 - 05:30 Individualized Activities	06:30 Individualized Activities 09:00 Social Cafe 10:00 Morning Stretch / Art Class with Sandra 10:15 Exercise with Weights 11:00 Balloon Volleyball 11:45 Lunch 12:45 Garden Stroll 01:15 Music with Janine 02:15 Social Cafe 02:30 Word Challenge 03:30 - 05:30 Individualized Activities	06:30 Individualized Activities 09:00 Social Cafe 10:00 Guided Imagery 10:15 Exercise with Weights 11:00 Bouquet Toss 11:45 Lunch 12:45 Celebrating Laurel & Hardy 1:30 Theatre Now Presentation 02:15 Social Cafe 02:30 Fact or Fiction 03:30 - 05:30 Individualized Activities	06:30 Individualized Activities 09:00 Social Cafe 09:45 Morning Stretch 10:00 Exercise with Weights 10:45 Tic Tac Toss/ Art Class with Barb 11:45 Lunch 12:45 Antique Jewelry 01:15 Wilder Choir / African Animals 02:15 Social Cafe 02:30 Mind Stretchers 03:30 - 05:30 Individualized Activities	06:30 Individualized Activities 09:00 Social Cafe 10:00 Men's Group: Banff 10:15 Whitney Houston 11:00 Client's Choice 11:45 Lunch 12:45 Exercise with Weights 01:15 Whitney Houston Birthday 02:15 Social Cafe 02:30 History of Smokey the Bear 03:30 - 05:30 Individualized Activities		
12	13	14	15	16		
06:30 Individualized Activities 09:15 Fishing Outing/ Social Cafe 10:00 Morning Stretch 10:15 Dance and Drama 11:00 Fishing Game 11:45 Lunch 12:45 Client Planning 01:15 Good News 02:15 Social Cafe 02:30 Group Word Scrambles 03:30 - 05:30 Individualized Activities	06:30 Individualized Activities 09:00 Social Cafe 10:00 Mindfulness/ Art Class with Sandra 10:15 Timeslips 11:00 Exercise with Weights 11:45 Lunch 12:45 Natural Geographic 01:15 Music with Janine 02:15 Social Cafe 02:30 Making Poetry 03:30 - 05:30 Individualized Activities	06:30 Individualized Activities 09:00 Social Cafe 10:00 Morning Stretch 10:15 Exercise with Weights 11:00 Dutch Shuffleboard 11:45 Lunch 12:45 Garden Poetry 01:15 Organization of high life in Africa 02:15 Social Cafe 02:30 Reminscing 03:30 - 05:30 Individualized Activities	06:30 Individualized Activities 09:00 Social Cafe 09:45 Guided Imagery 10:00 Exercise with Weights 10:45 Horseshoes / Art with Barb 11:45 Lunch 12:45 History of Woodstock 01:15 Wilder Choir / Travel to Fiji 02:15 Social Cafe 02:30 Game of Outburst 03:30 - 05:30 Individualized Activities	06:30 Individualized Activities 09:00 Social Cafe 10:00 Men's Group: Famous Volleyball Players 10:15 Woodstock 11:00 Women's Group: Mansions on Wheels 11:45 Lunch 12:45 Exercise with Weights 01:15 Travel to Massachusetts 02:15 Social Cafe 02:30 Treasured Memories 03:30 - 05:30 Individualized Activities		
19	20	21	22	23		
06:30 Individualized Activities 09:00 Social Cafe 10:00 Guided Imagery 10:15 Dance and Drama 11:00 Pocket Toss 11:45 Lunch 12:45 Good News 01:00 Storytelling with T Mycheal Rambo/ Hero's 02:15 Social Cafe 02:30 Gang of Five 03:30 - 05:30 Individualized Activities	06:30 Individualized Activities 09:00 Social Cafe 10:00 Morning Stretch 10:15 Exercise with Weights 11:00 Garden Activities 11:45 Lunch 12:45 It Happened in 1939 01:15 Music with Janine 02:15 Social Cafe 02:30 Alphabet Soup 03:30 - 05:30 Individualized Activities	06:30 Individualized Activities 09:00 Social Cafe 10:00 Mindfulness/ Art Class with Sandra 10:15 Exercise with Weights 11:00 Bowling 11:45 Lunch 12:45 Happy Birthday Kenny Rogers 01:15 Music with Charlie Maguire 02:15 Social Cafe 02:30 Word Challenge 03:30 - 05:30 Individualized Activities	06:30 Individualized Activities 09:00 Social Cafe 09:45 Morning Stretch 10:00 Exercise with Weights 10:45 Lawn Darts/ Art Class with Barb 11:45 Lunch 12:45 Anniversary of National Park Service 01:15 Wilder Choir Concert 02:15 Social Cafe 02:30 Question Ball 03:30 - 05:30 Individualized Activities	06:30 Individualized Activities 09:00 Social Cafe 10:00 Men's Group: State Fair 10:15 Nine Square 11:00 State Fair Remenisce 11:45 Lunch 12:45 Exercise with Weights 01:15 80th Anniversary of the Wizard of Oz 02:15 Social Cafe 02:30 Puzzles/ Wordfinds 03:30 - 05:30 Individualized Activities		
26	27	28	29	30		
06:30 Individualized Activities 09:00 Social Cafe 10:00 Morning Stretch 10:15 Dance and Drama 11:00 Bullseye 11:45 Lunch 12:45 Good News 01:15 State Fair Pig Race and Animal Judging 02:15 Social Cafe 02:30 Game of Outburst 03:30 - 05:30 Individualized Activities	06:30 Individualized Activities 09:00 Social Cafe 10:00 Guided Imagery 10:15 Peach Pie Back Off/ State Fair 9 Square 11:00 Exercise with Weights 11:45 Lunch 12:45 Birth Anniversary of Mother Teresa 01:15 Music with Janine 02:15 Social Cafe 02:30 Pictionary 03:30 - 05:30 Individualized Activities	06:30 Individualized Activities 09:00 Social Cafe 10:00 Morning Stretch/ Art Class with Sandra 10:15 Exercise with Weights 11:00 State Fair Poem and Reminisce 11:45 Lunch 12:45 Anniversary of the March on Washington 01:30 Cracker and Jam Taste Test 02:15 Social Cafe 02:30 Mind Stretchers 03:30 - 05:30 Individualized Activities	06:30 Individualized Activities 09:00 Social Cafe 09:45 Mindfulness 10:00 Exercise with Weights 10:45 Dutch Shuffleboard/ Art Class with Barb 11:45 Lunch 12:45 How the Months got their Name 01:15 Wilder Choir 02:15 Social Cafe 02:30 Word Scrambles 03:30 - 05:30 Individualized Activities	06:30 Individualized Activities 09:00 Social Cafe 10:00 Men's Group: Careers 10:15 Labor Day Facts 11:00 Yard Games 11:45 Labor Day BBQ Lunch 12:45 Exercise with Weights 01:15 Rocking to the Decades 02:15 Social Cafe 02:30 Gang of Five 03:30 - 05:30 Individualized Activities		