

# SEPTEMBER

# 2019

Wilder Adult Day Health Program  
GREAT ROOM

Monday	Tuesday	Wednesday	Thursday	Friday
02	03	04	05	06
	06:30 Individualized Activities 09:00 Social Café: Daily Chronicle 10:00 Morning Stretch / <b>Art Class with Sandra</b> 10:15 Exercise with Weights 11:00 Balloon Volleyball 11:45 Lunch 12:45 School Days: Pick a Letter 01:15 Travel to Michagin 02:15 Social Cafe 02:30 Gang of Five 03:30 - 05:30 Individualized Activities	06:30 Individualized Activities 09:00 Social Café : Daily Chronicle 10:00 Guided Imagery 10:15 Exercise with Weights 11:00 Nine Square 11:45 Lunch 12:45 Jeopardy Trivia 01:15 <b>Driving Beat</b> 02:15 Social Cafe 02:30 Puzzles/ Word Finds 03:30 - 05:30 Individualized Activites	06:30 Individualized Activities 09:00 Social Café : Daily Chronicle 09:45 Morning Stretch 10:00 Exercise with Weights 10:45 Tunnel Run/ Art Class with Barb 11:45 Lunch 12:45 Poetry Reading 01:15 Christa's Science Corner 02:15 Social Cafe 02:30 Alphabet Soup 03:30 - 05:30 Individualized Activities	06:30 Individualized Activities 09:00 Social Café : Daily Chronicle 10:00 Men's Group:Campers 10:00 <b>Babe Movie</b> 11:45 Lunch 12:45 Exercise with Weights 01:15 <b>Music with Janine</b> 02:15 Social Cafe 02:30 Word Challenge 03:30 - 05:30 Individualized Activities
09	10	11	12	13
06:30 Individualized Activities 09:00 Social Café : Daily Chronicle 10:00 Morning Stretch 10:15 Dance and Drama 11:00 <b>St. Croix Outing/</b> Lawn Darts 11:45 Lunch 12:45 Good News 01:15 International Manatee Day 02:15 Social Cafe 02:30 Fact or Fiction 03:30 - 05:30 Individualized Activities	06:30 Individualized Activities 09:00 Social Café : Daily Chronicle 10:00 Mindfulness/ <b>Art Class with Sandra</b> 10:15 Time Slips 11:00 Exercise with Weights 11:45 Lunch 12:45 Client Planning 01:15 <b>Music with Janine</b> 02:15 Social Cafe 02:30 Making Poetry 03:30 - 05:30 Individualized Activities	06:30 Individualized Activities 09:00 Social Café : Daily Chronicle 10:00 Morning Stretch 10:15 Exercise with Weights 11:00 Horse Shoes 11:45 Lunch 12:45 National Geographic: Rivers 01:15 Man Made Wonders of the World 02:15 Social Cafe 02:30 Reminscing 03:30 - 05:30 Individualized Activites	06:30 Individualized Activities 09:00 Social Café : Daily Chronicle 09:45 Guided Imagery 10:00 Exercise with Weights 10:45 Bowling/ Art Class with Barb 11:45 Lunch 12:45 Prehistoric Cave Painting 01:15 <b>Wilder Choir/ Rememberina Moon Sonas</b> 02:15 Social Cafe 02:30 Game of Outburst 03:30 - 05:30 Individualized Activities	06:30 Individualized Activities 09:00 Social Café : Daily Chronicle 10:00 Men's Group: World War I 10:30 Apple Sampling 11:00 Corn Hole 11:45 Lunch 12:45 Exercise with Weights 01:15 Lassie and other Famous Dogs 02:15 Social Cafe 02:30 Treasured Memories 03:30 - 05:30 Individualized Activities
16	17	18	19	20
06:30 Individualized Activities 09:00 Social Café : Daily Chronicle 10:00 Guided Imagery 10:15 Dance and Drama 11:00 Dutch Shuffleboard 11:45 Lunch 12:45 Good News 01:15 <b>Music with Janine</b> 02:15 Social Cafe 02:30 Gang of Five 03:30 - 05:30 Individualized Activities	06:30 Individualized Activities 09:00 Social Café : Daily Chronicle 10:00 Morning Stretch/ <b>Art Class with Sandra</b> 10:15 Exercise with Weights 11:00 Tic Tac Toss 11:45 Lunch 12:45 Who What When 01:15 <b>Music with Charlie Maguire</b> 02:15 Social Cafe 02:30 Alphabet Soup 03:30 - 05:30 Individualized Activities	06:30 Individualized Activities 09:00 Social Café : Daily Chronicle 10:00 Mindfulness/ <b>Art Class with Sandra</b> 10:15 Exercise with Weights 11:00 Tunnel Run 11:45 Lunch 12:45 Poetry Reading 01:15 <b>Rocking to the Decades</b> 02:15 Social Cafe 02:30 Word Challenge 03:30 - 05:30 Individualized Activites	06:30 Individualized Activities 09:00 Social Café : Daily Chronicle 09:45 Morning Stretch 10:00 Exercise with Weights 10:45 Nine Square/ Art Class with Barb 11:45 Lunch 12:45 Elephant Appreciation Day 01:15 <b>Wilder Choir/</b> Can you Picture this 02:15 Social Cafe 02:30 Question Ball 03:30 - 05:30 Individualized Activities	06:30 Individualized Activities 09:00 Social Café : Daily Chronicle 10:00 Men's Group: Rock Bands 10:30 Colorado Wild Flower Tour 11:45 Lunch 12:30 Exercise with Weights 01:15 International Red Panda Day 02:15 Social Cafe 02:30 Puzzles/ Wordfinds 03:30 - 05:30 Individualized Activities
23	24	25	26	27
06:30 Individualized Activities 09:00 Social Café : Daily Chronicle 10:00 Morning Stretch 10:15 Dance and Drama 11:00 Horse Shoes 11:45 Lunch 12:45 Good News 01:15 Giant Crossword 02:15 Social Cafe 02:30 Game of Outburst 03:30 - 05:30 Individualized Activities	06:30 Individualized Activities 09:00 Social Café : Daily Chronicle 10:00 Guided Imagery 10:15 Let's Fish/ Baking with Baker 11:00 Exercise with Weights 11:45 Lunch 12:45 Bermuda Triangle 01:15 <b>Music with Janine</b> 02:15 Social Cafe 02:30 Pictionary 03:30 - 05:30 Individualized Activities	06:30 Individualized Activities 09:00 Social Café : Daily Chronicle 10:00 Morning Stretch 10:15 Exercise with Weights 11:00 Bouquet Toss 11:45 Lunch 12:45 Save the Koala Day 01:15 Antiques Then and Now 02:15 Social Cafe 02:30 Mind Stretchers 03:30 - 05:30 Individualized Activites	06:30 Individualized Activities 09:00 Social Café : Daily Chronicle 09:45 Mindfulness 10:00 Exercise with Weights 10:45 Tic Tac Toss/ Art Class with Barb 11:45 Lunch 12:45 George Gershwin 01:15 <b>Wilder Choir/</b> Berrv Picking Reminisce. 02:15 Social Cafe 02:30 Word Scrambles 03:30 - 05:30 Individualized Activities	06:30 Individualized Activities 09:00 Social Café : Daily Chronicle 10:00 Men's Group:Octoberfest 10:30 Sugar Cookie Frosting 11:45 Lunch 12:45 Exercise with Weights 01:15 <b>Jazz Festival</b> 02:15 Social Cafe 02:30 Gang of Five 03:30 - 05:30 Individualized Activities
30				
06:30 Individualized Activities 09:00 Social Café : Daily Chronicle 10:00 Morning Stretch 10:15 Dance and Drama 11:00 Bulls Eye 11:45 Lunch 12:45 Good News 01:15 How did we ever live without? 02:15 Social Cafe 02:30 Game of Outburst 03:30 - 05:30 Individualized Activities		Active Cognitive Life Long Learning Leisure Music Activity		<b>INDIVIDUAL ACTIVITIES</b> Creative Table Time Individual Progress Goals Laundry Assistance Magazines Picture Identification Plant Watering Puzzles/Table Game Sorting/Gardening Wii Worksheet & Word Puzzles