

Wilder Adult Day Health Services – Great Room

651-280-2500

July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>10:15 Exercise w/Weights 11:00 Patriotic Nine Square 12:30 July Tidbits 1:00 Hymn Sing 2:30 Alphabet Soup</p>	<p>3</p> <p>10:00 Ageless Grace® 10:30 Art Class w/Sandra 10:30 Lawn Darts 11:15 Patriotic Grid 11:45 BBQ on Patio 12:30 Independence Day Trivia 1:00 Music w/Janine 2:30 4th July Reminence</p>	<p>4</p> <p>PROGRAM CLOSED</p> 	<p>5</p> <p>10:15 Exercise w/Weights 11:00 Horse Shoes 12:30 Wilder Choir 12:30 Smile 1:30 Musing Memories & Make Believe 1:30 Wilder Band 2:30 Outburst</p>	<p>6</p> <p>10:00 Men's Group 10:15 Women's Group 11:00 Tic Tac Toe Trivia 12:15 Exercise w/Weights 1:00 Great Room Poetry 2:30 Rhyme Time</p>
<p>9</p> <p>09:30 Guardian Angels Summer Stretch 10:00 Bowling 11:00 Exercise w/Weights 12:30 Short Stories 1:00 Music w/Janine 2:30 Treasured Memories</p>	<p>10</p> <p>10:00 Ageless Grace® 10:30 Art Class w/Sandra 10:30 Fishing Game 11:15 Pick a Letter 12:30 Story Telling 1:00 Carol Burnett 2:30 Giant Crossword</p>	<p>11</p> <p>10:15 Exercise w/Weights 11:00 Baking & Baker 11:00 Balloon Volleyball 12:30 Jumbo Dice 1:00 Sing Along 2:30 Spell Up & Down</p>	<p>12</p> <p>10:15 Exercise w/Weights 11:00 Bulls Eye 12:30 Wilder Choir 12:30 Rocks & Minerals w/Berni 1:30 Name that Memory 1:30 Wilder Band 2:30 Charades</p>	<p>13</p> <p>10:00 Men's Group 10:15 Lavish Ladies 12:15 Exercise w/Weights 1:00 Unique Dog Breeds 2:30 Puzzles/Word games</p>
<p>16</p> <p>Concert in the Park 10:15 Dance/Drama 11:00 Exercise w/Weights 12:30 Ideals Poetry 1:00 Hymn Sing 2:30 Outburst</p>	<p>17</p> <p>10:15 Exercise w/Weights 11:00 Tic Tac Toss 12:30 Garden Stroll 1:00 Travel to Delaware 2:30 Pictionary</p>	<p>18</p> <p>10:00 Ageless Grace® 10:30 Art Class w/Sandra 10:30 Time Slips 12:30 Garden Stretch 1:00 Music w/MacPhail 2:30 Word Scrambles</p>	<p>19</p> <p>10:15 Exercise w/weights 11:00 Dog Races 12:30 Wilder Choir 12:30 Legend of Paul Bunyon 1:30 Question Ball 1:30 Wilder Band 2:30 Alphabet Soup</p>	<p>20</p> <p>10:00 Men's Group 10:15 Oprah Winfrey Bio w/Sharon 11:00 Famous Ladies 9 Square 12:15 Exercise w/Weights 1:00 Music w/Janine 2:30 49th Anniversary of the Moon Walk</p>
<p>23</p> <p>10:15 Dance/Drama 11:00 Exercise w/Weights 12:30 Short Stories 1:00 Famous July Birthdays 2:30 Tidbits</p>	<p>24</p> <p>10:15 Exercise w/Weights 11:00 Tunnel Run 12:30 Jumbo Dice 1:00 Music w/Charlie Maguire 2:30 Stroll in the Garden</p>	<p>25</p> <p>Eden Prairie Fishing Outing 10:00 Exercise 10:30 Art Class w/Sandra 10:30 Fishing Game 12:30 Jokes & Riddles 1:00 Blast from the past 2:30 Puzzles/Word Searches</p>	<p>26</p> <p>10:15 Exercise w/Weights 10:30 Sun Room Poetry 11:00 Pocket Toss 12:30 Wilder Choir 12:30 Name that State 1:30 Wilder Band 1:30 Tiptoe Through the gardens 2:30 Rhyme Time</p>	<p>27</p> <p>10:00 Men's Group 10:15 Lavish Ladies 12:15 Exercise w/Weights 1:00 Music w/Janine 2:30 Giant Crossword</p>
<p>30</p> <p>10:15 Dance/Drama 11:00 Exercise w/Weights 12:30 Day of friendships 1:00 Corn Hole 2:30 Spell Up and Down</p>	<p>31</p> <p>10:00 Ageless Grace® 10:30 Art Class w/Sandra 10:30 Time Slips 12:30 Garden Stretch 1:00 How was it made? 2:30 Treasured Memories</p>			<p>DAILY</p> <p>09:00 Coffee & Snack 10:15 Exercise 11:45 Lunch 2:00 Snack 2:30 Small Group 3:00 Helpful Tasks</p>