



Wilder Adult Day Health Services – Great Room

651-280-2500

September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
 Labor Day	9:40 Life Moves 10:00 Exercise 10:30 Creative Minds 10:30 Horse Shoes 11:15 School Days Memories 12:30 Short Stories 1:00 Where on Earth Is? 2:30 Alphabet Soup	10:00 Guided Imagery 10:15 Exercise w/Weights 11:00 Nine Square 12:30 Question Ball 1:00 Music w/Janine 2:30 Outburst	9:40 Morning Stretch 10:00 Northern Clay 12:30 Wilder Choir 12:30 Tic Tac Toe Trivia 1:30 September Tid Bits 2:30 Rhyme Time	10:00 Men's Group 10:15 Earthnic Food w/Amanda 11:00 Hymn Sing 12:15 Exercise w/Weights 1:00 Travel to Georgia 2:30 Treasured Memories
10	11	12	13	14
9:45 Mindfulness 10:15 Dance/Drama 11:00 Lawn Darts 12:30 Yahtzee 1:00 Giant Crossword 2:30 Pick A Letter	9:40 Morning Stretch 10:00 Exercise w/Weights 10:45 Word Scrambles 10:30 Tic Tac Toss 12:30 Story Telling 1:00 Name that Tune 2:30 Spell Up & Down	9:40 Guided Imagery 10:00 Ageless Grace® 10:30 Creative Minds 10:30 Corn Hole 11:15 This Month in History 12:30 Short Stories 1:00 Kids do the Funniest Things 2:30 Celebrating Premiere of Bonanza	9:40 Life Moves 10:00 Exercise w/Weights 10:45 Bowling 12:30 Wilder Choir 12:30 World Chocolates 1:30 Client Planning 2:30 Bits & Pieces	10:00 Men's Group 10:15 Lavish Ladies 12:15 Exercise w/Weights 1:00 Music w/Janine 2:30 Puzzles/Word Games
17	18	19	20	21
ADULT DAY HEALTH WEEK 9:45 Mindfulness 10:15 Dance/Drama 11:00 Packet Toss 12:30 St. Paul Almanic 1:00 Group Karaoke 2:30 Grid Game	9:40 Morning Stretch 10:15 Exercise w/Weights 11:00 Tunnel Run 12:30 Ideal's Poetry 1:00 Music w/Janine 2:30 Outburst	9:40 Mindfulness 10:00 Ageless Grace® 10:30 Creative Minds 10:30 Baking w/Baker 12:30 Story Telling 1:00 It happened in - 2:30 Pictionary	9:40 Life Moves 10:00 Northern Clay 12:30 Wilder Choir 12:30 Tri Bond Game 1:30 Now & Then 2:30 Word Scrambles	Wear Purple in Recognition Of Alzheimer's Day 10:00 Men's Group 10:15 Beading Class/Hist.DVD 12:15 Exercise w/Weights 1:00 Charlie Maguire Music 2:30 39 th Anniversary of International Day of Peace
24	25	26	27	28
9:45 Mindfulness 10:15 Dance/Drama 11:00 Bullseye 12:30 What More Do You Know? 1:00 Music w/Janine 2:30 Alphabet Soup	9:40 Morning Stretch 10:00 Exercise w/Weights 10:30 Baking w/Baker 10:30 Creative Minds 12:30 Strengthen your mind 1:00 One Hit Wonders 2:30 Rhyme Time	9:40 Guided Imagry 10:00 Exercise w/Weights 10:45 Time Slips 12:30 Quiz Book 1:00 MN History Center Videos 2:30 Puzzles/Word Games	Outing to St Croix 10:15 Jazzercise 11:00 Lets Fish Game 12:30 Wilder Choir 12:30 Rhinos & Hippos 1:30 First Responder Appreciation 2:30 Grid Game	10:00 Men's Group 10:15 Lavish Ladies 12:15 Exercise w/Weights 1:00 Where on Earth Is? 2:30 Spell Up & Down
		DAILY 09:00 Coffee & Snack 10:15 Exercise 11:45 Lunch 2:00 Snack 2:30 Small Group 3:00 Helpful Tasks	