

**MANOR ADULT DAY CLUB**

**DAILY SCHEDULE**

10:15 Morning coffee and muffins

11:00 News & Views

11:30 Theme discussion

12:00 Theme Game/Mental Fitness

12:30 Exercise/Recreation









1:00 Lunch

2:00 Afternoon activities (ex. mental fitness game, recreation game, sing-a-long, entertainment, etc.)

2:30 Refreshments

2:45 Prepare to head home/get on the bus

*Programs subject to change*

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MEALS
<b>WHEN I GREW UP 6</b> <b>**Music by Jesse**</b> Reminiscing & Discussion On This Date in History Shuffleboard 	<b>WHEN I GREW UP 7</b> Reminiscing & Discussion On This Date in History Shuffleboard	<b>WHEN I GREW UP 8</b> Reminiscing & Discussion On This Date in History Shuffleboard 	<b>WHEN I GREW UP 9</b> Reminiscing & Discussion On This Date in History Shuffleboard	<b>MUFFIN:</b> Apple Oatmeal <b>SOUP:</b> Chicken Noodle <b>ENTRÉE:</b> Salisbury Steak with Mashed Potatoes & Veggies <b>DESSERT:</b> Apricots
<b>REMEMBRANCE 13</b> Discussion & Sharing Remembrance Day & History Classic Films Hop-Scotch	<b>REMEMBRANCE 14</b> Discussion & Sharing Remembrance Day & History Classic Films Hop-Scotch 	<b>REMEMBRANCE 15</b> Discussion & Sharing Remembrance Day & History Classic Films Hop-Scotch	<b>REMEMBRANCE 16</b> Discussion & Sharing Remembrance Day & History Classic Films Hop-Scotch 	<b>MUFFIN:</b> Chocolate Chunk <b>SOUP:</b> Veggie <b>ENTRÉE:</b> Chicken Casserole with Biscuits & Tossed Salad <b>DESSERT:</b> Butterscotch Pudding
<b>THE PRARIES 20</b> <b>**Music by Cal**</b> Discussion & Reminiscing History of the Plains Prairie Word Scramble Hillbilly Golf 	<b>THE PRARIES 21</b> Discussion & Reminiscing History of the Plains Prairie Word Scramble Hillbilly Golf	<b>THE PRARIES 22</b> Discussion & Reminiscing History of the Plains Prairie Word Scramble Hillbilly Golf 	<b>THE PRARIES 23</b> Discussion & Reminiscing History of the Plains Prairie Word Scramble Hillbilly Golf	<b>MUFFIN:</b> Raspberry Yogurt <b>SOUP:</b> Cream of Celery <b>ENTRÉE:</b> Pork Stew with Mashed Potatoes & Veggies <b>DESSERT:</b> Vanilla Swirl Cake
<b>WINNIPEG MB 27</b> Sharing & Discussion Winnipeg History The Great Flood & Snowed In Birdie Toss 	<b>WINNIPEG MB 28</b> Sharing & Discussion Winnipeg History The Great Flood & Snowed In Birdie Toss	<b>WINNIPEG MB 29</b> Sharing & Discussion Winnipeg History The Great Flood & Snowed In Birdie Toss	<b>WINNIPEG MB 30</b> Sharing & Discussion Winnipeg History The Great Flood & Snowed In Birdie Toss 	<b>MUFFIN:</b> Oatmeal <b>SOUP:</b> Navy Bean <b>ENTRÉE:</b> Spaghetti & Meat Sauce with Garlic Toast & Caesar Salad <b>DESSERT:</b> Mandarin Oranges

**Nostalgic November**

**NOVEMBER**

**2018**

