

# 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.)

**\*\*Special Events\*\***

2:30 Refreshments

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

*Programs subject to change*

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MEALS
<b>SNOWBIRDS MILITARY 5</b> Discussion & Trivia Snowbirds  Documentary Seated Exercise	<b>SNOWBIRDS MILITARY 6</b> <b>**WECC Harvey Hall**</b> Discussion & Trivia Snowbirds Documentary Seated Exercise	<b>SNOWBIRDS MILITARY 7</b> <b>**Music by Cal**</b> Discussion & Trivia Snowbirds  Documentary Seated Exercise	<b>SNOWBIRDS MILITARY 8</b> Discussion & Trivia Snowbirds Documentary Seated Exercise	<b>MUFFIN:</b> Oatmeal <b>SOUP:</b> Split Pea <b>ENTRÉE:</b> Pancakes w Strawberries & Cream, Sausages & Cucumber Slices <b>DESSERT:</b> Peaches
<b>St. PATRICK'S DAY 12</b> Reminiscing & Discussion History of St. Patrick's Day Ladder Ball	<b>St. PATRICK'S DAY 13</b> <b>**Jesse &amp; Grace**</b> Reminiscing & Discussion History of St. Patrick's Day  Ladder Ball	<b>St. PATRICK'S DAY 14</b> <b>**Happy Hour**</b> Reminiscing & Discussion History of St. Patrick's Day Ladder Ball	<b>St. PATRICK'S DAY 15</b> <b>**Music by Cal**</b> Reminiscing & Discussion History of St. Patrick's Day  Ladder Ball	<b>MUFFIN:</b> Lemon Poppyseed <b>SOUP:</b> Green Pea <b>ENTRÉE:</b> Irish Stew w Biscuits & Salad <b>DESSERT:</b> Green Jell-O
<b>SNOW BIRDS VACAY 19</b> <b>**Documentary HH**</b> Trivia & Reminiscing Human Migration & Winter Vacation Stinky Pipe Chair Yoga 	<b>SNOW BIRDS VACAY 20</b> <b>**WECC Harvey Hall**</b> Trivia & Reminiscing Human Migration & Winter Vacation Stinky Pipe Chair Yoga	<b>SNOW BIRDS VACAY 21</b> Trivia & Reminiscing Human Migration & Winter Vacation Stinky Pipe Chair Yoga 	<b>SNOW BIRDS VACAY 22</b> Trivia & Reminiscing Human Migration & Winter Vacation Stinky Pipe Chair Yoga	<b>MUFFIN:</b> Blueberry <b>SOUP:</b> Cream of Mushroom <b>ENTRÉE:</b> Chicken w Potato, Brussel Sprouts & Gravy <b>DESSERT:</b> Butterscotch Pudding
<b>BIRDS HEAD HOME 26</b> Migratory Bird Discussion Oak Hammock Marsh Video Birdie Toss	<b>BIRDS HEAD HOME 27</b> <b>**B-Day Party**</b> Migratory Bird Discussion Oak Hammock Marsh Video Birdie Toss 	<b>BIRDS HEAD HOME 28</b> <b>**Music by Jesse**</b> Migratory Bird Discussion Oak Hammock Marsh Video Birdie Toss	<b>BIRDS HEAD HOME 29</b> Migratory Bird Discussion Oak Hammock Marsh Video  Birdie Toss	<b>MUFFIN:</b> Coffee Cake <b>SOUP:</b> Chicken Noodle <b>ENTRÉE:</b> Popcorn Chicken w Potato, Corn & Gravy <b>DESSERT:</b> Apricots

# Snow Birds & Clovers!

# MARCH 2019

