

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
TRIVIA WEEK 2  Trivia Discussion and Clips Chair Yoga Tic Tac Throw	TRIVIA WEEK 3 *Music by Jesse* Trivia Discussion and Clips Chair Yoga Tic Tac Throw	TRIVIA WEEK 4 Trivia Discussion and Clips Chair Yoga Tic Tac Throw 	TRIVIA WEEK 5 *Music by Cal* Trivia Discussion and Clips Chair Yoga Tic Tac Throw	MUFFIN: Chocolate Chunk SOUP: Veggie ENTRÉE: Cheese Cannelloni, Marinara Sauce & Garlic Bread DESSERT: Ice Cream Sundae
FLOWER FEST 9 *Music by Jesse* Discussion and Sharing Japanese Flower Fest Birdie Toss	FLOWER FEST 10  Discussion and Sharing Japanese Flower Fest Birdie Toss	FLOWER FEST 11 *Happy Hour* Discussion and Sharing Japanese Flower Fest Birdie Toss	FLOWER FEST 12  *Documentary* Discussion and Sharing Japanese Flower Fest Birdie Toss	MUFFIN: Raspberry SOUP: Cream of Celery ENTRÉE: Chicken w Baby Potato, Gravy & Brussel Sprouts DESSERT:
MAD SCIENCE 16  Mad Science Experiments Seated Exercises Science Documentary	MAD SCIENCE 17 Mad Science Experiments Seated Exercises Science Documentary	MAD SCIENCE 18  Mad Science Experiments Seated Exercises Science Documentary	MAD SCIENCE 19 **CLOSED FOR GOOD FRIDAY**	MUFFIN: Hot Cross Buns SOUP: Carrot ENTRÉE: Sliced Ham w Scalloped Potatoes & Veggies DESSERT: Lemon Meringue Pie
EASTER WEEK 23 Reminiscing and Discussion History of Easter Hop Scotch	EASTER WEEK 24 *Birthday Party*  Reminiscing and Discussion History of Easter Hop Scotch	EASTER WEEK 25 Reminiscing and Discussion History of Easter Hop Scotch	EASTER WEEK 26 *Music by Cal*  Reminiscing and Discussion History of Easter Hop Scotch	MUFFIN: Berry SOUP: Tomato ENTRÉE: Salisbury Steak, Gravy, Mashed Potatoes, & Peas DESSERT: Fruit Cocktail



April Showers Bring May Flowers

APRIL 2019