



Sample Weekly Adult Day Service Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Fun and Fitness	Cooking Class	Fun and Fitness	Jigsaw Puzzles	Fun and Fitness
Drumming	Gardening	Chapel Service	Current Events Discussion Group	Word Games
Indoor bowling	Bingo	SPCA pet visit	Wii Tournament	Country Drive
Lunch: beef stew, green beans, Jell-O with fruit	Lunch: chili, tossed salad, whole wheat roll, pears	Lunch: tomato soup, macaroni & cheese, vanilla ice cream with berries	Lunch: spaghetti, garlic bread, coleslaw, peaches	Lunch: chicken, mashed potatoes, carrots, baked apple slices
Walk to Park	Travelogue	Movie	Bake and decorate cupcakes	Birthday Party (everyone born this month)
Trivia	Sing-a-long	Card Games	Church Bazaar Visit	



Alternate lunch choice available daily: soup and sandwich plate.
Milk, water, coffee, or tea served with meals.