

September Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<u>National Adult Day Services Week</u> September 20 th - September 26 th	1 September IQ Crossword #57 Discovery Studio Parachute Ball & Seated Exercise BINGO Bowling & Seated Exercise Sensory, Spa, & Karaoke	2 FIELD Categories Hispanic Countries and Culture CW Baking, Sports Talk, & Gardening Bowling & Seated Exercise Travelogue: Montreal Dart Ball & Seated Exercise Sensory, Spa, & Karaoke	3 Construction Site Rhyme Workers Celebration Word Pairs Discovery Studio Dart Ball & Seated Exercise Modern Jeopardy Bean Bag Toss & Seated Exercise Sensory, Spa, & Karaoke	4 LABOR Categories Nice Job Crossword Discovery Studio Bean Bag Toss & Seated Exercise BINGO Scoop It & Seated Exercise Sensory, Spa, & Karaoke
7  We'll Be Closed IN OBSERVANCE OF LABOR DAY	8 Golden Age Rhyme Young & Old Alike Quote Discovery Studio Disc Golf & Seated Exercise BINGO Battle Bags & Seated Exercise Sensory, Spa, & Karaoke	9 Grandparetns Day Mining  Grand Moments Pass It On Baking, Sports Talk, & Gardening Battle Bags & Seated Exercise Bible Study & September Jeopardy  Basketball & Seated Exercise Sensory, Spa, & Karaoke	10 Potato Palooza Word Fit Generations United Crossword Discovery Studio Basketball & Seated Exercise  Movie Showing Baseball Toss & Seated Exercise Sensory, Spa, & Karaoke	11 SLIDE Categories Happy Hedgehog Crossword Discovery Studio Baseball Toss & Seated Exercise BINGO Volleyball & Seated Exercise Sensory, Spa, & Karaoke
14 70s Slang Match  Popular 70s Toys Match Discovery Studio Volleyball & Seated Exercise 1970's Pictionary Cornhole & Seated Exercise Sensory, Spa, & Karaoke	15 Harvest Moon Mining  BIRDS Categories Drum Circle Cornhole & Seated Exercise BINGO Ladder Ball & Seated Exercise Sensory, Spa, & Karaoke	16 German Heritage Mining  CAMP Categories Baking, Sports Talk, & Gardening Ladder Ball & Seated Exercise Karaoke/Dance Party Bean Bag Toss & Seated Exercise Sensory, Spa, & Karaoke	17 CLOUD Categories  Advertising Slogans Match Discovery Studio & Pet Therapy Bean Bag Toss & Seated Exercise Remembering Ads & Jingles Bowling & Seated Exercise Sensory, Spa, & Karaoke	18 SUGAR Categories  Spelling Sweater Weather Singing with Judy Bowling & Seated Exercise BINGO & Pet Therapy Battle Bags & Seated Exercise Sensory, Spa, & Karaoke
National Adult Day Services Week				
21 Morning Puzzles Monet Inspired Water Lily Art Baguette Bocce & Pet Therapy   A Taste of France Volleyball & Seated Exercise Sensory, Spa, & Karaoke	22  Morning Puzzles Forster Field Day Award & Medal Ceremony Ice Cream & Bingo  Baseball Toss & Seated Exercise Sensory, Spa, & Karaoke	23  Morning Puzzles  Elvis Themed Trivia Making Elvis Themed Glasses  Elvis Impersonator Performance Basketball & Seated Exercise Sensory, Spa, & Seated Exercise	24 Morning Puzzles  ELPD Kg Unit Demonstration Parachute Ball & Seated Exercise  Search & Rescue Baseball Toss & Seated Exercise Sensory, Spa, & Karaoke	25  Morning Puzzles  Exotic Petting Zoo Forster Woods Fair Bowling & Seated Exercise Sensory, Spa, & Karaoke 
28 70s Style Crossword TRUCK Categories  Singing with Judy Parachute Ball & Seated Exercise 1970's Jeopardy Baseball Toss & Seated Exercise Sensory, Spa, & Karaoke	29 Oktoberfest Secret Quote Matching Beer Steins Discovery Studio Scoop It & Seated Exercise BINGO Disc Golf & Seated Exercise Sensory, Spa, & Karaoke	30 Mixed-Up Bavarian Bash Hold On to Your Lederhosen CW Baking, Sports Talk, & Gardening Disc Golf & Seated Exercise Five Clues One Job Bowling & Seated Exercise Sensory, Spa, & Karaoke	Special Dates: Sep. 5th - Ken. S.'s Birthday, Sep. 9th - Marilyn S.'s Birthday, Sep. 9th - Bible Study, Sep. 10th - Movie Showing, Sep. 14th - Petra M.'s Birthday, Sep. 15th - Drum Circle, Sep. 16th - Matthew T.'s Birthday, Sep. 17th - Pet Therapy, Sep. 18th - Singing with Judy, Sep. 18th - Pet Therapy, Sep. 21st - Pet Therapy, Sep. 23rd - Kathy V.'s Birthday, Sep. 24th - James G.'s Birthday, Sep. 25th - Julie M's Birthday, Sep. 28th - Singing with Judy	

September Menu

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<u>National Adult Day Services Week</u> September 20 th - September 26th	1 Cinnamon Crisps & Fruit Salsa Chicken & Gravy On Mashed Potatoes Pineapple Tidbits Whole Grain Bread Apple Slices & Peanut Butter	2 Biscuits & Honey w/ Fruit Beef Nachos Salsa & Cheese Sauce Spanish Rice Sliced Pears Cottage Cheese & Diced Peaches	3 English Muffin, Eggs & Hash Browns Roasted Potato & Turkey Hash Fruit Cocktail Whole Grain Bread Cheese Slices & WG Crackers	4 Banana Bread & Mandarin Oranges Breakfast Casserole Cinnamon Apples Whole Grain Toast Yogurt, Granola, & Diced Peaches
7  We'll Be Closed IN OBSERVANCE OF LABOR DAY	8 French Toast Sticks & Mixed Berries Meatball Subs Coleslaw Fruit Cocktail Cheese Slices & WG Crackers	9 Lemon Blueberry Muffins & Applesauce Cheesy Chicken & Rice Casserole Pineapple Tidbits Whole Grain Bread String Cheese & Trail Mix	10 Maple Oatmeal & Bananas Salisbury Steak Mashed Potatoes Mandarin Oranges Whole Grain Bread Apple Slices & Peanut Butter	11 Breakfast Pizza Chicken Quesadillas Sliced Pears Refried Beans Spanish Rice Graham Crackers & Applesauce
14 Cinnamon Crisps & Fruit Salsa Chicken Pot Pie Casserole Pineapple Tidbits Side Salad Whole Grain Bread String Cheese & Trail Mix	15 Biscuits & Honey w/ Fruit Pigs in a Blanket Mac & Cheese Baked Beans Mandarin Oranges Apple Slices & Peanut Butter	16 English Muffin, Eggs & Hash Browns Chili Fruit Cocktail California Blend Vegetables Whole Grain Cornbread Muffins Cottage Cheese & Diced Peaches	17 French Toast Sticks & Mixed Berries Sloppy Joes Sliced Pears Sliced Cucumbers Cheese Slices & WG Crackers	18 Pumpkin Muffins & Applesauce Beef Stroganoff Green Beans Diced Peaches Whole Grain Bread Yogurt, Granola, & Diced Peaches
21 Croissants, Quiche, & Fresh Fruit Chicken Cordon Bleu Sub French-Style Green Beans Sliced Pears Yogurt, Granola, & Diced Peaches	22 Breakfast Pizza Tater Tot Casserole Sliced Pears Whole Grain Bread Cheese Slices & WG Crackers	23 Banana Bread & Mandarin Oranges Shepherd's Pie Diced Peaches Whole Grain Bread String Cheese & Trail Mix	24 Cinnamon Crisps & Fruit Salsa Chicken & Dumpling Soup Pineapple Tidbits Side Salad Whole Grain Bread Apple Slices & Peanut Butter	25 Oatmeal Bars & Cantaloupe Mini Corn Dogs Tater Tots Fruit Cocktail Whole Grain Bread Graham Crackers & Applesauce
28 English Muffin, Eggs & Hash Browns Chicken Tetrizzini Sliced Pears California Blend Vegetables Whole Grain Bread String Cheese & Trail Mix	29 Pumpkin Muffins & Applesauce Biscuits and Sausage Gravy Hash Browns Fresh Fruit Salad Whole Grain Bread Apple Slices & Peanut Butter	30 French Toast Sticks & Mixed Berries Chicken Noodle Soup Side Salad Mandarin Oranges Whole Grain Bread Cottage Cheese & Diced Peaches	<u>Meal Service Information & Dietary Accommodations:</u> All food is made with love by our kitchen staff, if any foods interfere with dietary restrictions, we will make the appropriate accommodation! Every breakfast and lunch is served with 8oz of 1% milk, and soy milk for those that are lactose intolerant. Hot cocoa, tea, decaf coffee, and water are available upon request! Breakfast is served at 10:15am, Lunch is served at 12:30pm, and Afternoon Snack is served at 3:15pm	