



TUESDAY 1		WEDNESDAY 2		THURSDAY 3		FRIDAY 4			
9-10am Breakfast, Social 10-11a Pool Noodle Exercise 1-3p Vase Making		9-10am Breakfast, Social 10-11a Scarf Exercise 1-3p Clothespin Crosses		9-10am Breakfast, Social 10-11a Stretching & Arthritis Exercises 1-3p Towel Race Game		9-10am Breakfast, Social 10-11a Head to toe Exercises 1-3p Bake Pumpkin Cookies			
MONDAY 7		TUESDAY 8		WEDNESDAY 9		THURSDAY 10		FRIDAY 11	
9-10am Breakfast, Social 10-11a Morning Walk 1-3p ADHD Awareness		9-10am Breakfast, Social 10-11a Scarf Exercise 1-3p Table Golf		9-10am Breakfast, Social 10-11a Stretching & Arthritis Exercises 1-3p Manicure		9-10am Breakfast, Social 10-11a Pool Noodle Exercise 1-3p Afternoon Walk		9-10am Breakfast, Social 10-11a Make Candles 1-3p Board Games	
MONDAY 14		TUESDAY 15		WEDNESDAY 16		THURSDAY 17		FRIDAY 18	
9-10am Breakfast, Social 10-11a Morning Walk 1-3p Make Night Lights		9-10am Breakfast, Social 10-11a Pool Noodle Exercise 1-3p Paint Pots		9-10am Breakfast, Social 10-11a Scarf Exercise 1-3p Afternoon Walk		9-10am Breakfast, Social 10-11a Stretching & Arthritis Exercises 1-3p Sew Handwarmers		9-10am Breakfast, Social 10-11a BINGO w/ Karen, Dietitian 1-3p Healthy Lungs Presentation	
MONDAY 21		TUESDAY 22		WEDNESDAY 23		THURSDAY 24		FRIDAY 25	
9-10am Breakfast, Social 10-11a Scarf Exercise 1-3p Sew Napkins		9-10am Breakfast, Social 10-11a Stretching & Arthritis Exercises 1-3p Sew Bookmarks		9-10am Breakfast, Social 10-11a Halloween w/ Headstart Children 1-3p Sew Pumpkins		9-10am Breakfast, Social, Health Check 10-11a Pool Noodle Exercise 1-3p Make Wreaths		9-10am Breakfast, Social 10-11a Dental Hygiene <b>1-3p Snake Ranch Farm Visit</b>	
MONDAY 28		TUESDAY 29		WEDNESDAY 30		THURSDAY 31			
9-10am Breakfast, Social 10-11a Scarf Exercise 1-3p Carve Pumpkins		9-10am Breakfast, Social 10-11a Pool Noodle Exercise 1-3p Make Collages		9-10am Breakfast, Social 10-11a Morning Walk 1-3p Halloween Movie		9-10am Breakfast, Social 10-11a Stretching & Arthritis Exercises 1-3p Halloween Party!			

**If interested in joining the Adult Day Services Program, please call (505) 869-9770**

***\*Activities may be subject to change\****