Monday	Tuesday	Wednesday	Thursday	Friday
June Trivia Quiz Music with Ron Exercise/Roll the Dice Ring Toss Rhyme Time	What am I? Bingo Exercise/Parachute Bucket Brigade Hard or Soft Game	Foot Care National Dairy Month Cooking Club Mini Cheese Ball Bites/ Dice and Strikes Exercise/Ball Toss Bowling Mixed up Cheese	History of Soul Food 6 Cooking Club Cornbread with Creamed Corn/ Discard It! Pet Therapy Exercise/Wild Card Music with Karen	June is for Weddings 7 Wedding Cake Decorating Contest/High Low Card Game Exercise/Follow the Leader Golf Take your Best Guess
History of the Toothbrush Music with Ron Exercise/Chair Yoga Washer Toss What is it?	10 Hersey Chocolate Fun Facts Bakers Rack Pretzel Kisses/Nix the Six Exercise/Roll the Dice Darts M&M Game	Bowling Trip 9:30 12 Monarchs and Milk Weed Butterfly Feeder Craft/ Horse Racing Exercise/Parachute Shuffle Board Bingo	Flag Day DIY Flags/Chips on Chips off Exercise/Ball Toss Tic Tac Toe Velcro Music with Karen	Father's Day Tie Tying Contest Tie Craft/Eyeglass/ Phone Case/I Got It! Exercise/Wild Card Horse Shoes Mixed up Father's Day/ TV Dads
Fabulous Fifties Music Trivia Music with Ron Exercise/Follow the Leader Basketball Mixed up White Board	17 Caribbean Heritage Month Cooking Club Jamaican Jerk Meatballs/Family Feud Exercise/Chair Yoga Roll out the Barrels American Legion Presentation at 2pm		Who am I? Bingo Exercise/Parachute Clown Toss Music with Karen	First Day of Summer 21 Decoupage Flower Pots/ Suit Up Card Game Exercise/Ball Toss Bulls Eye Mat Pictionary
Famous Monuments Music with Ron Exercise/Wild Card Slotz Ball Hangman	24 Morning Laugh Penny Game Folk Music with Cameron Exercise/Follow the Leader Spelling Bee	Bowling Trip 9:30 26 National Pollinator Month Bakers Rack Honey Muffins/Baseball Exercise/Chair Yoga Noodle Javelin Finish Lines	Raggedy Anne and Andy 27 Bakers Rack Raggedy Anne Cupcakes/UNO Exercise/Roll the Dice Shooters Music with Karen	Every things Coming 28 Up Roses Rose Petal Hand Scrub/ The Name Game Exercise/Parachute Shuffle Board Bingo



Senior Moments Adult Day Center Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Soup & Sandwich	Sloppy Joe w/Shady Glen Cole Slaw	Chicken Pattie Sandwich w/Chips and Pickles	October Kitchen	Fish Sticks w/Shady Glen Cole Slaw
Cottage Cheese & Peaches	Sugar Wafer Cookies	*Mini Cheese Balls	*Skillet Cornbread w/Creamed Corn	Crackers w/Cheese
10	11	12	13	14
Kielbasa w/Sauerkraut & Corn	Chef Salad	Spinach Quiche w/Corn	October Kitchen	Tuna Mac Salad
Pretzel w/Honey Mustard Sauce	*Pretzel M&M Kisses	Pudding Cup w/Cool Whip	Animal Crackers w/Apple Sauce	Crackers w/Hummus
17	18	19	20	21
Grinders w/Chips & Pickle	October Kitchen	Broccoli Mac & Cheese	Hamburger/Cheese Pizza	October Kitchen
Cottage Cheese w/Banana	*Jamaican Jerk Meatballs	*Strawberry Crisp	Pretzels w/Honey Mustard Sauce	Crackers w/Peanut Butter & Banana
24	25	26	27	28
Lasagna w/Salad	Broccoli Mac & Cheese	Pasta Salad	October Kitchen	Grinders w/ Chips & Pickles
Ice Cream Bars	Jell-O	*Old Fashioned Honey Muffins	Graham Crackers w/ Nutella & Banana	Animal Crackers w/Apple Sauce
13/10/10				



SENIOR MOMENTS LUNCH & SNACK MENU