| | | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY |
|--|----|--|----|---|----|---|----|--|----|---|
| 3PM is Social Hour Activities of choice which may include: Reading, Adult coloring pages, card making, nature walks, board games, chair yoga, bingo, relaxing conversations, trivia and other individual interests *Activities are subject to change | 8 | 9 Meet & Greet 9:30 News Moment 10 Intergenerational/Fitness 10:30 Sing A Long 11 Karen & Dogs 12 Lunch 1 Ladder Ball 1:30 Enjoy the Outdoors 2 Craft 3 Social Hour/Puzzles 9 Meet & Greet 9:30 News Moment 10 Intergenerational/Fitness 10:30 Parachute 11 Karen & Dogs 12 Lunch 1 Kickball 1:30 Enjoy the Outdoors 2 Exercise the Mind 3 Social Hour/Sing A Long | 9 | 9 Meet & Greet 9:30 News Moment 10 Intergenerational/Fitness 10:30 Bingo CC 11 Ladder Ball 12 Lunch 1 Kickball 1:30 Enjoy the Outdoors 2 Air Hockey 3 Social Hour/Cards 9 Meet & Greet 9:30 News Moment 10 Intergenerational/Fitness 10:30 Bingo CC 11 Sing A Long 12 Lunch 1 Music w/Brian 1:30 Craft 2 Ruby, Cooper & Friends 3 Social Hour/Paint | 10 | 9 Meet & Greet 9:30 News Moment 10 Intergenerational/Fitness 10:30 Volleyball 11 Music w/Burton 12 Lunch 1 Exercise the Mind 1:30 Enjoy the Outdoors 2 Ruby, Cooper & Friends 3 Social Hour/Hangman 9 Meet & Greet 9:30 News Moment 10 Intergenerational/Fitness 10:30 Exercise the Mind & Self Care 11 Music w/Burton 12 Lunch 1 Jeopardy 1:30 Enjoy the Outdoors 2 Bocce Ball 3 Social Hour/Bingo | 11 | 9 Meet & Greet 9:30 News Moment 10 Intergenerational/Fitness 10:30 Craft 11 Spin the Wheel 12 Lunch 1 Games on Patio 1:30 Enjoy the Outdoors 2 Exercise the Mind 3 Social Hour/Bingo 9 Meet & Greet 9:30 News Moment 10 Intergenerational/Fitness 10:30 Fitness w/Dick 11 Twister 12 Lunch 1 Trivia w/Keith 1:30 Enjoy the Outdoors 2 Lawn Darts 3 Social Hour/Color | 12 | 9 Meet & Greet 9:30 News Moment 10 Intergenerational/Fitness 10:30 Bingo 11 Sing A Long w/Arnie 12 Lunch 1 Music w/ Mike & his Horn 1:30 Enjoy the Outdoors 2 Piano w/Nancy 3 Social Hour/Table Games 9 Meet & Greet 9:30 News Moment 10 Intergenerational/Fitness 10:30 Bingo 11 Sing A Long w/Arnie 12 Lunch 1 Craft 1:30 Enjoy the Outdoors/Knit w/Tina 2 Noodle Hockey 3 Social Hour/Patio Conversation |
| La Posada *COMMUNITY SERVICES * Adult Day Services Contact Info: | 15 | 9 Meet & Greet 9:30 News Moment 10 Intergenerational/Fitness 10:30 Bowling 11 Karen & Dogs 12 Lunch 1 Craft 1:30 Enjoy the Outdoors 2 Table Games 3 Social Hour/Hangman | 16 | 9 Meet & Greet 9:30 News Moment 10 Intergenerational/Fitness 10:30 Bingo CC 11 Lawn Darts 12 Lunch 1 Music w/Banjo John 1:30 Enjoy the Outdoors 2 Exercise the Mind & Self Care 3 Social Hour/Puzzles | 17 | 9 Meet & Greet 9:30 News Moment 10 Intergenerational/Fitness 10:30 Craft 11 Music w/Burton 12 Lunch 1 Music w/Bill 1:30 Enjoy the Outdoors 2 Ruby, Cooper & Friends 3 Social Hour/Scattergories | 18 | 9 Meet & Greet 9:30 News Moment 10 Intergenerational/Fitness 10:30 Lawn Dart 11 Jeopardy 12 Lunch 1 Volleyball 1:30 Enjoy the Outdoors 2 Guess the Object 3 Social Hour/Air Hockey | 19 | 9 Meet & Greet 9:30 News Moment 10 Intergenerational/Fitness 10:30 Bingo CC 11 Michael & the Huskies 12 Lunch 1 Trivia w/Keith 1:30 Enjoy the Outdoors 2 Piano w/Nancy 3 Social Hour/Search Word |
| Ph. 520-393-6800 email: adultday@casagv.org | 22 | 9 Meet & Greet 9:30 News Moment 10 Intergenerational/Fitness 10:30 Self Care 11 Karen & Dogs 12 Lunch 1 Horseshoe 1:30 Enjoy the Outdoors 2 Exercise the Mind 3 Social Hour/Bingo | 23 | 9 Meet & Greet 9:30 News Moment 10 Intergenerational/Fitness 10:30 Bingo CC 11 Puzzle Games 12 Lunch 1 Music w/Brian 1:30 Enjoy the Outdoors 2 Ruby, Cooper & Friends 3 Social Hour/Table Games | 24 | 9 Meet & Greet 9:30 News Moment 10 Intergenerational/Fitness 10:30 Volleyball 11 Music w/Burton 12 Lunch 1 Music w/ Desert Ukes 1:30 Enjoy the Outdoors 2 Lawn Darts 3 Social Hour/Word Games | 25 | 9 Meet & Greet 9:30 News Moment 10 Intergenerational/Fitness 10:30 Fitness / Dick 11 Air Hockey 12 Lunch 1 Trivia w/Keith 1:30 Enjoy the Outdoors 2 Craft 3 Social Hour/Color | 26 | 9 Meet & Greet 9:30 News Moment 10 Intergenerational/Fitness 10:30 Bingo CC 11 Sing A Long w/Arnie 12 Lunch 1 Exercise the Mind 1:30 Enjoy the Outdoors/Knit w/Tina 2 Craft 3 Social Hour/Air Hockey |
| | 29 | 9 Meet & Greet 9:30 News Moment 10 Intergenerational/Fitness 10:30 Golf 11 Karen & Dogs 12 Lunch 1 Trivia w/Keith 1:30 Enjoy the Outdoors 2 Craft 3 Social Hour/Table Games | 30 | 9 Meet & Greet 9:30 News Moment 10 Intergenerational/Fitness 10:30 Bingo CC 11 Noodle Hockey 12 Lunch 1 Craft 1:30 Enjoy the Outdoors 2 Air Hockey 3 Social Hour/Paint | | | | | | |