


# July 2024

CIRCLE CENTER ADULT DAY SERVICES  
4900 WEST MARSHALL STREET  
ACTIVITY ROOM 2 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1) 8:00 Coffee and Conversation (R, S) 8:30 Junk Drawer Detective (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 This Week in History (C, R) 11:30 Lunch 12:30 Let's Reminisce (C, R) <b>1:00 Music Therapy in Wellness/ Rachel (S, CR, R, C)</b> 1:30 Snack 2:00 Chair Exercises (P) 2:45 Conversation Cards(C)</p>	<p>2) 8:00 Coffee and Conversation (R, S) 8:30 Matching Games (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 What's in the Bag? (C, R) 11:30 Lunch 12:30 Game Time Fun (C) 1:30 Snack 2:00 Chair Exercise(P) <i>2:45 Trivia/Word Games (C)</i></p>	<p>3) <b>Wear Red, White, and Blue!</b> 8:00 Coffee and Conversation (R, S) 8:30 Word Puzzles (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Music Appreciation (C, R) 11:30 Lunch 12:30 Games (R, S) 1:30 Snack 2:00 Chair Exercises (P) <i>3:00 Cranium Crunches (C)</i></p>	<p>4) <i>CCADS Closed</i> </p>	<p>5) 8:00 Coffee and Conversation (R, S) 8:30 Name 5 (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Are We There Yet? 11:30 Lunch 12:30 Jingo (C, S) 1:30 Snack 2:00 Chair Exercises (P) 3:00 Sing-a-long/Relaxation (C, R)</p>
<p>8) 8:00 Coffee and Conversation (R, S) 8:30 Junk Drawer Detective (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 This Week in History (C, R) 11:30 Lunch 12:30 Let's Reminisce (C, R) <b>1:00 Music Therapy in Wellness/ Rachel (S, CR, R, C)</b> 1:30 Snack 2:00 Chair Exercises (P) 2:45 Conversation Cards(C)</p>	<p>9) 8:00 Coffee and Conversation (R, S) 8:30 Matching Games (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 What's in the Bag? (C, R) <b>10:30 Devotions/Hymn Sing in Wellness with Volunteer Valerie (R)</b> 11:30 Lunch 12:30 Game Time Fun (C) 1:30 Snack 2:00 Chair Exercise(P) 2:45 Trivia/Word Games (C)</p>	<p>10) 8:00 Coffee and Conversation (R, S) 8:30 Word Puzzles (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Music Appreciation (C, R) 11:30 Lunch 12:30 Games (R, S) 1:30 Snack 2:00 Chair Exercises (P) 3:00 Cranium Crunches (C)</p>	<p>11) 8:00 Coffee and Conversation (R, S) 8:30 Who What, Where, &amp; When (C, R) 9:00 Chair Exercise (P) 9:30 Snack <b>10:00 Garden Club in Wellness (location may vary)</b> 10:00 Nature (N) 11:30 Lunch 12:30 Tell Me A Story (C, CR, R) 1:30 Snack 2:00 Chair Exercises (P) 3:00 Jeopardy (C)</p>	<p>12) 8:00 Coffee and Conversation (R, S) 8:30 Name 5 (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Are We There Yet? 11:30 Lunch 12:30 Jingo (C, S) 1:30 Snack 2:00 Chair Exercises (P) 3:00 Sing-a-long/Relaxation (C, R)</p>
<p>15) 8:00 Coffee and Conversation (R, S) 8:30 Junk Drawer Detective (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 This Week in History (C, R) 11:30 Lunch 12:30 Let's Reminisce (C, R) <b>1:00 Music Therapy in Wellness/ Rachel (S, CR, R, C)</b> 1:30 Snack 2:00 Chair Exercises (P) 2:45 Conversation Cards(C)</p>	<p>16) 8:00 Coffee and Conversation (R, S) 8:30 Matching Games (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 What's in the Bag? (C, R) <b>10:30 Visit with Fred (S)</b> 11:30 Lunch 12:30 Game Time Fun (C) 1:30 Snack 2:00 Chair Exercise(P) <i>2:45 Trivia/Word Games (C)</i></p>	<p>17) 8:00 Coffee and Conversation (R, S) 8:30 Word Puzzles (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Music Appreciation (C, R) 11:30 Lunch 12:30 Games (R, S) 1:30 Snack 2:00 Chair Exercises (P) <i>3:00 Cranium Crunches (C)</i></p>	<p>18) 8:00 Coffee and Conversation (R, S) 8:30 Who What, Where, &amp; When (C, R) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Nature (N) 11:30 Lunch 12:30 Tell Me A Story (C, CR, R) 1:30 Snack 2:00 Chair Exercises (P) 3:00 Jeopardy (C)</p>	<p>19) 8:00 Coffee and Conversation (R, S) 8:30 Name 5 (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Are We There Yet? 11:30 Lunch 12:30 Jingo (C, S) 1:30 Snack 2:00 Chair Exercises (P) 3:00 Sing-a-long/Relaxation (C, R)</p>

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29) 8:00 Coffee and Conversation (R, S) 8:30 Junk Drawer Detective (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 This Week in History (C, R) 11:30 Lunch 12:30 Let's Reminisce (C, R) 1:00 Music Therapy in Wellness/ Rachel (S, CR, R, C) 1:30 Snack 2:00 Chair Exercises (P) 2:45 Conversation Cards(C)	30) 8:00 Coffee and Conversation (R, S) 8:30 Matching Games (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 What's in the Bag? (C, R) 11:30 Lunch 12:30 Game Time Fun (C) 1:30 Snack 2:00 Chair Exercise(P) 2:45 Trivia/Word Games (C)	31) 8:00 Coffee and Conversation (R, S) 8:30 Word Puzzles (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Music Appreciation (C, R) 11:30 Lunch 12:30 Games (R, S) 1:30 Snack 2:00 Chair Exercises (P) 3:00 Cranium Crunches (C)		<b>Activity Domains:</b> Physical (P) Cognitive (C) Outdoor (O) Creative (CR) Reflective (R) Productive (PR) Social (S) Nature (N)

NON-DISCRIMINATION STATEMENT: In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

**Wellness Schedule: M-F 10:30 am-11:15 am and 1:00pm-1:45pm**  
**Pet Therapy with Keegan- Wednesdays**  
**Cozy Corner Schedule: M-F 10:30am-11:15am, M-F 12:00pm-12:45pm, 1:00pm-1:0045pm, 2:00pm-3:00pm \*Times and days of class subject to change\***  
**Thursday: \*Art on Wheels Program 4<sup>th</sup> Thursday of each Month**  
**\*Garden Club 2<sup>nd</sup> and 4<sup>th</sup> Thursday of each Month with Master Gardeners**  
**Music Therapy Program with Rachel: Monday 1:00, Friday 10:30**

Participants are encouraged to choose recreational programs of interest, consistent with their plan of care, and make suggestions of other activities they would enjoy. Activities are subject to change and changes will be posted.

\*One to One activities are also available and include the following: Reading, Montessori, puzzles, conversation, walking, coloring, iPad activities, games/cards, gardening and patio time, and spiritual/devotional activities.  
 \*\*One to One time scheduled with volunteers Eric, and Larawinn weekly

Art Volunteer, Victoria scheduled on Thursdays at 1:00 weekly to assist with Art Program

Highlighted Activities are programs provided by volunteers from the community