



2019

Mindful Care Adult Day Services, 615-542-4371
 Day Program For Persons Ages 55 +
www.Mindful-Care.org
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<p>3 Monday</p> <p>New Vision VBS</p> <p>Closed</p>	<p>4 Tuesday</p> <p>New Vision VBS</p> <p>Closed</p>	<p>5 Wednesday</p> <p>New Vision VBS</p> <p>Closed</p>	<p>6 Thursday</p> <p>New Vision VBS</p> <p>Closed</p>	<p>7 Friday</p> <p>8:00—9 Coffee & Snacks 9-10 Table Activities 10-11 Magazine Craft 11-12 Trivia 12-2:30 Special Friday Lunch with Lori and Freida 3-3:45 Word Teasers 4-5 Participants Choice</p>
<p>10 Monday</p> <p>8:00-9 Coffee & Snacks 9-10 Weekend Recap 10-11:00 Sing Along CD 11-12 Read-Aloud w/ Elementary Children's Group 12:00-2:00 Lunch 2—2:45 3-4 Exercise / Horseshoes 4:15-5 Participants Choice</p>	<p>11 Tuesday</p> <p>8:00—9 Coffee & Snacks 9:15-9:30 Color By Number 10-10:30 Chair Stretches 11-12 Tissue Paper Flower Pot Craft 12-2:00 Lunch 2:15-3:00 Outside Exercise 3-3:45 Card Bingo 4-5 Participants Choice</p>	<p>12 Wednesday</p> <p>8:00—9 Coffee & Snacks 9:15-10 Morning Inspiration 10:15-11:45 Giant Crossword 12-2 Lunch 2:15-3 Travel Images 3:15- 3:45 Exercise/ Basketball 4-5 Participants Choice</p>	<p>13 Thursday</p> <p>8:00—9 Coffee & Snacks 9-10 Morning Worksheets 10:15-10:30 Chair Stretches 10:30-11:45 Fathers Day FUN 12-1:45 Lunch 2-3 Flag Day Craft/Activity 3- 3:45 Exercise/ Balloon Ball 4-5 Table Games</p>	<p>14 Friday</p> <p>8—9 Coffee & Snacks 9:15—10 Table Games 10:30-11:45 Fathers Day Craft 12-2:30 Friday Lunch, Movie & Dessert 3-3:45 The Price Is Right 4-5 President Jingo</p>
<p>17 Monday</p> <p>8:00-9 Coffee & Snacks 9-9:45 Morning Inspiration 10-10:30 Flag Trivia 10:30 -12:00 Social Bingo 12:30-2:00 Lunch 2:00-3:00 Fathers Day Jingo 3:30-4:00 Exercise / Baseball 4:15-5 Participants Choice</p>	<p>18 Tuesday</p> <p>8:00—9 Coffee & Snacks 9:30-10:00 Fathers Day Fun Pages 10:15 -11 Puzzle FUN 11:15- 12:00 Old Proverbs 12:00-2:00 Lunch 2:15-3 Fathers Day Fun Pages 3:15-3:45 Exercise/ Ring Toss 4-5 Participants Choice</p>	<p>19 Wednesday</p> <p>8:00—9 Coffee & Snacks 9-10 Name 5 10:15-11:45 Aroma Touch Hand Massages w Karen 12:15-2:15 Lunch & Movie 2:30-3:15 Pet Therapy w Kathy 3:30-4 Exercise / Balloon Ball 4:15-5 Participants Choice</p>	<p>20 Thursday</p> <p>8:00-9 Coffee & Snacks 9—9:30 Morning Fun Worksheets 9:45—11:30 Pasta Butterfly Craft 12-2:00 Lunch 2:15—2:45 Outside Exercise 3-15-3:45 Bingo 4-5 Table Games</p>	<p>21 Friday</p> <p>8:00—9 Coffee & Snacks 9:30-10:15 Word Pictures 10:30-11:45 Essential Oils Presentation with Paula 12-2:00 Friday Lunch 2:30-3 Summer Bucket List Craft 3:15- 3:45 Trivia Pursuit 4-5 Participants Choice</p>
<p>24 Monday</p> <p>8:00-9 Coffee & Snacks 9-10 JUNE Trivia 10:30-11:00 Stretches 11:15-12 Animal Words 12:00-2:00 Lunch 2—2:45 Summer Bingo 3:00—3:45 Exercise / Ladderball 4-5 Participants Choice</p>	<p>25 Tuesday</p> <p>8:00—9 Coffee & Snacks 9:15—10 Color Pages 10:15-10:30 Stretches 10:45-12 Tissue Paper Craft 12-1:45 Lunch 2:00-3:00 Cotton Ball Painting Craft 3:15-3:45 Outside Exercise 4-5 Participants Choice</p>	<p>26 Wednesday</p> <p>8:00-9 Coffee & Snacks 9:15 -9:45 5 Second Rule 10-11:30 Giant Crossword 11:45 -12 Wed. Motivation 12-2:00 Lunch 2:30-3:15 Ask Away Card Game 3:15—4 Exercise/Ring Toss 4:15-5 Participants Choice</p>	<p>27 Thursday</p> <p>8:00-9:15 Coffee & Snacks 9:30-10 Color Pages 10:15-10:30 Stretches 10:30-12 Craft Stick Flower Pot Craft 12:00-1:45 Lunch 2-2:45 JUNE Trivia 3-3:45 Exercise/Bean Bag Toss 4-5 Participants Choice</p>	<p>28 Friday</p> <p>8:00 -9 Coffee & Snacks 9-10 Table Games 10:30-11:30 Family Feud 12:30-2:00 Friday Lunch 2:30-3:45 Playdough Craft 4- 5 Participants Choice</p>
	<p>Flag Day Friday, June 14</p> <p>Fathers Day Sunday, June 16</p> <p>First Day of Summer Friday, June 21</p>	<p>June Birthdays: Sara Wilson - 06/25</p>	<p>All Activities Subject to Change</p>	