2019

Mindful Care Adult Day Services, 615-542- 4371
Day Program For Persons Ages 55 +
www.Mindful-Care.org
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2 Monday Labor Day Closed Federal Holiday	**3 Tuesday** 8:00—9 Coffee & Snacks 9:15-9:30 Summer Coloring 9:45—10 Chair Stretches 10:15-11:45 Purple Fork Flower Craft 12-2:00 Lunch 2:15-2:30 Outside Exercise 3-3:45 Imagine Game 4-5 Participants Choice	**4 Wednesday** 8:00-9 Coffee & Snacks 9:30 –10:15 Stretches 10:30-11:45 Giant Crossword Puzzle 11:45 –12 Wed. Motivation 12-2:00 Lunch 2:30-3:15 "This Was the Year .. 1996" Trivia 3:15-4 Exercise/Ladder-Ball 4:15-5 Participants Choice	**5 Thursday** 8:00—9 Coffee & Snacks 9:15-9:30 September Coloring 9:45—10 Chair Stretches 10:15-11:45 Around the House Jingo / BINGO 12-2:00 Lunch 2:15-2:30 Outside Exercise 3-3:45 Musical Balloons 4-5 Participants Choice	**6 Friday** 8:00—9 Coffee & Snacks 9-10:15 Table Activities 10:30-11:00 Stretches 11:15 –12 **Purple—Celery Stamping Craft (Paint)** 12:15 –2:00 Friday Lunch 3-3:45 September Trivia 4-5 Participants Choice
9 Monday 8:00-9 Coffee & Snacks 9-10 Weekend Recap 10-11:00 Chair Stretches 11-12 Hang Man 12:00-2:00 Lunch/Dessert 2—2:45 **Grandparents Day: Reminiscing Activity** 3-4 Exercise / Football 4:15-5 Participants Choice	**10 Tuesday** 8:00—9 Coffee & Snacks 9:15-9:30 Color By Number 10-10:30 Chair Stretches 11-12 **Purple Tissue Paper Craft** 12-2:00 Lunch 2:15-3:00 Outside Exercise 3-3:45 Bingo 4-5 Participants Choice	**11 Wednesday** 8:00—9 Coffee & Snacks 9:15-10 Morning Inspiration 10:15-11:45 **My Country Sing Along Songs** 12-2:30 Lunch / Dessert 2:45-3:30 **I love America JINGO** 3:30-4 Exercise/ Basketball 4:15 -5 Participants Choice	**12 Thursday** 8:00—9 Coffee & Snacks 9-10 Morning Worksheets 10:15-10:30 Chair Stretches 10:30-11:45 **Purple Finger-Painting Flower Craft** 12-1:45 Lunch 2-3 Flower Bingo / JINGO 3– 3:45 Exercise/ Balloon Ball 4-5 Table Games	**13 Friday** 8—9 Coffee & Snacks 9:15—10 Table Games 10:30-11:00 Stretches 11:00—12:15 Magazine Collage Fun 12:15-2:30 Friday Lunch 3-3:45 The Price Is Right 4-5 Participants Choice
16 Monday 8:00-9 Coffee & Snacks 9-9:45 Morning Inspiration 10-10:30 Stretches 10:30 –11:30 Ask Away Game 12-2:00 Lunch 2:15-2:45 Preferences 3 –3:45 Exercise / Ladder-Ball 4:15-5 Participants Choice	**17 Tuesday** 8:00—9 Coffee & Snacks 9:30-10:00 September Color Pages 10:15 –11 Puzzle FUN 11:15– 12:00 Purple Button Tree Craft 12:00-2:00 Lunch 2:30-3 :15 **Homeschool Group Fun** 3:30-3:45 Exercise/ Ring Toss 4-5 Participants Choice	**18 Wednesday** 8:00—9 **SPECIAL Breakfast served with LOVE** 9-10 5 Second Rule 10:15–12:00 Giant Crossword Puzzle 12:15-2:15 Lunch & Movie 2:30-3:15 September Word Pictures 3:30-4 Exercise / Balloon Ball 4:15-5 Participants Choice	**19 Thursday** 8:00-9 Coffee & Snacks 9—9:30 Morning Work-sheets 9:45—10:15 Stretches 10:30—11:45 **Purples Sun-Catchers** 12-2:00 Lunch 2:15—2:45 Outside Exercise 3-:15-3:45 Bingo / Jingo 4-5 Table Games	**20 Friday** 8:00—9 Coffee & Snacks 9:30-10 Stretches 10:30-11:45 **5 Shades of Purple Ribbon Wreath Craft** 12-2:00 **SPECIAL** Friday Lunch served with **LOVE** 2:30-3 Neighborly Ways Activity 3:15– 3:45 Trivia Pursuit 4-5 Participants Choice
23 Monday 8:00-9 Coffee & Snacks 9-10 Weekend Recap 10:30-11:00 Stretches 11:15-12 Wheel of Fortune 12:00-2:00 Lunch 2—2:45 September Trivia 3—3:45 Exercise / Football 4-5 Participants Choice	**24 Tuesday** 8:00—9 Coffee & Snacks 9:15—10 Color Pages 10:15-10:30 Stretches 10:45-11:30 Musical Hats 12-2:00 Lunch 2-3 **5 Shades of Purple Flower Craft** 3:15-3:45 Outside Exercise 4-5 Participants Choice	**25 Wednesday** 8:00-9 Coffee & Snacks 9:15 –9:45 Stretches 10-11:30 Jeopardy 11:45 –12 Wed. Motivation 12-2:00 Lunch 2:30-3:15 1950's T.V Trivia 3:15—3:30 Exercise 3:45-4:00 Musical Balloons 4:15-5 Participants Choice	**26 Thursday** 8:00-9:15 Coffee & Snacks 9:30-10 Color Pages 10:15-10:30 Stretches 10:45-11:45 Ask Away Card Game 12:00-2:00 Lunch 2-2:45 **Sensory Sensation** 3-3:45 Exercise/Bean Bag Toss 4-5 Participants Choice	**27 Friday** 8:00 -9 Coffee & Snacks 9-10 Table Games 10:30-10:45 Urban Myth Game 11-12:15 Tissue Paper **Heart** Craft 12:30-2:00 Friday Lunch 2:30-3:45 Preferences Game 4– 5 Participants Choice
30 Monday 8:00-9 Coffee & Snacks 9-10 Morning Inspiration 10:30-11:00 Stretches 11:15-12 Imagine Game 12:15-2:15 Lunch 2:30—3:15 Preferences Game 3:30—3:45 Exercise / Bean-Bag Toss 4-5 Participants Choice	September 8 — Grandparents Day September 21— National Alzheimer's Day "International Day of Peace " September 23 — First Day of Fall September 29—World Heart Day September 29— National Coffee Day		**National Adult Day Services Week is September 15-21, 2019** Celebrating ADS – Voice, Vision and Value	**30 Friday** All activities subject to change **Mindful Care offers "resting area" for participants during time at ADS , if needed.**