

Three Links Adult Day Services

Life Enrichment: August 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday	Sunday
			National Raspberry Cream Pie Day! 1 9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 11:00 Crafts/Coloring 11:30 Free Time 12:00 Lunch 1:00 Guess whats in the bag 2:00 Snack	National Ice Cream Sandwich Day! 2 9:00 Breakfast / Socialize 10:00 Volunteer: David Bingo / Jingo! 11:00 Quote of the Day & Exercise 11:30 Free Time 12:00 Lunch 1:00 Sit on the patio/ conversation 2:00 Snack	3 National Watermelon Day!	4 International Forgiveness Day!
5	National Wiggle Your Toes Day 6	7	8	9	10	11
9:00 Donut –Make-You-Wonder? 10:00 Quote of the Day & Exercise 11:00: Games Choice 11:30 Free time 12:00 Lunch 1:00-3:00 Walk in the Park Choice	9:00 Donut –Make-You-Wonder? 10:00 Quote of the Day & Exercise 11:00 Talk about National Wiggle your Toes 11:30 Free time 12:00 Lunch 1:15- 3:00 Volunteer: Isabelle – Zucchini Bread / Snack	9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 11:00 Games 11:30 Free Time 12:00 Lunch 1:00 Talk about the Stars 2:00 Snack	9:00 Blueberry Muffins for breakfast! 10:00 Quote of the Day & Exercise 11:00 Games/Crafts 11:30 Free Time 12:00 Lunch 1:00 – 3:00 Movie and Snack	9:00 Breakfast / Socialize 10:00 Volunteer: David Bingo / Jingo! 11:00 Quote of the Day & Exercise 11: 30 Free Time 12:00 Lunch & S’Mores Dip! 1:00 – 3:00 Bowling	National S’Mores Day!	
12	13	National Creamside Day! 14	National Relaxation Day! 15	16	17	18
9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 11:00 Share your favorite anything 11:30 Free Time 12:00 Lunch 1:00 Bingo 2:00 Snack	9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 11:00 Talk about Famous People 11:30 Free Time 12:0 Lunch 1:15 Volunteer: Isabelle – Music 2:15 Snack	9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 11:00 Discuss Creamside Day 11:30 Free Time 12:00 Lunch! 1:00-3:00 Movie and Snack/ Creamsicles	9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 11:00 Discuss Relaxation Day/Techniques 11:30 Free Time 12:00 Lunch 1:30 Josh & Kids – Conversation Volunteers! 2:00 Snack	9:00 Breakfast / Socialize 10:00 Volunteer: David Bingo / Jingo! 11:00 Quote of the Day & Exercise 12:30 Lunch 1:00 Sit on the Patio and Chat 2:00 Snack	National Honey Bee Awareness Day!	
Aviation Day! 19	World Mosquito Day 20	National Spumoni/ Senior Day! 21	22	23	24	25
9:00 Breakfast / Socialize 9:45 Quote of the Day & Exercise 10:15 Leave Stanton Airport Tour! 12:30 Lunch 1:30 Josh & Kids – Conversation Volunteers! 2:30 Snack & Conversation!	9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 11:00 Discuss Mosquito’s 11:30 Free Time 12:00 Lunch 1:15 Volunteer: Isabelle – Choice 2:15 Snack	9:00 Donut –Make-You-Wonder? 10:00 Quote of the Day & Exercise 11:00 Talk about Spumoni Day 12:00 Lunch 1:00 Outing to Northfield Montessori - Craft & Snack with Preschoolers!	9:00 Donut –Make-You-Wonder? 10:00 Quote of the Day & Exercise 11:00 Health Discussion 12:00 Lunch 1:00 Outing to Northfield Montessori - Craft & Snack with Preschoolers!	9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 11:00 Games / Crafts Choice 11:30 Free Time 12:00 Lunch 1:00 Movie 2:00 Snack		
National Dog Day! 26	27	28	29	30		
9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 11:00 Talk about Dogs 11:30 Free time 12:00 Lunch 1:30 Josh & Kids – Conversation Volunteers!	9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 11:00 Games Choice 11:30 Free time 12:00 Lunch 1:15 Volunteer: Isabelle – Bingo Snack	9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 11:00 Reading/ Short Stories 11:30 Free time 12:00 Lunch 1:00-3:00 Bowling	9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 11:00 Discuss next month activities 11:30 Free time 12:00 Lunch 1:00 Walk in the Park Choice 2:00 Snack	9:00 Breakfast / Socialize 10:00 Quote of the Day & Exercise 11:00 Choice/ Games/ Crafts 11:30 Free Time 12:00 Lunch 1:00 Movie Choice 2:00 Snack		

