

Monday

Tuesday

Wednesday

Thursday

Friday



C: The Good Old Days
P: Resistance Bands
S/A: **Spirituality with Pastor Paul** or Name that 60's Tune
LUNCH
A/C: **Paint Class w/ Merry & Leo** or Word Teasers
P: Bowling
A: Name that TV Theme Song
C: Pastimes

C: Music Trivia
P: Dance Aerobics
C/A: Instruments from Around the World or Movie Magic Sing Along
LUNCH
C/E: Musical Mystery Word or Name that Instrument
P: Ladder Golf
A: Songs Around the World
C: Sav it with Music

C: Hunting Humor and Trivia
P: **Arm Aerobics**
C: **Hunting Mystery Word or Name 10**
LUNCH
C/A: Hunting World Records or Musical Toss
P: **Antler Toss**
C: **Discover America- National Parks**
C: Name that Memory

C: The Deer Challenge
P: **Upper Body Stretch**
C: **Hunting Create a Word or Country Life Trivia**
LUNCH
A: **Music with Merry and Leo**
P: **Battle Buckets**
C: **Guess the Animal Tracks**
A: Boots and Hearts Sing Along

C: October Trivia
P: Core Exercise
C: Bingo or Old Wives Tales
LUNCH
C: Pasta, Plant, Fast Car or Clue Trivia
P: Football Toss
C: Remembering Picking Pumpkins and Apples
C: Zig Zag Zoom

C: Fact or Fiction
P: Move and Groove
S/E: **Spirituality with Pastor Paul** or Shake Awake Your Taste
LUNCH
C/A: iPad Chain of Thought or Magic of Music
P: Disc Golf
E: Remembering Chores and Allowance
C: **Memories and Musings**

C: Alphabetic
P: Bean Bag Exercise
C: What Would You Do? or Finishing Lyrics
LUNCH
C: Silly Sentences or Musical Twister
P: Shuffleboard Toss
C: Spin Trivia
C: Treasured Memories

C: Elder Trivia
P/O: Cardio Drumming or Pumpkin Pecan Crescent Rolls
S/A: **Bible Study** or Select A Song
LUNCH
E: **Pet Therapy with Billy** or What Do You See?
P: Pizza Toss
A: Seasons Choral
C: Kids Say the Darndest Things

E: Classic TV Commercials
P: Healthy Bodies
C/A: Can You List It? or Sentimental Journey Sing Along
LUNCH
C: Journey Through the 20th Century or Train of Thought
P: Horseshoes
C: How Do They Make That?
C: What's that Occupation

E: Sharpen Your Senses
P: Arm Aerobics
A/C: Name That State or Six Words
LUNCH
C/A: Famous Faces or Inventive Songs
P: Hoop Dice
C: Mind Stretchers
C: Pondering Prompts

C: iPad Memory Lane Games
P: Healthy Bodies
C: Alphabet Challenge or Elder Trivia
LUNCH
E/A: **Pet Therapy with Izzy** or Name that Tune
P: Bottle Ring Toss
C: Everyday Life Trivia
C: Yes, I Have

C: EZ Trivia
P: Ball Exercises
C: Jumbo Crossword or Melting Pot
LUNCH
C/E: Invention or Imagination Or What's in the Bag?
P: Top Toss
C: Remembering I Love Lucy
C: Conversation Cards

C: Down Memory Lane
P: Can Weights
S/C: Hymns and Harmony or Quizmania
LUNCH
C/A: **Pet Therapy with Duke** or Select a Song
P: Bean Bag Bocce
C: Guess in 10
C: Family Talk

C: Storylines
P: Upper Body Stretch
C: The History Of... or Trivia Treasury
LUNCH
C/A: Guess Who I Am or Grandma's Parlour Sing Along
P: Floor Darts
A: Hits of the 60's
P: Table Ball

C: What's Next?
P: Healthy Bodies
C: Words in Words or Card Bingo
LUNCH
C/A: Last Letter Challenge or Traveling Tunes
P: Texas Horseshoes
E: Life in the 50's
C: Finish the Phrase

C: School Days Trivia
P: Bean Bag Exercise
S/C: **Spirituality with Pastor Paul** or Melting Pot Trivia
LUNCH
C/E: Jeopardy or I Hear Music
P: Basketball
A: Michigan Melodies
C: Mind Joggers

C: Brain Boosters
P: Dance Aerobics
S/C: **Spirituality with Pastor Paul** or Yesterdays Photos
LUNCH
C/A: Travelogue: Borneo or In The Mood Sing Along with Suzie Q
P: Corn Hole
C: A-Z Trivia
C: Choices

E: Sock it to Me
P: Bean Bag Exercise
S/C: **Bible Study** or Storymatic
LUNCH
C/A: Three Letters or Elvis Sing Along
P: Hoop Toss
C: Finishing Lines
C: Book of Firsts

C: Fascinating Facts
P: Resistance Bands
C/A: Blank Slate or Musical Dice
LUNCH
A/C: **Native American Flutes** or Twister Trivia
P: Broomball
A: Finish the Song Lyrics
C: Toss n Talk

Seasons Adult Day Health Services