












































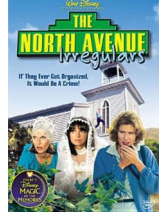


# MAY 2019

# THE DAY OUT PROGRAM ACTIVITY CALENDAR adult day program

1101 Bathtub Row, Los Alamos, NM 87544. Located on the lower level of the Betty Ehart Senior Center 661-0081

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Laurie Hochhalter—Director 661-0081</b> dayout@losalamosseniorcenter.com Website; losalamosseniorcenter.com Transportation # 662-8922		<b>Symbol key:</b>  Alzheimer's support group  Toenail Clipping, a reservation is required \$15 call 662-8920  Hymns with Home Instead	1 Exercise @ 9:45  <b>Music w/ Ruth @ 10:30</b> Lunch: BBQ Bonanza, coleslaw, pinto beans, whole wheat roll, peanut butter cookie.	2   Connie  Lunch: Burgers, lettuce/tomato/onion/pickle, green chile, potato chips, apple sauce.	3 Music w/Ronaele @ 10.  Lunch: Turkey, stuffing, potatoes, cranberry sauce, pumpkin cookie. <b>12:30 Movie</b> →	4
5 Karen's 	6 <b>Chime Time! w/Connie!</b>  Lunch: Sausage w/wild rice, broccoli, biscuit, apple sauce.	7  Lunch: Chicken tenders, mashed potatoes, gravy, whole wheat roll, winter blend vegetables, oranges.	8 Exercise @ 9:45  <b>Music w/ Ruth @ 10:30</b> Lunch: Fish & Chips, German coleslaw, tartar sauce, apricots.  1:30	9   Lunch: Frito Pie, salad bar, cake. 	10 Music w/Ronaele @ 10 Lunch: Egg salad or tuna salad, salad bar, crackers, ice cream.  <b>12:30 Movie</b> → 	11
12 Dora's 	13 <b>Chime Time! w/Connie!</b>  Lunch: Chicken marinara over pasta, bread stick, parmesan cheese, salad bar, ice cream	14  Lunch: Corned beef w/cabbage, sauce, carrots, potatoes, tropical fruit.	15 Exercise @ 9:45  <b>Music w/ Ruth @ 10:30</b> Lunch: Fish taco, oven fried potatoes, salad bar, roll, pudding w/topping. 	16   Lunch: Taco pizza, lettuce, tomato, cheese, salsa, pasta salad, pears.  12:30 Hymns w/ Home Instead 	17 Music w/Ronaele @ 10 Lunch: Chicken enchiladas, beans, Mexican rice, lettuce/tomato, flour tortilla, jello w/fruit. <b>12:30 Movie</b> → 	18
19 Roberts 	20 <b>Chime Time! w/Connie!</b>  Lunch: Chicken and dumplings, salad bar, apricots. 	21  Lunch: Chicken fried chicken, mashed potatoes, cream gravy, peas & carrots, roll & oranges.  Big Room Bingo @ 1:00	22 Exercise @ 9:45  <b>Music w/ Ruth @ 10:30</b> Lunch: Tilapia over fried potatoes, German coleslaw, whole wheat roll, cake. 	23   Lunch: BBQ pork chops, mashed potatoes & gravy, salad bar, fruit cocktail.	24 Music w/Ronaele @ 10 Lunch: Pasta primavera, Italian vegetables, marinara sauce, bread stick, brownies. <b>12:30 Movie</b> → 	25
26	27 	28 Mery's   Lunch: Salmon, mango salsa, coleslaw, potatoes, carrots, oranges. 	29 Exercise @ 9:45  <b>Music w/ Ruth @ 10:30</b> Lunch: Salisbury steak, new potatoes, roll, gravy, mixed vegetables, pears.	30  Lunch: Chicken fried steak & gravy, whole wheat roll, California veggies, bananas & strawberries.	31 Music w/Ronaele @ 10 Lunch: Tater tot casserole, winter blend vegetables, w/w roll, pears w/cottage cheese. Birthday  <b>12:30 Movie</b> → 	

SCHEDULE: 7:45—9:45 = Breakfast & conversation ; 9:45-10:45 =Main activity for the day ; 10:45 = Exercise; Wed = Exercise @ 9:45, 11:30 =Lunch as listed; 12:15= small group games/movie— Friday Movie is @ 12:30. 2:00—snack and social small group games. 2:30 = get ready for those who ride Senior bus home 2:40 Bus ride /home, 3:30—4:00 Wii games and/or trivia.