

Adult Care of Chester County - Club

July 31, 2017 - August 13, 2017

Each day activities include AM snack, lunch, PM snack, walking program, exercise and more.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Jul 31</i></p> <p>AM Activities</p> <p>Rise N Shine</p> <p>Tai Chi exercises</p> <p>Alphabet Soup</p> <p>Family Feud</p> <p>Shuffleboard</p> <p>Sit down Exercise</p> <p>PM activities</p> <p>Music Therapy 1:30-2:15</p> <p>Bocci</p> <p>Elder Trivia</p> <p>Spin The Bottle</p> <p>Stephen V's Birthday (7/30)</p>	<p><i>Aug 1</i></p> <p>AM Activities</p> <p>Rise N Shine</p> <p>Tai Chi exercises</p> <p>Kick Ball</p> <p>Mind Joggers</p> <p>Music Therapy</p> <p>Music Therapy 10:30-11:15</p> <p>Short Stories</p> <p>PM activities</p> <p>Finishing Lines</p> <p>Horseshoes</p> <p>Opposites</p> <p>Sit down exercise</p>	<p><i>Aug 2</i></p> <p>AM Activities</p> <p>Rise N Shine</p> <p>Tai Chi exercises</p> <p>Animal Bloopers</p> <p>Dice Bowling</p> <p>Fact or Fiction</p> <p>Hangman</p> <p>Noodle Game</p> <p>Sit down Exercise</p> <p>TicTacToe Toss</p> <p>PM activities</p> <p>Sit down exercise</p> <p>What Do You Know?</p>	<p><i>Aug 3</i></p> <p>AM Activities</p> <p>Rise N Shine</p> <p>Tai Chi exercises</p> <p>Bocci</p> <p>Crossword Puzzles</p> <p>Penny Ante</p> <p>Sit down exercise</p> <p>Tin Can Toss</p> <p>PM activities</p> <p>Elder Trivia</p> <p>Enhanced Exercise (Group)</p> <p>Make Your Point</p>	<p><i>Aug 4</i></p> <p>AM Activities</p> <p>Rise N Shine</p> <p>Tai Chi exercises</p> <p>Are You Smarter than a 5th Grader?</p> <p>Bingo</p> <p>Bowling</p> <p>Golf</p> <p>PM activities</p> <p>Sing-a-long/Walt</p> <p>Horseshoes</p> <p>Sit down exercise</p> <p>What More Do You Know?</p>
		A Week at the Spa		
<p><i>Aug 7</i></p> <p>AM Activities</p> <p>Rise N Shine</p> <p>Tai Chi exercises</p> <p>Air Darts</p> <p>Alphabet Soup</p> <p>Elder Trivia</p> <p>Music Therapy 10:30-11:15</p> <p>PM activities</p> <p>Bocci</p> <p>Ice Breakers</p> <p>IQ 2000</p> <p>Sit down exercise</p>	<p><i>Aug 8</i></p> <p>AM Activities</p> <p>Rise N Shine</p> <p>Tai Chi exercises</p> <p>Bowling</p> <p>Dumb Laws</p> <p>Noodle Game</p> <p>Sit down exercise</p> <p>Take A Guess</p> <p>PM activities</p> <p>Brain Quest</p> <p>Golf</p> <p>Sit down exercise</p> <p>TV Trivia Game</p>	<p><i>Aug 9</i></p> <p>AM Activities</p> <p>Rise N Shine</p> <p>Tai Chi exercises</p> <p>Air Hockey</p> <p>Hangman</p> <p>Historical Moments</p> <p>Sit down exercise</p> <p>PM activities</p> <p>Around The World in 900 Questions</p> <p>Hoop Toss</p> <p>Sit down exercise</p> <p>Urban Myth</p> <p>Bill & Carol Lea 2:00</p>	<p><i>Aug 10</i></p> <p>AM Activities</p> <p>Rise N Shine</p> <p>Tai Chi exercises</p> <p>Are You Smarter than a 5th Grader?</p> <p>Magnetic Darts</p> <p>Sit down exercise</p> <p>Triple Treat Trivia</p> <p>PM activities</p> <p>Music Therapy 1:30-2:15</p> <p>10,000 Quiz Challenge</p> <p>Basketball</p> <p>Shake Awake A Taste</p>	<p><i>Aug 11</i></p> <p>AM Activities</p> <p>Rise N Shine</p> <p>Tai Chi exercises</p> <p>500 Things You Should Know About Animals</p> <p>Bean Bag Toss</p> <p>Mind Joggers</p> <p>Multi group Volleyball 10:00</p> <p>PM activities</p> <p>Sing-a-long/Walt</p> <p>Shuffleboard</p> <p>Sit down exercise</p> <p>Travel Trivia</p> <p>What Do You Know?</p>
		Native American Pow Wow Week		

Each Wednesday morning Rosary is offered to anyone interested. Catholic Communion is offered every Wednesday morning. On the 3rd Wednesday each month Protestant Communion is offered. Each Thursday morning some participants gather for a Bible Study.

Adult Care of Chester County - Club

August 14, 2017 - August 27, 2017

Each day activities include AM snack, lunch, PM snack, walking program, exercise and more.

Monday	Tuesday	Wednesday	Thursday	Friday
Aug 14	Aug 15	Aug 16	Aug 17	Aug 18
AM Activities	AM Activities	AM Activities	AM Activities	AM Activities
Rise N Shine	Rise N Shine	Rise N Shine	Rise N Shine	Rise N Shine
Tai Chi exercises	Tai Chi exercises	Tai Chi exercises	Tai Chi exercises	Tai Chi exercises
Bowling	Golf	Black & Red Cards	Bingo	Bean Bag Toss
Horseshoes	Music Therapy 10:30-11:15	Movie Morning	Kick Ball	Junior Trivial Pursuit
Mind Joggers	Sit down exercise	Sit down Exercise	Velcro Floor Toss	Noodle Game
Sit down Exercise	Travel Trivia	PM activities	What Do You Know?	Urban Myth
PM activities	PM activities	Basketball	PM activities	PM activities
Music Therapy 1:30-2:15	Alphabet Soup	Everyday Life Trivia	Bocci	Sing-a-long/Walt
Casino Downs	Dice Bowling	Penny Ante	Dumb Laws	Air Darts
IQ 2000	Large Group Enhanced Exercise 2:00	Sit down exercise	Sit down exercise	Sit down exercise
Twister Toss	Proverbs		Triple Treat Trivia	What More Do You Know?
		Celebrity Chefs Week		
Aug 21	Aug 22	Aug 23	Aug 24	Aug 25
AM Activities	AM Activities	AM Activities	AM Activities	AM Activities
Rise N Shine	Rise N Shine	Rise N Shine	Rise N Shine	Rise N Shine
Tai Chi exercises	Tai Chi exercises	Tai Chi exercises	Tai Chi exercises	Tai Chi exercises
Alphabet Soup	Dice Bowling	Bocci	Clothes Pin Toss	Horseshoes
Buzzword	Historical Moments	Golf	Hangman	Shuffleboard
Everyday Life Trivia	Mind Joggers	Ice Breakers	Magnetic Darts	Travel Via Trivia
Music Therapy 10:30-11:15	Sit down exercise	Sports Talk	Sit down exercise	Word Games To Make You Think
PM activities	PM activities	PM activities	What Do You Know?	PM activities
Board Boggle	Multi group Volleyball 1:30	Elder Trivia	PM activities	Sing-a-long/Walt
Bowling	Air Darts	Sit down exercise	Music Therapy 1:30-2:15	Casino Downs
Proverbs	Dumb Laws	Velcro Toss	500 Things About Animals	Finishing Lines
Sit down exercise	Movie Trivia	Would You Rather	Kickball	Sit down exercise
		Fun Fly Week	Sit down exercise	Urban Myth

Each Wednesday morning Rosary is offered to anyone interested. Catholic Communion is offered every Wednesday morning. On the 3rd Wednesday each month Protestant Communion is offered. Each Thursday morning some participants gather for a Bible Study.

Adult Care of Chester County - Club

August 28, 2017 - September 10, 2017

Each day activities include AM snack, lunch, PM snack, walking program, exercise and more.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Aug 28</i></p> <p>AM Activities</p> <p>Rise N Shine Tai Chi exercises Horseshoes Mind Joggers Name 10 Sit down Exercise</p> <p>PM activities</p> <p>Music Therapy 1:30-2:15</p> <p>Air Darts Alphabet Soup Bowling</p>	<p><i>Aug 29</i></p> <p>AM Activities</p> <p>Rise N Shine Tai Chi exercises Alphabetics Crossword Puzzles</p> <p>Music Therapy 10:30-11:15</p> <p>Tin Can Toss</p> <p>PM activities</p> <p>Bocci Casino Downs Fact or Fiction Sit down exercise</p>	<p><i>Aug 30</i></p> <p>AM Activities</p> <p>Rise N Shine Tai Chi exercises Dice Bowling Shuffleboard Sit down Exercise Twenty Questions</p> <p>PM activities</p> <p>Bingo Hangman Tic Tac Toe What Do You Know?</p>	<p><i>Aug 31</i></p> <p>AM Activities</p> <p>Rise N Shine Tai Chi exercises Bean Bag Toss Noodle Game Penny Ante Sport's Bloopers"</p> <p>PM activities</p> <p>Elder Trivia Make Your Point Sit down exercise Velcro Toss</p>	<p><i>Sep 1</i></p> <p>AM Activities</p> <p>Rise N Shine Tai Chi exercises Air Hockey Are You Smarter than a 5th Grader? Hangman Ring Toss</p> <p>PM activities</p> <p>Sing-a-long/Walt</p> <p>Horseshoes Kickball What More Do You Know?</p>
Cruise Week				
<p><i>Sep 4</i></p> <p>Music Therapy 10:30-11:15</p> <p>Sit down exercise</p>	<p><i>Sep 5</i></p> <p>AM Activities</p> <p>Rise N Shine Tai Chi exercises Sit down exercise</p> <p>PM activities</p>	<p><i>Sep 6</i></p> <p>AM Activities</p> <p>Rise N Shine Tai Chi exercises</p> <p>PM activities</p> <p>Sit down exercise</p>	<p><i>Sep 7</i></p> <p>AM Activities</p> <p>Rise N Shine Tai Chi exercises Sit down exercise</p> <p>PM activities</p> <p>Music Therapy 1:30-2:15</p>	<p><i>Sep 8</i></p> <p>AM Activities</p> <p>Rise N Shine Tai Chi exercises</p> <p>Multi group Volleyball 10:00</p> <p>PM activities</p> <p>Sing-a-long/Walt</p> <p>Sit down exercise</p>

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