







Tempe Adult Day Services ~~~~Cabana Group



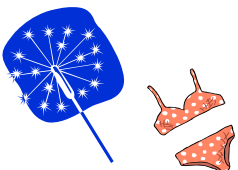









July 2010

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
| <p align="center"><u>Daily Activities</u></p> <p>7:30—8:30 Chit Chat & Coffee 8:30—9:00 Up 2 You 9:00—9:30 Breakfast Club 10:30—11:00 Exercise 11:30—12:30 Lunch & Relaxation 2:15—2:45 Exercise 2:45—3:00 Rest and Relax</p>  | |  | <p>1 9:30 Monthly Gazette 10:00 Ring Toss 11:00 Paddle ball 12:45 ANIMAL BINGO 1:15 Animal A-Z 1:45 Daily Chronicles 3:30 Firecracker making</p> <p align="center"><u>All About Animals Day</u></p> | <p>2 <u>Stars and Stripes Celebration</u> 9:30 Firecracker Making 10:00 Basketball/ Daily Chronicles 11:00 History of Independence 12:45 Independence Puzzle/ Declaration Discussion 1:15 Lawn Darts/4th of July Trivia 1:45 Bottle Toss 3:30 Star Toss</p> |
| <p>5 Center is CLOSED: <u>OBSERVING INDEPENDENCE DAY!</u></p>  | <p>6 <u>Name that Tune Premiere</u> 9:30 Daily Chronicles 10:00 Tribute to Stephen Foster 11:00 July BINGO/ Daily Chronicles 12:45 Someday I'll....? Discussion 1:15 How Music has Changed 1:45 Hangman 3:30 Ring the Bottle</p> | <p>7 <u>The Nose Knows Day</u> 9:30 20 Questions 10:00 Lawn Darts 11:00 Daily Chronicles 12:45 Audrey's Angels 1:15 Best Bargain in Town 1:45 Archery 3:30 Po-Ke-No</p> | <p>8 9:30 Daily Chronicles 10:00 Baseball 11:00 Parachute 12:45 Pinocchio Movie Day 1:15 Balloon Afloat 1:45 Outburst 3:30 Bowling</p> | <p>9 9:30 Basketball 10:00 100 Words 11:00 Daily Chronicles 12:45 Hole in One 1:15 Words within Words 1:45 Bulls Eye 3:30 Taboo</p> |
| <p>12 9:30 Daily Chronicles 10:00 Archery 11:00 Family Feud Trivia 12:45 Dodgeball 1:15 Favorite Active Game Choice 1:45 BINGO 3:30 Person Centered Tables</p> | <p>13 9:30 Password 10:00 A-Z BB Teams 11:00 Daily Chronicles 12:45 Tempe's World Series 1:15 Documentary 1:45 Favorite Mind Game 3:30 Bean Bag batter—up <u>All-Star Day</u></p> | <p>14 9:30 Daily Chronicle 10:00 Horse Races 11:00 Participants Council 12:45 Best Bargain in Town 1:15 Video Sing -a- long 1:45 Favorite Social Game 3:30 Bocce Ball</p> | <p>15 9:30 Hole in One 10:00 Famous Faces 11:00 Daily Chronicles 12:45 Favorite Up2U 1:15 Price is Right 1:45 Overhead Puzzles 3:30 Yahtzee</p> | <p>16 <u>Orville Redenbacher Day</u> 9:30 Who is Orville Redenbacher?/ Daily Chronicles 10:00 Flavored Popcorn Search 11:00 Squeeze Phrase 12:45 What Makes Popcorn Pop? 1:15 TR Jeopardy 1:45 Math Equations 3:30 Squeeze Phrase</p>  |
| THERAPEUTIC RECREATION WEEK June 11th-17th | | | | |
| <p>19 9:30 Hangman 10:00 Tennis Ball Darts 11:00 Daily Chronicles 12:45 BINGO 1:15 Person Centered Tables 1:45 Bowling 3:30 ABC Game</p> | <p>20 9:30 Daily Chronicles 10:00 Ladder Golf 11:00 Participants Council 12:45 Are You Smarter than a 5th Grader? 1:15 Up2 U 1:45 Yahtzee/Video Sing a long 3:30 Bean Bag Bucket Aim</p> | <p>21 <u>Show Your True Colors Day</u> 9:30 Card Bingo 10:00 Colored Twister 11:00 Color Your World Puzzle/Daily Chronicles 12:45 Audrey's Angels 1:15 Person Centered Tables 1:45 Ad Game 3:30 Password</p> | <p>22 9:30 Daily Chronicles 10:00 Bean Bag Board 11:00 Battle of the Sexes 12:45 Parachute 1:15 ABC 1:45 Trivial Pursuit 3:30 Paddle Kick</p> | <p>23 <u>Anniversary of the Ice Cream Cone</u> 9:30 Touchdown 10:00 Pictionary 11:00 Boccee Ball 12:45 Price is Right 1:15 Table Puzzles 1:45 Life Stories Board Game 3:00 Ice Cream Social 3:30 Outburst</p>  |
| <p>26 <u>We are a Family Day</u> 9:30 Daily Chronicles 10:00 Taboo 11:00 Horse Shoes 12:45 Pictionary 1:15 Dog Races 1:45 Guess Who? 3:30 Kickball</p>  | <p>27 9:30 Frisbee Golf 10:00 Dear Abby 11:00 Hula Hoop Toss 12:45 Thinkers 1:15 Bean Bag Targets 1:45 You Be the Judge 3:30 Chuckers</p> | <p>28 9:30 Daily Chronicles 10:00 Ad Game 11:00 Football 12:45 Freedom Birthday Party 1:15 Freedom BINGO 1:45 Spelling Bee 3:30 Oodles</p> | <p>29 <u>Bean Bag Day</u> 9:30 Daily Chronicles 10:00 Bean Bag Toss 11:00 Donnas Health Advice 12:45 Hacky Sac Circle 1:15 Correct the Phrase 1:45 Bean Bag Twister 3:30 Ring Toss</p> | <p>30 9:30 Daily Chronicles 10:00 Bottle Throw 11:00 Famous Faces 12:45 Yahtzee/ Around the World 1:15 Gone Fishing 1:45 Define the Word 3:30 Table Games</p> |

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July 2010

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|---|---|--|---|--|--|--|
| <p>Daily Activities</p> <p>7:30—8:30 Chit Chat & Coffee 8:30—9:00 Up 2 You 9:00—9:30 Breakfast Club 10:30—11:00 Exercise 11:30—12:30 Lunch & Relaxation 2:15—2:45 Exercise 2:45—3:00 Rest and Relax</p> | | | <p>Monthly Outings</p> <p>8th~ Dine @ Denny's with Linda 22nd ~ Lunch with Larry 27th~ Pizza Parlor with Millie 28th~ Light Rail Lunch with Caity</p> | | <p>1</p> <p>9:30 Chair Yoga 10:00 Animal Safari 11:00 Top News 12:45 It's a Jungle out there Art 1:15 Shuffleboard 1:45 Do As I'm Doing 2:00 Art Therapy 3:30 Social Ball</p> <p>All About Animals Day</p> | <p>2</p> <p>Stars and Stripes Celebration</p> <p>9:30 "A Thousand Tomorrows"/Silver Shoes 10:00 Therapeutic Exercises 11:00 Sing to Freedom 12:45 Bible Therapy 1:15 Cookie Pizza/ Top News 1:45 KABOOM Banner 3:30 Teezers and Thinklers</p>  |
| <p>5</p> <p>Center is CLOSED:</p> <p>OBSERVING INDEPENDENCE DAY!</p>  | <p>6</p> <p>Name that Tune Premiere</p> <p>9:30 Chair Yoga 10:00 Instruments/ Top News 11:00 Have you Ever? 12:45 Bible Therapy 1:15 Name That Tune 1:45 Pointillism Painting 3:30 Teezers</p> | <p>7</p> <p>The Nose Knows Day</p> <p>9:30 "A Thousand Tomorrows"/Silver Shoes 10:00 What's that Smell? 10:30 Music Therapy 11:00 Top News 12:45 Audrey's Angels 1:15 Claymation 1:45 I Love to Laugh 3:30 Person's Choice</p> | <p>8</p> <p>9:30 Chair Yoga 10:00 Top News 11:00 Mad Libs 12:45 Person Centered Activities 1:15 Blueberry Lemonbars 1:45 Beautiful hands 2:00 Art Therapy 3:30 Grab Bag</p> | <p>9</p> <p>9:30 "A Thousand Tomorrows"/Silver Shoes 10:00 Therapeutic Exercises 11:00 Match Me 12:45 Bible Therapy 1:15 Top News 1:45 Tool Time 3:30 You be the Judge</p> | | |
| <p>12</p> <p>9:30 "A Thousand Tomorrows"/Silver Shoes 10:00 Social Cards 11:00 What is Leisure? 12:45 Music Therapy 1:15 Can You Spot Me? 1:45 Local Report 3:30 Gone Fishing</p> | <p>13</p> <p>All-Star Day</p>  <p>9:30 Chair Yoga 10:00 Local Report 11:00 How has TR benefited you? 12:45 Bible Therapy 1:15 Documentary 1:45 Cheerleader Pom-Poms 3:30 Magnetic Touchdown</p> <p>THERAPEUTIC RECREATION WEEK June 11th-17th</p> | <p>14</p> <p>9:30 "A Thousand Tomorrows"/Silver Shoes 10:00 Sing a long 11:00 Up2U 12:45 Local Report 1:15 Painted Nails 1:45 Free Expressions 3:30 20 Questions</p> | <p>15</p> <p>9:30 Chair Yoga 10:00 I Love to Laugh 11:00 Local Report 12:45 Tic Tac Toe 1:15 Horse Shoes 1:45 Computer Game 2:00 Art Therapy 3:30 Boggle</p> | <p>16</p> <p>Orville Redenbacher Day</p> <p>9:30 "A Thousand Tomorrows"/Silver Shoes 10:00 Therapeutic Exercises 11:00 Flavored Popcorn Testing/ Local Report 12:45 Bible Therapy 1:15 PopCorn Art 1:45 Soundtracks 3:30 Name that Tune</p>  | | |
| <p>19</p> <p>9:30 "A Thousand Tomorrows"/Silver Shoes 10:00 And the Band Played On 11:00 Soundtracks 12:45 Music Therapy 1:15 Gone Fishing 1:45 AZ Republic 3:30 Inspirational Stories</p> | <p>20</p> <p>9:30 Chair Yoga 10:00 Grab Bag 11:00 AZ Republic 12:45 Bible Therapy 1:15 Balloon Pass 1:45 Computer Game 2:00-3:00 Cathy Cash 3:30 I Love to Laugh</p> | <p>21</p> <p>Show Your True Colors Day</p> <p>9:30 "A Thousand Tomorrows"/Silver Shoes 10:00 AZ Republic 11:00 Color I.D. 12:45 Audrey's Angels 1:15 Color by #'s 1:45 Up2U 3:30 Etch a Sketch</p> | <p>22</p> <p>9:30 Chair Yoga 10:00 Cards Galore 11:00 Mind Teezers 12:45 Memory Trays 1:15 AZ Republic 1:45 Polish and Primp 2:00 Art Therapy 3:30 finger Painting</p>  | <p>23</p> <p>Anniversary of the Ice Cream Cone</p> <p>9:30 "A Thousand Tomorrows"/Silver Shoes 10:00 Therapeutic Exercises 11:00 AZ Republic 12:45 Bible Therapy 1:15 Homemade Ice Cream 1:45 Chalk Art 3:30 What's Your Flavor?</p> | | |
| <p>26</p> <p>We are a Family Day</p> <p>9:30 "A Thousand Tomorrows"/Silver Shoes 10:00 What Did you Inherit?/ Family Tree Art 11:00 Headline Update 12:45 Music Therapy 1:15 Fondest Family Memories Discussion 1:45 Flower Arranging 3:30 I Spy Memory Game</p>  | <p>27</p> <p>9:30 Chair Yoga 10:00 Memory Bag 11:00 I Love to Laugh 12:45 Bible Therapy 1:15 Shuffleboard 1:45 Headline Update 3:30 Boggle</p> | <p>28</p> <p>9:30 "A Thousand Tomorrows"/Silver Shoes 10:00 Wheel of Fortune 11:00 Headline Update 12:45 Freedom Birthday Party 1:15 Up2U 1:45 Claymation 3:30 Lawn Darts</p> | <p>29</p> <p>Bean Bag Day</p> <p>9:30 Chair Yoga 10:00 Tool Time 11:00 This Month in History 12:45 Homemade Bean Balls 1:15 Oatmeal Cookies 1:45 Headline Update 2:00 Art Therapy 3:30 Lotions</p> | <p>30</p> <p>9:30 "A Thousand Tomorrows"/Silver Shoes 10:00 Therapeutic Exercises 11:00 Headline Update 12:45 Bible Therapy 1:15 Polish and Primp 1:45 Scrabble 3:30 Claymation</p> | | |

| Monday | Tuesday | Wednesday | Thursday  | Friday |
|--|---|--|--|--|
| <h1>Summer Days</h1>  | | | <p>1</p> <p>4:15 Bowling/ Watercolors 4:45 Zoo Animals A to Z Game 5:30 Dinner 6:15 Zoo Trivia</p> <p style="text-align: center;">Zoo Day</p> | <p>2</p> <p>4:15 Make Pigs In A Blanket/ 4th of July History 4:45 Firework Art 5:30 Dinner 6:15 Hot Dog Trivia</p> <p style="text-align: center;">Hot Diggity Dog Day</p> |
| <p>5</p> <p style="text-align: center;">Center Is Closed</p>  | <p>6</p> <p>4:15 Beach Ball/ Name That TV Show 4:45 History of the Bikini 5:30 Dinner 6:15 Uno</p> <p style="text-align: center;">Birthday of the Bikini</p> | <p>7</p> <p>4:15 Name That Tune: Beach Boys/ Tanabata Writing 4:45 Watercolors 5:30 Dinner 6:15 Mad Libs</p> <p style="text-align: center;">Tanabata Day</p> | <p>8</p> <p>4:15 Bingo/Stamp Your Passport: Galapagos Islands 4:45 Passport to the World 5:30 Dinner 6:15 Memory Lane</p> <p style="text-align: center;">Passport Day</p>  | <p>9</p> <p>4:15 Beach Blanket Bingo 4:45 Football 5:30 Dinner 6:15 Outburst</p>  |
| <p>12</p> <p>4:15 Family Feud/ Nails 4:45 Participant Council 5:30 Dinner 6:15 Famous Faces</p> <p style="text-align: center;">1:00 Sunrise Cafe Family Feud Day</p> | <p>13</p> <p>4:15 Boggle/ Summer Crosswords 4:45 Baseball Trivia 5:30 Dinner 6:15 Up 2 U</p> <p style="text-align: center;">All-Star Day</p> | <p>14</p> <p>4:15 Ring Toss/ Yahtzee 4:45 Ladder Toss 5:30 Dinner 6:15 Thinklers</p>  | <p>15</p> <p>4:15 Hangman/ Annette Funicello & Frankie Avalon Beach Movies & Trivia 4:45 Rummy 5:30 Dinner 6:15 Hot Topic</p> | <p>16</p> <p>4:15 Popcorn Art/ Sports Talk 4:45 Popcorn Beach Party 5:30 Dinner 6:15 Joke of the Day</p> <p style="text-align: center;">Orville Re- denbacher Day</p> |
| <p>19</p> <p>4:15 How Many Summer Words/Like- Dislikes Discussion 4:45 Read The Personals 5:30 Dinner 6:15 Coffee Talk</p> <p style="text-align: center;">1:00 Dollar Store Personal Ad Day</p>  | <p>20</p> <p>4:15 Dice Game/ Hangman 4:45 Yahtzee 5:30 Dinner 6:15 Man on The Moon Trivia</p> <p style="text-align: center;">Man on The Moon</p> | <p>21</p> <p>4:15 Boggle/ Sunflower Seed Spitting Contest 4:45 Summer Double Puzzles 5:30 Dinner 6:15 Readers Digest</p> <p style="text-align: center;">Summer Leisure Day</p>  | <p>22</p> <p>4:15 Darts/Bubbles 4:45 Hangman 5:30 Dinner 6:15 20 Questions</p>  | <p>23</p> <p>4:15 Ladder Toss/ Ice Cream Extravaganza Trivia 4:45 Ice Cream Sandwich Social 5:30 Dinner 6:15 Dear Abby</p> <p style="text-align: center;">Ice Cream Anniversary</p> |
| <p>26</p> <p>4:15 Target Practice/ Taboo 4:45 Baseball 5:30 Dinner 6:15 Trivial Pursuit</p> <p style="text-align: center;">1:00 Fiesta Mall</p> | <p>27</p> <p>4:15 Kickball/ History of a Hula-Hoop 4:45 Beach Hula- Hoop 5:30 Dinner 6:15 Table Games</p> <p style="text-align: center;">Hula Hoop Day</p> | <p>28</p> <p>4:15 Sand Art/ Pictionary 4:45 Uno 5:30 Dinner 6:15 Breaking News</p>  | <p>29</p> <p>3:30 Movie 5:30 Dinner 6:15 Remember When</p> <p style="text-align: center;">NASA Day</p>  | <p>30</p> <p>3:30 Mid Summer Party 4:15 Karaoke/ Dance-Off 5:30 Dinner 6:15 Weekly Review</p>  |

July 2010

Tempe Adult Day Services

2303 E. Maryland Dr Tempe, Az. 85281

THE BREAKFAST CLUB

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|
|   | 8:30 Morning Chit Chat 9:00 Morning Snack 10:30 Exercise 11:00-11:30 Current Events 11:30-12:30 LUNCH 12:30 Mon, Wed, Thurs Active Games Tues, Thurs Cognitive Games 1:00-1:30 General Store 3:30 PM Exercises |   | 1 9:30 Decorate Calendar 10:00 Indoor Golf/Ladder Toss 10:30 Bowling Please bring \$8.00 1:00 Postage Stamp Trivia 1:30 Make Pigs in a Blanket/ Taste Peaches 2:00 Indoor Lawn Darts 2:30 Zoo Trivia 3:30 Wii Challenges Zoo Day | 2 9:30 4th of July Kick Ball 10:00 4th of July Arts & Crafts 1:00 Family fun 4th of July Style 1:30 Fire Works Trivia/Red White and BOOM 2:00 Bible Studies/ Word Searches 2:30 Uncle Sam Ice Cream Cones Cooking Glass 3:30 Participant's Choice |
| 5 THE CENTER WILL BE CLOSED. IN OBSERVANCE OF INDEPENDENCE DAY SUMMER TIME TRAVEL WEEK BEGINS   | 6 9:30 Dominoes/Bikini Trivia 10:00 Cracker Jack Taste Test/Trivia 1:00 Uno/Card Sharks 1:30 Parachute Game 2:00 Bible Studies 2:30 So you think you can Karaoke 3:30 Where would you like to travel to? Birthday Of The Bikini  | 7 9:30 Tanabata Trivia from Japan 10:00 Kick Ball 10:30 Bowling Please Bring \$8.00 1:00 The Nose Knows Guess the Celeb's Noses 1:30 Bean Bag Toss 2:00 Trivia on the Beatles Rock & Roll 2:30 Painting Ceramic 3:30 Summer Time Hangman Happy 70th Birthday to Ringo Starr | 8 9:30 US/Europe Geography 10:00 Traveling Parachute 10:30 Peter Piper Pizza Please bring \$12.00 1:00 Name the Capitals in each State 1:30 Passport Trivia, why do you need one? 2:00 Taste Watermelons 2:30 Traveling Tips. Know any? 3:30 So you think you can DANCE? Password Day  | 9 9:30 Spelling Bee Challenges 10:00 Name things you need to bring on a picnic. 1:00 Traveling Bottle Toss 1:30 Bowling 2:00 Bible Studies\ Puzzles 2:30 Drum Stick Trivia/Taste Test 3:30 Summer Time Weekly Review  |
| 12 9:30 Outburst 10:00 Ladder Toss 1:00 Beads 1:30 Shuffle Board 2:00 Pictionary 2:30 Basketball 3:30 Relaxation Techniques NATIONAL THERAPEUTIC RECREATION WEEK BEGINS | 13 9:30 Baseball All Star Trivia 10:00 Summer Time Bingo 1:00 Health Talk w/Nurse Carol/Nurse Brian 1:30 Dodge Ball indoors 2:00 Bible Studies/21 2:30 Volleyball 3:30 Participant's Choice All Star Day | 14 9:30 Chuckers 10:00 Password 10:30 Dollar Store Please bring \$10.00 1:00 Tennis Ball Darts 1:30 Make Milkshakes 2:00 Monopoly 2:30 Taboo 3:30 Mad Libs  | 15 9:30 Mad Libs 10:00 Life Stories 10:30 TARGET Please bring \$ 10.00 1:00-3:00 Movie 3:30 Exercise  | 16 9:30 Hangman 10:00 Parachute Game 1:00 Popcorn Tasting 1:30 Football 2:00 Bible Studies/I Spy 2:30 Kings In The Corner 3:30 Weekly Review Orville Redenbacher Day |
| 19 9:30 Bocce Ball 10:00 Thinklers 1:00 Make Brownies 1:30 Wheel of Fortune 2:00 Taste Cantaloupes 2:30 Squeeze Phrase 3:30 Acting OUT!!! Ice Cream Week Begins | 20 9:30Beads 10:00 Golf 1:00 Participant Council 1:30 Group Baseball 2:00 Bible Studies 2:30 Man On The Moon Trivia 3:30 Relaxation Techniques KATHIE CASH 12-2PM Man On The Moon Day | 21 9:30 Bowling 10:00 Sports Trivia 10:30 Golden Corral Please bring \$ 12.00 1:00 Chair Dancing 1:30 Uno/Act it OUT 2:00 Smarter Than A 5th Grader 2:30 Participant's Choice 3:30 Stay Fit Summer Leisure Day | 22 9:30 Boggle 10:00 Password 10:30 Officer Robota/K-9 Unit 11:00 Good Will Please bring \$ 10.00 1:00 Beads/Volleyball 1:30 Make Brownies 2:00 Let's Sing Karaoke 2:30 Taboo 3:30 Puzzles/Lawn Darts | 23 9:30 Group Yahtzee 10:00 Volleyball 1:00 Beads/Wii Challenge 1:30 Fishing Game 2:00 Bible Studies/Board Games 2:30 Stay Fit 3:30 Pictionary  |
| 26 9:30Bean Bag Toss 10:00 Pictionary 1:00 Chair Dancing 1:30 Trivia on who Invented Jell-O 2:00 Price Is Right 2:30 Rummy 3:30 Exercise Jell-O Week Begins | 27 9:30 Make Cup Cakes 10:00 Hula Hoop Toss 1:00 Making Jell-O Parfait 1:30 Thinklers 2:00 Bible Studies/Wii 2:30 Ladder Toss 3:30 How Many Words Hula Hoop Day  | 28 9:30 Moods 10:00 Golf 10:30 Target Please bring \$ 10.00 1:00 Parachute 1:30 Taste Mangos 2:00 Hawaiian Beading 2:30 Squeeze Phrase 3:30 Relaxation Techniques | 29 9:30 Word Searches 10:00 NASA Trivia 10:30 Wal-Mart Please bring \$ 10.00 1:00 Guesstures 1:30 Bingo 2:00 Kick Ball 2:30 What Is It?? 3:30 20 Questions NASA Day | 30 9:30 Penny Game 10:00 Shuffle Board 1:00 Weekly Review 1:30 Making Jell-O Squares 2:00 Bible Studies/Cross Words 2:30 Apples To Apples 3:30 Exercise  |