Adult Day Center of Somerset Hills

November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 10:45 Hot Potato Trivia 11:30 Exercise **1:15 Music Therapy**	2 10:45 Wheeless Fortune 11:30 Exercise 1:15 BINGO fun **EARLY CLOSE 3:00 pick up Wellness Center**
5 10:45 Election Day Scattegories 11:30 Exercise 1:15 Giving Thanks Tree	6 **10:45 ChairYoga** **1:15 Morris Museum Aftican Masks & Sculpture**	7 10:45 Balloon Volleyball 11:30 Exercise **1:15 Mis-steppers of Ridge Oak!**	8 10:45 Veterans Day Card Making 11:30 Exercise **1:15 Music Therapy**	9 **10:45 YMCA Movin to the Music** **1:15 Art with Center for Contemporary Art**
12 **10:45 Pet Therapy with Hazel & Nikki** 11:30 Exercise **1:15 Piano singing with Ilene**	13 **10:45 ChairYoga** **1:15 Museum Early Trades & Crafts "Tooling thru Art"** **Hair Salon**	14 **10:45 Pet Therapy with St. Huberts** 11:30 Exercise **1:15 Craft with Jerry Happ**	15 **10:45 Day of Caring with Sanofi** 11:30 Exercise **1:15 Music Therapy**	16 **10:45 YMCA Movin to the Music** 11:30 Exercise **1:15 Envir Center "Backyard Bears"**
19 10:45 Hot Potato Trivia 1:15 Baking: Thanksgiving Pie	20 **10:45 ChairYoga** **1:15 Horticulture with Amanda**	21 **10:45 Crafts with Caitlyn of Foothill Acres** 11:30 Exercise **1:15 Music Therapy**	22 Thanksgiving Center Closed 11/22 & 11/23	23
26 **10:45 Pet Therapy with Hazel & Nikki** 11:30 Exercise 1:15 At the Movies! **Caregiver Support Group**	27 **10:45 ChairYoga** **1:15 Pinao Singing with Ilene** **PODIATRIST**	28 10:45 Holiday Scattegories 11:30 Exercise **1:15 Rose City Songsters** **PODIATRIST**	29 10:45 Holiday Box Decorating 11:30 Exercise **1:15 Music Therapy**	30 10:45 Balloon Volleyball 11:30 Exercise 1:15 Holiday Wreath Making **Hair Salon**

Center :
908-766-6164 x 270

Please place names in all outerwear.

For inclement weather call (908) 766-6164 x-262 starting at 6:30 a.m.

Daily Activities
8-Open
Meet & Greet
10- Coffee & Tea
11:30 - Exercise
12 - Lunch
2:15 - Afternoon Snack
3 - Pick up begins
4:30 - Center Closes