

June 2019

Adult Day Center of Somerset Hills





Monday

Tuesday

Wednesday

Thursday

Friday

<p>3</p> <p>10:45 Pet Therapy with Hazel & Nikki</p> <p>11:30 Exercise 1:15 Planting the Summer Garden</p>	<p>4</p> <p>10:45 Chair Yoga</p> <p>1:15 Environmental Center "Bees Knees" PODIATRIST</p>	<p>5</p> <p>10:45 Wacky Wordies 11:30 Exercise</p> <p>1:15 Piano & Singing with Ilene PODIATRIST</p>	<p>6</p> <p>10:45 Hot Potato Trivia 11:30 Exercise</p> <p>1:15 Music Therapy Hair Salon</p>	<p>7</p> <p>10:45 YMCA Movin to the Music</p> <p>1:15 At the Movies! "Seven Brides for Seven Brothers"</p>
<p>10</p> <p>10:45 YMCA Fluid Stretch</p> <p>1:15 Horticulture with Rita of Rutgers</p>	<p>11</p> <p>10:45 Chair Yoga</p> <p>1:15 Morris Museum "The Carriibbean"</p>	<p>12</p> <p>10:45 Wedding Memories  11:30 Exercise</p> <p>1:15 Museum of Early Trades & Crafts "Here Comes the Bride"</p>	<p>13</p> <p>10:45 Donuts for Dads for Father's Day 11:30 Exercise</p> <p>1:15 Music Therapy</p>	<p>14</p> <p> 10:45 Flag Day History & Trivia 11:30 Exercise 1:15 Flag Making</p>
<p>17</p> <p>10:45 Pet Therapy with Hazel & Nikki</p> <p>11:30 Exercise 1:15 Horticulture with Amanda</p>	<p>18</p> <p>10:45 Chair Yoga</p> <p>1:15 Singing with Clifford Caregiver Coffee</p>	<p>19</p> <p>10:45 Bright & Beautiful Pet Therapy</p> <p>11:30 Exercise 1:15 Card Crafting with Jerry Happ</p>	<p>20</p> <p> 10:45 Celebrate 1st Day of Summer! 11:30 Exercise 1:15 Music Therapy</p>	<p>21</p> <p>10:45 YMCA Movin to the Music</p> <p>1:15 Center for Contemporary Art Project Hair Salon</p>
<p>24</p> <p> 10:45 YMCA Fluid Stretch</p> <p>1:15 Summer Baking Strawberry Shortcake Caregiver Support Group</p>	<p>25</p> <p>10:45 Chair Yoga</p> <p>1:15 Horticulture with Rita of Rutgers</p>	<p>26</p> <p>10:45 Visiting the Garden 11:30 Exercise</p> <p>1:15 SH Baptist Church Kids Group</p>	<p>27</p> <p>10:45 Balloon Volleyball 11:30 Exercise</p> <p>1:15 Music Therapy Music with Mira & Maya</p>	<p>28</p> <p>10:45 4th of July Crafting 11:30 Exercise</p> <p>1:15 Piano & Singing with Ilene</p>

Center :
908-766-6164 x 270

Weather permitting we may be in the garden. Please bring any jackets, hats, etc.

Please place name in all outerwear.

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