

September 2019

Adult Day Center of Somerset Hills

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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Happy Labor Day</p> <p>CENTER CLOSED</p>	<p>3</p> <p>10:45 ChairYoga</p> <p>1:15 BINGO Fun!</p>	<p>4</p> <p>10:45 Target Trivia</p> <p>11:30 Exercise</p> <p>1:15 At the Movies: "Heidi"</p>	<p>5</p> <p>10:45 Balloon Volleyball</p> <p>1:15 Music Therapy</p>	<p>6</p> <p>10:45 Grandparents Day Sharing</p> <p>1:15 Horticulture with Rita</p>
<p>9</p> <p>10:45 YMCA Flexible Stretch</p> <p>1:15 Singin' the Oldies with Sal di Bianca</p>	<p>10</p> <p>10:45 ChairYoga</p> <p>1:15 Environmental Education Center "Sharks" Hair Salon</p>	<p>11</p> <p>10:45 Wheelless Fortune </p> <p>11:30 Exercise</p> <p>1:15 Museum of Early Trades & Crafts: "Back to School"</p>	<p>12</p> <p>10:45 Singing with Caitlyn of Foothill Acres</p> <p>11:30 Exercise</p> <p>1:15 Music Therapy</p>	<p>13</p> <p>10:45 YMCA Movin to the Music</p> <p>1:15 Piano and Singing with Ilene</p>
<p>16</p> <p>10:45 Pet Therapy with Hazel & Nikki</p> <p>11:30 Exercise</p> <p>1:15 Connect Four Fun!!</p>	<p>17</p> <p>10:45 ChairYoga</p> <p>1:15 Singing with Clifford</p>	<p>18</p> <p>10:45 Bright & Beautiful Pet Therapy</p> <p>11:30 Exercise</p> <p>1:15 Morris Museum "Germany & Austria" Caregiver Coffee</p>	<p>19</p> <p>10:45 Joan S. Presents " One Room Schoolhouse"</p> <p>11:30 Exercise</p> <p>1:15 Music Therapy</p>	<p>20</p> <p>10:45 YMCA Movin to the Music</p> <p>1:15 Center for Contemporary Art Project</p>
<p>23</p> <p>10:45 YMCA Flexible Stretch </p> <p>1:15 1st Day of Fall Craft</p> <p>Caregiver Support Group</p>	<p>24</p> <p>10:45 ChairYoga</p> <p>1:15 Piano and Singing with Ilene</p>	<p>25</p> <p>10:45 Barbara Presents " Family Bier Steins"</p> <p>11:30 Exercise</p> <p>1:15 Card making with Jerry Happ</p>	<p>26</p> <p>10:45 Oktoberfest Festivities </p> <p>11:30 Exercise</p> <p>1:15 Music Therapy</p> <p>Pretzel Baking</p>	<p>27</p> <p>10:45 Visit the Garden</p> <p>1:15 Horticulture with Amanda Hair Salon</p>
<p>30</p> <p>10:45 Pet Therapy with Hazel & Nikki</p> <p>11:30 Exercise</p> <p>1:15 Dice Game</p>				

