

ADULT DAY CENTER at SOMERSET HILLS



Mon	Tue	Wed	Thu	Fri
2 10:45 October Trivia 11:30 Chair Exercise 1:15 Scategories 3:00 Puzzles, Reading, Activity	3 10:45 Chair Yoga with Marthe 1:15 Basking Ridge Garden Club –Autumn Arrangement 3:00 Puzzles, Reading, Chat	4 10:45 Autumn Leaf Pressing 11:30 Core Exercise 1:15 Noodle Hockey 3:00 Independent Activities	5 10:45 Link Words 11:30 Stretch for the Stars 1:15 Music Therapy 3:00 Puzzles, Reading, Chat	6 10:45 Move to Music with YMCA 1:15 Morris Museum – American Indian Culture 3:00 Puzzles, Reading,
9 10:45 Hazel and Therapy Dog 11:30 Core Fitness 1:15 I Love Lucy 3:00 Independent Activities	10 11:00 Chair Yoga with Marthe 1:15 Clifford Seay-Musical Entertainment 3:00 Puzzles, Reading, Chatting	11 10:45 Cranium Crunches 11:30 Chairside Exercise 1:15 Jeopardy 3:00 Puzzles, Activities, Chat	12 10:45 Scary Skeleton Hands, Halloween Craft 11:30 Hand Weights 1:15 Music Therapy 3:00 Puzzles, Reading, Chat	13 10:45 Horticultural Therapy with Amanda 11:30 Weight Bearing Exercise 1:15 Center for Contemporary Art – Mixed Media 3:00 Reading
16 10:45 Reminiscing and Trivia 11:30 Weight Bearing Exercise 1:15 Art Class with Chatham Subacute Center 3:00 Independent Activities	17 10:30 Chair Yoga with Marthe 1:15 Museum of Early Trades and Crafts ABC's of Candy 3:00 Reading	18 10:45 Finish the Drawing 11:30 Strengthening Exercise 1:15 "Show n' Tell" with Rulene 1:15 Alphabet Objects 3:00 Independent Activities	19 10:45 "Ollie" the Therapy Dog" 11:30 Flex and Stretch 1:15 Music Therapy 3:00 Puzzles, Activities, Chat	20 10:45 Move to Music with YMCA 1:15 Environmental Center – Amazing Adaptations 3:00 Independent Activities
23 10:45 Keeping Minds Alert 11:30 Flex and Stretch 1:15 Hangman 3:00 Chatting Support Group	24 10:45 Chair Yoga with Marthe 1:15 At the Movies 3:00 Painting PODIATRIST	25 10:45 Trace and Place 11:30 Weight Bearing Exercise 1:15 Card Making with Jerry Happ 3:00 Independent Activities PODIATRIST	26 Sanofi Day of Caring Autumn Craft, BINGO and a Fun Filled Day 3:00 Relaxing and Socializing	27 10:45 St. Hubert's Therapy Dogs 11:30 Music 'n Motion 1:15 Bernardsville Garden Club – Autumn Centerpiece 3:00 Independent Activities
30 10:45 Word Fun 11:30 Armchair Fitness 1:15 Jeopardy 3:00 Independent Activity	31 10:45 Chair Yoga with Marthe 1:15 Halloween Celebration 3:00 Puzzles, Reading,			

Daily Activities

- 8:00** Meet and Greet
- 10:00** Morning coffee and socializing
- 12:00** Lunch
- 2:30** Afternoon Snack
- 4:30** Center Closes

Center: (908) 766-6164 x 270

Please place names in all outerwear to avoid confusion

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