

ADULT DAY CENTER at SOMERSET HILLS

SEPTEMBER 2017

Mon	Tue	Wed	Thu	Fri
				1 10:45 Trivia and Daily Chronicle 11:30 Chairside Exercise 1:15 Family Feud 3:00 Reading, Chatting
4 CLOSED 	5 11:00 Chair Yoga with Marthe 1:15 Morris Museum – Ancient Egypt 3:00 Puzzles, Reading, Chat	6 10:45 Reminiscing 11:30 Core Exercise 1:15 I Love Lucy 3:00 Independent Activities	7 10:45 "Ollie" the Therapy Dog 11:30 Stretch for the Stars 1:15 Music Therapy 3:00 Puzzles, Reading, Chat	8 10:45 Move to Music with YMCA 11:30 Core Exercise 1:15 Center for Contemporary Art -Mixed Media 3:00 Puzzles, Reading,
11 10:45 Hazel and Therapy Dog Nicki 11:30 Core Fitness 1:15 Noodle Hockey 3:00 Independent Activities	12 11:00 Chair Yoga with Marthe 1:15 Environmental Center – Bees Knees 3:00 Puzzles, Reading, Chatting	13 10:45 Cranium Crunches 11:30 Chairside Exercise 1:15 Family Feud 3:00 Puzzles, Activities, Chat	14 10:45 Board Work 11:30 Hand Weights 1:15 Music Therapy 3:00 Puzzles, Reading, Chat	15 10:45 St. Hubert's Therapy Dogs 1:15 Hangman 3:00 Independent Activities
18 10:45 In the Garden 11:30 Weight Bearing Exercise 1:15 Art Class with Chatham Subacute Center 3:00 Independent Activity	19 10:45 Chair Yoga with Marthe 11:30 Weight Bearing Exercise 1:15 Dice Game 3:00 Puzzles, Reading	20 10:45 ABC's of Hobbies, Sports and Games 11:30 Strengthening Exercise 1:15 At the Movies "In the Good Old Summertime" 3:00 Independent Activities	21 10:45 "What is Missing"? 11:30 Flex and Stretch 1:15 Music Therapy 3:00 Puzzles, Chat	22 10:45 Horticultural Therapy 11:30 Stretch for the Stars 1:15 Scategories 3:00 Independent Activities
25 10:45 Word Fun 11:30 Flex and Stretch 1:15 Jeopardy 3:00 Independent Activity The Support Group	26 11:00 Finish the Phrase 11:30 Stretch for the Stars 1:15 Clifford Seay Musical Entertainment 3:00 Puzzles, Reading,	27 10:45 Memory and Make Believe 11:30 Weight Bearing Exercise 1:15 Arts and Crafts with Jerry Happ 3:00 Chatting, Activities	28 10:45 Triple Treat Trivia 11:30 Core Exercise 1:15 Music Therapy 3:00 Relaxing and Socializing	29 10:45 Move to the Music with YMCA 11:30 Music 'n Motion 1:15 Ilene Weiner – Piano and Singing 3:00 Independent Activities

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

Our room is air-conditioned. Please wear a sweater over a short sleeve top.