

# Adult Day Center of Somerset Hills

**MAY**  
**2018**

**MON**

**TUE**

**WED**

**THU**

**FRI**

	1 10:45 <b>YOĞA EXERCISE</b>  1:15 <b>HORTICULTURE WITH AMANDA</b>	2 10:45 <b>CINCO DE MAYO BAKING</b> 11:30 <b>EXERCISE</b>  1:15 <b>SHOW &amp; TELL WITH RULENE</b>	3 10:45 <b>BINGO</b> 11:30 <b>EXERCISE</b>  1:15 <b>MUSIC THERAPY</b>	4 10:45 <b>MOVE TO THE MUSIC YMCA</b>  1:15 <b>SINGING WITH ILENE</b>
7 10:45 <b>DERBY DAY ART</b> 11:30 <b>EXERCISE</b>  1:15 <b>DERBY DAY RACING</b>	8 10:45 <b>YOĞA EXERCISE</b>  1:15 <b>MORRIS MUSEUM</b>	9 10:45 <b>WACKY WORDIES</b>  11:30 <b>EXERCISE</b> 1:15 <b>SONGS WITH CLIFFORD SEAY</b>	10 10:45 <b>DICE GAME</b> 11:30 <b>EXERCISE</b>  1:15 <b>MUSIC THERAPY</b> <b>HAIR STYLIST</b>	11 10:45 <b>MOTHER'S DAY MEMORIES</b> 11:30 <b>EXERCISE</b>  1:15 <b>CENTER FOR CONTEMP ART</b>
14 10:45 <b>HAZEL &amp; NIKKI</b> 11:30 <b>EXERCISE</b>  1:15 <b>BALLOON VOLLEYBALL</b>	15 10:45 <b>YOĞA EXERCISE</b>  1:15 <b>CELEBRATE STRAWBERRY DAY</b> <b>PODIATRIST</b>	16 10:45 <b>FINISH THE PHRASE</b> 11:30 <b>EXERCISE</b> 1:15 <b>GARDEN PLANTING</b> <b>PODIATRIST</b>	17 10:45 <b>SINGING WITH THE LARKS</b> 11:30 <b>EXERCISE</b>  1:15 <b>MUSIC THERAPY</b>	18 10:45 <b>MOVE TO THE MUSIC YMCA</b> 1:15 <b>ENVIRONMENTAL CENTER "BUTTERFLY GARDEN"</b> <b>HAIR STYLIST</b>
10:45 <b>ARMED FORCES DAY</b> 11:30 <b>EXERCISE</b> 1:15 <b>ART WITH ATALIA CAREGIVER SUPPORT GROUP</b>	22 10:45 <b>YOĞA EXERCISE</b>  1:15 <b>MUSEUM EARLY TRADES &amp; CRAFTS</b>	23 10:45 <b>BINGO</b>  11:30 <b>EXERCISE</b> 1:15 <b>ART WITH JERRY HAPP</b>	24 10:45 <b>WACKY WORDIES</b> 11:30 <b>EXERCISE</b>  1:15 <b>MUSIC THERAPY</b>	25 10:45 <b>CROSSWORD FUN</b> 11:30 <b>EXERCISE</b>  1:15 <b>MUSIC WITH MAYA &amp; MIRA</b>
28 <b>MEMORIAL DAY</b>	29 10:45 <b>YOĞA EXERCISE</b>  1:15 <b>SINGING WITH ILENE</b>	30 10:45 <b>SUMMER WREATH ART</b> 11:30 <b>EXERCISE</b>  1:15 <b>BALLOON VOLLEYBALL</b>	31 10:45 <b>BINGO</b> 11:30 <b>EXERCISE</b>  1:15 <b>MUSIC THERAPY</b>	

## 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

Center : (908) 766-6164 x 270

Weather permitting we may visit the garden. Please provide any jackets, hats, etc. you need. Please place names in all outerwear.

