

Longview Social Adult Day Program Activity Schedule

MONDAY

9:00 COFFEE AND CONVERSATION IN THE ADULT DAY ROOM
10:00 EXERCISE WITH BREE AND HEAD START CHILDREN IN THE AUDITORIUM
10:30 HANGMAN AND GUGGENHEIM IN THE ADULT DAY ROOM
11:30 LUNCH IN THE LONGVIEW DINING ROOM
12:30 WALKING WITH THE DAY PROGRAM
1:00 STORY HOUR IN THE ADULT DAY ROOM
2:00 CLAY CLASS IN THE CRAFT ROOM WITH LAURIE

TUESDAY

9:00 COFFEE AND CONVERSATION IN THE ADULT DAY ROOM
10:00 FUN WEIGHTS AND STRAPS IN THE AUDITORIUM
10:45 TRIVIA IN THE ADULT DAY ROOM
11:30 LUNCH IN THE LONGVIEW DINING ROOM
12:30 WALKING WITH THE DAY PROGRAM
1:00 TAI CHI WITH LAURIE IN THE AUDITORIUM
2:00 CRAFTS WITH CHERYL IN THE CRAFT ROOM

WEDNESDAY

9:00 COFFEE AND CONVERSATION IN THE ADULT DAY ROOM
10:00 FUN WEIGHTS AND STRAPS IN THE AUDITORIUM
10:30 BOWLING IN THE AUDITORIUM
11:30 LUNCH IN THE LONGVIEW DINING ROOM
12:30 WALKING WITH THE DAY PROGRAM
1:00 WORD SEARCH IN THE ADULT DAY ROOM
2:00 CRAFTS WITH LAURIE IN THE CRAFT ROOM

THURSDAY

9:00 COFFEE AND CONVERSATION IN THE ADULT DAY ROOM
10:00 FUN WEIGHTS AND STRAPS IN THE AUDITORIUM
10:45 GAMES IN THE ADULT DAY ROOM
11:30 LUNCH IN THE LONGVIEW DINING ROOM
12:30 WALKING WITH THE DAY PROGRAM
1:00 CRAFTS IN THE ADULT DAY ROOM
2:00 BINGO IN THE AUDITORIUM

FRIDAY

9:00 COFFEE AND CONVERSATION IN THE ADULT DAY ROOM
10:00 EXERCISE WITH BREE AND HEAD START CHILDREN IN THE AUDITORIUM
10:30 MOSAIC CREATIONS IN THE ADULT DAY ROOM
11:30 LUNCH IN THE LONGVIEW DINING ROOM
12:30 WALKING WITH THE DAY PROGRAM
1:00 BAKING CLUB WITH LAURIE IN THE 4th FLOOR KITCHEN
2:00 GAMES IN THE ADULT DAY ROOM