

<p style="text-align: center;"><b>Monday</b></p> <p style="text-align: center;"><b>THERAPEUTIC BENEFITS OF ACTIVITY PROGRAMMING</b></p> <p>S: SOCIAL-get to know others, be a part of a group, make friends, connect, and decrease loneliness and boredom. E: EMOTIONAL-a chance to express emotions, feelings, reminisce, manage stress and unpleasant thoughts, experience joy &amp; happiness. P: PHYSICAL- moving the body, staying limber, decreasing falls, increasing physical strength and stamina, learning about health.</p>	<p style="text-align: center;"><b>Tuesday</b></p> <p>THERAPEUTIC BENEFITS OF ACTIVITY PROGRAMMING O: OCCUPATIONAL- connecting with past roles, enjoying hobbies, enjoy feelings of accomplishment, finding ways to be useful and helpful to others. SP: SPIRITUAL finding meaning and purpose, finding peace, may also include religious beliefs, yoga, meditation and enjoying music. I: INTELLECTUAL: using the brain, challenging cognition, learning new things, thought-provoking activities. Using the brain and current abilities helps to retain them.</p>	<p style="text-align: center;"><b>Wednesday</b></p> <p>1 9:30 Seated Stretch w/ Music (P) 10:00 Daily Chronicle (I, O, S) 10:30 Devotional (SP, E) 11:45 Wash Hands, Set Table (O) 1:00 Floral Club 2:00 Seated Volleyball (P) 2:30 Outdoor Social with Chris (S, P, I) 3:00 Refreshments and Conversation (S) 3:30 Corn Hole (P, S) 4:00 UNO (O, I, S)</p>	<p style="text-align: center;"><b>Thursday</b></p> <p>2 9:30 Devotional (SP, E) <b>10:00 Seated workout with weights</b> 10:30 Daily Chronicle (S, O, I) 11:00 Trivia (S, I) 11:45 Hand Washing, Set Table (O) 1:00 Seated Volleyball (P) 2:00 YOU BE THE JUDGE (S, I) 3:00 Refreshments and Conversation (S) 3:30 Bible Study with Chris (SP,I) 5:00 100 Words that begin with A</p>	<p style="text-align: center;"><b>Friday</b></p> <p>3 9:30 Seated Workout w/Music (SP, E) 10:00 Daily Chronicle (S, O, I) 10:30 Devotional (SP, E) 11:45 Wash Hands, Set Table (O) 1:00 Pennies In! (I, S) <b>2:00 Sensory Music Therapy w/Cara (E, SP)</b> or Word Search (I) 3:00 Refreshments and Conversation <b>3:30 Group Music Therapy w/Cara (E, S, SP)</b> 5:00 Puzzles (O, I, S)</p>
<p>6 9:30 Seated Workout w/ Weights (P) <b>10:00 Texas Winds (S, SP,I)</b> 10:30 Daily Chronicle (S, O, I) 11:45 Wash Hands, Set Table (O) 1:05 Classic Sing Along (SP, E) 2:00 Finish the Lines (S, I) 3:00 Refreshments and Conversation (S) 3:30 Garden Club (I, S) 4:00 Corn Hole (P)</p>	<p>7 9:30 Seated Cardio w/ Music 10:00 Devotional (SP, E) 10:30 Daily Chronicle (S, O, I) 11:45 Hand Washing, Set Table 1:00 Craft Club (O, S) <b>2:00 Music Therapy with Julia (E, SP, S)</b> 3:00 Refreshments and Conversation (S) 3:30 Seated Volleyball (S, P) 4:00 Lemonade Social Outdoors (S)</p>	<p>8 9:30 Seated Stretch w/ Music (P) 10:00 Daily Chronicle 10:30 Devotional (SP, E) 11:45 Wash Hands, Set Table (O) 1:00 Travel Club New Orleans (S, I, P) 2:00 Seated Volleyball (P) 2:30 Outdoor Social with Chris (S, P, I) 3:00 Refreshments and Conversation (S) 3:30 Corn Hole (P, S) 4:00 UNO (O, I, S)</p>	<p>9 9:30 Seated Workout w/ Weights (P) 10:00 Daily Chronicle &amp; This Day in History (S, O, I) 10:30 Devotional (SP, E) 11:45 Wash Hands, Set Table (O) 1:00 Culinary Club (S, O) <b>2:00 Music with John Doshier (S)</b> 3:00 Refreshments and Conversation 3:30 Bible Study with Chris (SP, E) 4:00 Bowling Club (O, P, S) 5:00 Watercolor Club (O,I)</p>	<p>10 9:30 Seated Workout w/ Music (P,)  10:00 Daily Chronicle (S, O I) 10:30 Devotional (SP, E) <b>12:30 Mother's Day Brunch (O, E)</b> <b>1:00 Music with Claud Parker(P)</b> <b>2:00 Sensory Music Therapy w/Cara (E, SP)</b> or Crafts (O, E) 3:00 Refreshments and Conversation <b>3:30 Group Music Therapy w/Cara (E, S, SP)</b> 5:00 Seated Volleyball (P)</p>
<p>13 9:30 Seated Workout w/ Weights (P) 10:00 Participates Outing (S) 10:30 Devotional (SP, E) 11:45 Wash Hands, Set Table (O) 1:00 Seated Volleyball (P) <b>2:00 Dance and Move with Jen (P)</b> 3:00 Refreshments and Conversation (S) 3:30 Corn Hole (S, P) 4:00 Mrs. Doubtfire &amp; Table Games</p>	<p>14 9:30 Seated Cardio w/Music (P) 10:00 Daily Chronicle (S, O, I) <b>10:30 Volunteer time with Christina (S, E,SP)</b> <b>11:45 Taco Tuesday Cooking Club!! (O, S)</b> 1:00 Trivia (I, S) <b>2:00 Music Therapy with Julia (E, SP, S)</b> 3:00 Refreshments and Conversation (S) 3:30 Seated Volleyball (P, S) 4:00 Piano music, puzzles, games (O, I, S)</p>	<p>15 9:30 Seated Stretch w/ Music (P) 10:30 Daily Chronicle (S, P, I) 11:45 Wash Hands, Set Table (O) 1:00 Trivia (I) 2:00 Floral Club (S) 3:00 Refreshments and Conversation 3:30 Indoor Basketball Outdoors (P) 4:00 Watercolor Club (O, I, S)</p>	<p>16 9:30 Seated Workout w/ Weights (P) 10:00 Daily Chronicle (I, O, S) 11:00 Devotional (SP, S) 11:45 Wash Hands, Set Table (O) 1:00 Step by Step Painting (S, O) 2:00 Garden Club (O, S) 3:00 Refreshments and Conversation 3:30 AX Throwing (P) 4:00 Puzzles and Table Games</p>	<p>17 9:30 Noodle Ball (P) 10:30 Daily Chronicle (S, O, I) 11:00 Devotional (SP, E) 11:45 Wash Hands, Set Table (O) 1:00 Trivia (I, S) <b>2:00 Sensory MT w/Cara (E, SP)</b> 3:00 Refreshments and Conversation <b>3:30 Group Music Therapy w/Cara (E, S, SP)</b> 5:00 Outdoor Social (P, S)</p>
<p>20 9:30 Seated Workout w/ Weights (P) 10:00 Daily Chronicle (S, O, I) 10:30 Devotional (SP, E) 11:45 Wash Hands, Set Table (O) 1:00 Seated Volleyball (P) <b>2:00 Dance and Move with Jen (P)</b> 3:00 Refreshments and Conversation (S) 3:30 Garden Club (S, O) 4:00 Noodle Ball (P)</p>	<p>21 9:30 Seated Cardio w/ Music (P) 10:00 Daily Chronicle (S, O, I) 10:30 Devotional (S, P) 11:45 Wash Hands, Set Table (O) 1:00 Craft Club (O, S) <b>2:00 Music Therapy with Julia (E, SP, S)</b> 3:00 Refreshments and Conversation 3:30 Bowling Club (P, S) 4:00 Watercolor Club (I, O)</p>	<p>22 9:30 Seated Stretch w/ Music (P) 10:00 Daily Chronicle, (S, O, I) 10:30 Devotional (SP) 11:45 Wash Hands, Set Table 1:00 Floral Club (P, S) <b>2:00 Music with George</b> 3:00 Refreshments and Conversation 3:30 AX Throwing (P) 4:00 Puzzles and Table Games (S, I)</p>	<p>23 9:30 Daily Chronicle (S, O, I) 10:00 Devotional (S, O, I) <b>10:30 Seated Zumba with Brenda (P)</b> 11:45 Wash Hands, Set Table (O) 1:00 Indoor Axe Throwing Game <b>2:00 Art on the Go with Sixty and Better (O, S)</b> 3:00 Refreshments and Conversation 3:30 Bible Study w/Chris (E, SP) 4:00 Corn Hole (P)</p>	<p>24 9:30 Devotional (SP, E) Daily Chronicle, This Day in History (S, O, I) Exercise (P) 11:45 Wash Hands, Set Table (O) 1:00 Relaxation Club <b>2:00 Sensory Music Therapy w/Cara (E, SP)</b> or Word Search (I) 3:00 Refreshments and Conversation <b>3:30 Group Music Therapy w/Cara (E, S, SP)</b> 5:00 Noodle Ball (O, I, S)</p>
<p>27 Closed For Memorial Day</p> 	<p>28. 9:30 Seated Cardio w/ Music (P) 10:00 Daily Chronicle (S, O, I) 10:30 Devotional (SP) 11:45 Wash Hands, Set Table (O) 1:00 Ball Toss (S, P) <b>2:00 Music Therapy with Julia (E, SP, S)</b> 3:00 Refreshments and Conversation 3:30 Dice and Move 4:00 Corn hole Outdoor Social (O, I, S)</p>	<p>29 9:30 Seated Stretch w/ Music (P) 10:00 Daily Chronicle, (S, O, I) 10:30 Devotional (SP) 11:45 Wash Hands, Set Table 1:00 Floral Club (S,P) <b>2:00 Drum Circle with Kenny (S, O)</b> <b>3:00 Exotic Fruit Tasting (S)</b> 3:30 Corn Hole (P) 4:00 Puzzles and Table Games (S, I)</p>	<p>30 9:30 Seated Stretch w/ Music (P) 10:00 Daily Chronicle, (S, O, I) 10:30 Devotional (SP) 11:45 Wash Hands, Set Table 1:00 Seated Volleyball (P, S) 3:00 Refreshments and Conversation 3:30 AX Throwing (P) 4:00 Puzzles and Table Games (S, I)</p>	<p>31 9:30 Seated Workout w/Music (SP, E) 10:00 Daily Chronicle (S, O, I) 10:30 Devotional (SP, E) 11:45 Wash Hands, Set Table (O) 1:00 Pennies In! (I, S) <b>2:00 Sensory Music Therapy w/Cara (E, SP)</b> or Word Search (I) 3:00 Refreshments and Conversation <b>3:30 Group Music Therapy w/Cara (E, S, SP)</b> 5:00 Puzzles (O, I, S)</p>

# Menu

Monday Tuesday Wednesday Thursday Friday

	<p><b>1</b> Chips and Salsa Chicken Fajitas Yellow Rice Pinto Beans Flour Tortilla Snickerdoodle Cookie w/Ice Cream</p>	<p><b>2</b> Spiced Pineapple Hamburger Roasted Potatoes Cole Slaw Chocolate Dessert</p>	<p><b>3</b> Fruited Gelatin Salisbury Steak with Mushroom Gravy Black Eyed Peas Seasoned Spinach Bread Dessert</p>
<p><b>6</b> Cottage Cheese w/ Peaches Croissant sandwich Potato Chips Dessert</p>	<p><b>7</b> Chopped BBQ Beef Peas and Carrots Ranch Style Beans Bread Frosted Cherry Cake w/Ice Cream</p>	<p><b>8</b> Fresh Fruit Chopped Steak Cheesy Scalloped Potatoes Mixed vegetable Dinner Roll Dessert</p>	<p><b>9</b> Fruit Cocktail Yogurt Dill Chicken Pasta Salad Cucumber Salad Multigrain Bread Peach Whip Dessert</p>
<p><b>13</b> Mongolian Chicken Bites Jasmine Rice Oriental Vegetable Wheat Bread Dessert</p>	<p><b>14</b> Fresh Fruit Meatloaf w/ Tomato Sauce Macaroni &amp; cheese California Blend Vegetables Cornbread Muffin Dessert</p>	<p><b>15</b> Applesauce Chicken Alfredo with Bowtie Pasta Sliced Carrots Green Beans Dinner Roll Red Velvet Cupcake w/Ice Cream</p>	<p><b>16</b> Warm Spiced Mandarin Oranges Hamburger Black Beans Potato Salad Dessert</p>
<p><b>20</b> Fresh Fruit Beef Swiss Patty Penne Pasta Seasoned Spinach Texas Bread Dessert</p>	<p><b>21</b> Applesauce Chicken Meatballs in cream sauce Lemon Rice Tzatziki Sauce with Lettuce Wheat Pita Dessert</p>	<p><b>22</b> Cottage Cheese w/Peaches Glazed Turkey Garlic Mashed Potatoes Green Beans Dinner Roll Choc. Chip Cookie</p>	<p><b>23</b> Cherry Gelatin Chips and Salsa Beef Enchiladas w/Red Sauce Yellow Rice Black Beans Dessert</p>
<p><b>27</b> CLOSED FOR THE HOLIDAY</p>	<p><b>28</b> Warm Rice Pudding Chips and Salsa Chicken Soft Taco Lettuce and Tomato Charro Beans Dessert</p>	<p><b>29</b> Fruit Beef Meatballs in Marinara Sauce Rotini Pasta Catalina Blend Vegetables Dinner Roll Glazed Vanilla Cake</p>	<p><b>30</b> Fresh Banana Zesty Baja Chicken Salad on croissant Honey Lime Corn Black Bean Salad Chips Dessert</p>
<p><b>31</b> Potato Salad Chicken Nuggets Herbed Rice Broccoli and Carrots Wheat Bread Nutty Buddy Bar</p>			



## The James L. West Senior Day Program



We have been having so much fun with new activities: Gardening, Axe Throwing, Boxing for our men, indoor volleyball, and a lot more time outside as the weather allows! We enjoyed a new entertainer, Chris Journey, who played some fantastic country music for us. We hope you enjoy the pictures of our recent fun. A reminder, you can see more pictures of the activities we enjoy by "liking" The James L. West Senior Day Program on Facebook.



On Saturday June 15th we welcome "The Creature Teacher" exotic animals to the day program for a family party to kick off summer and celebrate Fathers Day! Please invite your kids, grandkids-- anyone who would enjoy this special event from 10 a.m.-noon. More information to come, but RSVP will be requested for this free event!

