



# The Orchard House Medical Adult Day Center

## August 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 10 am ~ Arthritis Exercise/News/History 10:45 ~ Memory Strengthening Games 11:15 ~ Arts & Crafts ~ LUNCH 1 pm ~ Bingo 2 pm ~ Trivia & Stroll Down Memory Lane 2:30 ~ Music & Departure	<b>4</b> 10 am ~ Arthritis Exercise/News/History 10:30 am ~ <b>MUSIC w/ Mike Nigretti</b> ~ LUNCH 1 pm ~ Bottoms Up 2 pm ~ Trivia & Swing Dance Tutorials 2:30 ~ Music & Departure	<b>5</b> 10 am ~ Arthritis Exercise/News/History 10:45 ~ Memory Strengthening Games 11:15 ~ Arts & Crafts ~ LUNCH 1 pm ~ Bowling 2 pm ~ Trivia & I Love Lucy 2:30 ~ Music & Departure	<b>6</b> 10 am ~ Arthritis Exercise/News/History 10:45 ~ Memory Strengthening Games 11:15 ~ Arts & Crafts ~ LUNCH 1 pm ~ Bingo 2 pm ~ Trivia & Stroll Down Memory Lane 2:30 ~ Music & Departure	<b>7</b> 10 am ~ Arthritis Exercise/News/History 10:30 am ~ <b>MUSIC w/ John Paolillo</b> ~ LUNCH 1 pm ~ Parachute Play 2 pm ~ Trivia & Memory Strengthening Games 2:30 ~ Music & Departure
<b>10</b> 10 am ~ Arthritis Exercise/News/History 10:45 ~ Memory Strengthening Games 11:15 ~ Arts & Crafts ~ LUNCH 1 pm ~ Bingo 2 pm ~ Trivia & Stroll Down Memory Lane 2:30 ~ Music & Departure	<b>11</b> 10 am ~ Arthritis Exercise/News/History 10:45 ~ Memory Strengthening Games 11:15 ~ Arts & Crafts ~ LUNCH 1 pm ~ <b>MUSIC w/ Sal Anastasio</b> 2 pm ~ Trivia & Stroll Down Memory Lane 2:30 ~ Music & Departure	<b>12</b> 10 am ~ Arthritis Exercise/News/History 10:45 ~ Memory Strengthening Games 11:15 ~ Bowling/Basketball/Beanbag Toss ~ LUNCH 1 pm ~ Bottoms Up 2 pm ~ Trivia & I Love Lucy 2:30 ~ Music & Departure	<b>13</b> 10 am ~ Arthritis Exercise/News/History 10:45 ~ Memory Strengthening Games 11:15 ~ Gardening & Planting/Arts & Crafts ~ LUNCH 1 pm ~ Bingo 2 pm ~ Trivia & Stroll Down Memory Lane 2:30 ~ Music & Departure	<b>14</b> 10 am ~ Arthritis Exercise/News/History 10:45 ~ Memory Strengthening Games 11:15 ~ Arts & Crafts ~ LUNCH 1 pm ~ Baking Goodies 2 pm ~ Trivia & I Love Lucy 2:30 ~ Music & Departure
<b>17</b> 10 am ~ Arthritis Exercise/News/History 10:45 ~ Memory Strengthening Games 11:15 ~ Bowling/Basketball/Beanbag Toss ~ LUNCH 1 pm ~ Bottoms Up 2 pm ~ Trivia & I Love Lucy 2:30 ~ Music & Departure	<b>18</b> 10 am ~ Arthritis Exercise/News/History 10:30 am ~ <b>MUSIC w/ Mike Nigretti</b> ~ LUNCH 1 pm ~ Bingo 2 pm ~ Trivia & Swing Dance Tutor 2:30 ~ Music & Departure	<b>19</b> 10 am ~ Arthritis Exercise/News/History 10:45 ~ Memory Strengthening Games 11:15 ~ Arts & Crafts ~ LUNCH 1 pm ~ Baking Goodies 2 pm ~ Trivia & Stroll Down Memory Lane 2:30 ~ Music & Departure	<b>20</b> 10 am ~ Arthritis Exercise/News/History 10:45 ~ Memory Strengthening Games 11:15 ~ Balloon VolleyBall ~ LUNCH 1 pm ~ Arts & Crafts/Afternoon Stroll 2 pm ~ Trivia & Word Games 2:30 ~ Music & Departure	<b>21</b> 10 am ~ Arthritis Exercise/News/History 10:45 ~ Memory Strengthening Games 11:15 ~ Arts & Crafts ~ LUNCH 1 pm ~ Parachute Play 2 pm ~ Trivia & Memory Strengthening Games 2:30 ~ Music & Departure
<b>24</b> 10 am ~ Arthritis Exercise/News/History 10:45 ~ Memory Strengthening Games 11:15 ~ Arts & Crafts ~ LUNCH 1 pm ~ Basketball/Baking Goodies 2 pm ~ Interactive Game Play & Trivia 2:30 ~ Music & Departure	<b>25</b> 10 am ~ Arthritis Exercise/News/History 10:45 ~ Memory Strengthening Games 11:15 ~ Gardening & Crafting ~ LUNCH 1 pm ~ Bingo 2 pm ~ Trivia & I Love Lucy 2:30 ~ Music & Departure	<b>26</b> 10 am ~ Arthritis Exercise/News/History 10:45 ~ Memory Strengthening Games 11:15 ~ Arts & Crafts ~ LUNCH 1 pm ~ <b>MUSIC w/ Sal Anastasio</b> 2 pm ~ Trivia & Stroll Down Memory Lane 2:30 ~ Music & Departure	<b>27</b> 10 am ~ Arthritis Exercise/News/History 10:45 ~ Memory Strengthening Games 11:15 ~ Bowling/Basketball/Beanbag Toss ~ LUNCH 1 pm ~ Bottoms Up 2 pm ~ Trivia & I Love Lucy 2:30 ~ Music & Departure	<b>28</b> 10 am ~ Arthritis Exercise/News/History 10:45 ~ Memory Strengthening Games 11:15 ~ Balloon VolleyBall ~ LUNCH 1 pm ~ Parachute Play 2 pm ~ Trivia & Memory Strengthening Games 2:30 ~ Music & Departure
<b>31</b> 10 am ~ Arthritis Exercise/News/History 10:45 ~ Memory Strengthening Games 11:15 ~ Bowling/Basketball/Beanbag Toss ~ LUNCH 1 pm ~ Bingo & Baking 2 pm ~ Trivia & I Love Lucy 2:30 ~ Music & Departure				<p> <b>Orchard House</b>            MEDICAL ADULT DAY CENTER  <i>Serving Seniors. Supporting Caregivers.            Strengthening Communities.</i>  <small>421 Shore Drive   Branford, CT 06405   203.481.7110   theorchardhouse.org</small> </p>

