



NORTHSHORE ADULT DAY HEALTH & WELLNESS CENTER
MONDAY-FRIDAY 10-3:00 PM
(425)488-4821

AUGUST
2019

Mon	Tue	Wed	Thu	Fri
*Monthly fire drills *6th National root beer float day 16th National tell a joke "The USDA prohibits discrimination in all it's activities on the basis of race, color, national origins, gender age, or disability"	*All activities subject to change 22nd National tooth fairy 26th National dog day		1 Coffee social/fine motor 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 Piano w/Jennifer	2 Coffee social/fine motor 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 B.I.N.G.O.
5 Coffee social/fine motor 11:00 Reminiscing w/Bruce 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 Music Therapy w/John A.	6 Coffee social/fine motor 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 Rockin w/Jon	7 Coffee social/fine motor 11:00 Art group 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 Bowling/Wii	8 Coffee social/fine motor 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:30 Piano w/Charles	9 Coffee social/fine motor 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 Sing along w/Kathy S.
12 Coffee social/fine motor 11:00 Reminiscing w/Bruce 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 Guitar favorites w/Dave	13 <u>Participant Council</u> 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 Saxophone w/Bill B.	14 Coffee social/fine motor 11:00 Art group 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 Comedy Hour	15 Coffee social/fine motor 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 Piano w/Jennifer	16 Coffee social/fine motor 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 Groovin w/Gregg G.
19 Coffee social/fine motor 11:00 Reminiscing w/Bruce 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 Classics w/Bob	20 Coffee social/fine motor 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 Variety music w/Pat	21 Coffee social/fine motor 11:00 Art group 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 Keyboard w/Ted Y.	22 Coffee social/fine motor 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 50's Sing along	23 Coffee social/fine motor 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 Guitar w/David A.
26 Coffee social/fine motor 11:00 Reminiscing w/Bruce 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 Singalong	27 Coffee social/fine motor 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 B.I.N.G.O.	28 <u>Beach Hawaiian Theme</u> 11:00 Art group 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 Lyle & Berd	29 Coffee social/fine motor 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 Saxophone w/Bill B.	30 Coffee social/fine motor 11:00 Upper body exercise 11:15 Body conditioning 11:45 Current events 1:15 End of summer fun!