




Northshore Adult Day Health & Wellness Center

Monday –Friday 10:00 – 3:00

(425)488-4821

JUNE 2017

Mon	Tue	Wed	Thu	Fri
Daily Schedule 10:00 Coffee Social/Fine motor 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Afternoon activity	LUNCH SERVED DAILY @ 12:30	 Happy Father's Day June 18th *All activities subject to change	1 10:00 Coffee social/Fine motor 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Piano w/Rosemarie	2 10:00 Coffee social/Fine motor 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Variety w/Ted Y.
5 10:00 Coffee social/Fine motor 11:00 Dowels 11:00 Reminiscing w/Bruce 11:15 Body conditioning 11:45 Current events	6 10:00 Coffee social/Fine motor 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Poker w/Tom\	7 10:00 Coffee social/Fine motor 10:00 Art group 11:00 Dowels 11:15 Body conditioning 11:45 Current events	8 10:00 Coffee social/Fine motor 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Guitar w/ Dave H.	9 10:00 Coffee social/Fine motor 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Groovin w/Gregg
12 10:00 Coffee social/Fine motor 11:00 Dowels 11:00 Reminiscing w/Bruce 11:15 Body conditioning 11:45 Current events	13 10:00 Coffee social/Fine motor 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Poker w/Tom	14 10:00 Coffee social/Fine motor 10:00 Art group 11:00 Dowels 11:15 Body conditioning 11:45 Current events	15 10:00 Coffee social/Fine motor 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Accordion w/David L.	16 <u>Root Beer Floats</u> 10:00 Coffee social/Fine motor 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Sing along w/Kathy S.
19 10:00 Coffee social/Fine motor 11:00 Dowels 11:00 Reminiscing w/Bruce 11:15 Body conditioning 11:45 Current events 1:30 Games & crafts/Arts	20 <u>First day of Summer</u> 10:00 Coffee social/Fine motor 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Poker w/Tom 1:30 Singalong	21 10:00 Coffee social/Fine motor 10:00 Art group 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Rockin w/Jon	22 10:00 Coffee social/Fine motor 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 The Classmates	23 10:00 Coffee social/Fine motor 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Guitar w/David A.
26 10:00 Coffee social/Fine motor 11:00 Dowels 11:00 Reminiscing w/Bruce 11:15 Body conditioning 11:45 Current events 1:20 Music Therapy w/John A.	27 10:00 Coffee social/Fine motor 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Poker w/Tom 1:30 Rock & Roll w/Guy	28 10:00 Coffee social/Fine motor 10:00 Art group 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Bingo	29 10:00 Coffee social/Fine motor 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Music Therapy w/John A.	30 10:00 Coffee social/Fine motor 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Music w/Lisa