

APRIL 2019

EDEN WEST CALENDAR OF EVENTS

BASIC DAILY SCHEDULE

LANDIS HOMES

Adult Day Services Eden West

1001 East Oregon Road

Lititz, PA 17543 (717) 581-3975

7:30-10:00 -Breakfast

10:45-11:30 -Current Events

2:00-2:15 -Snack

7:30-10:15 -Crafts/Service Projects/Games





11:30-1:00 -Lunch/Relaxation/Walks

2:45-4:30 -Dismissal

10:15-10:45 -Group Exercise


1:00-4:00 -Activities

Monthly Blood Pressure/Pulse/Weight

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 Uno / Crafts 1 1:00 Fooling Around 1:45 Snack 2:00 Lawn darts 2:45 Boggle	9:30 Swimming 2 9:30 Uno / Crafts 1:00 Lady Liberty 1:45 Snack 2:00 ADS COUNCIL 2:45 Splat	9:30 Uno / Crafts 3 1:00 Let's take a walk 1:45 Snack 2:00 Ladder Golf 2:45 Chain reaction	9:30 AM Bingo 4 9:30 Uno / Crafts 1:00 Helen Keller 1:45 Snack 2:00 Corn Hole 2:45 Family Feud	9:30 Swimming 5 9:30 Uno / Crafts 1:00 Volunteer Appreciation! 1:45 Snack 2:00 Carpet Ball 2:45 Picture Puzzlers
9:30 Uno / Crafts 8 1:00 A Little Classic TV 1:45 Snack 2:00 Putting Green 2:45 Smart Mouth	Field Trip Kitchen Kettle 9 9:30 Uno / Crafts 9:30 Swimming 1:00 Doug LaSala Concert 1:45 Snack 2:00 Frisbee Free Throw 2:45 Stinky Pinky	9:15 Uno / Crafts 10 9:15 Book Club 1:00 100 1:45 Snack 2:00 Ring on Green 2:45 Pass the Pigs	9:30 Uno / Crafts 11 1:00 Farm Facts 1:45 Snack 2:00 Horse Shoes 2:45 Know it??	9:30 Swimming 12 9:30 Uno / Crafts 1:00 Anthony and Val Concert 1:45 Snack 2:00 "Up" 2:45 20 Questions
9:30 Uno / Crafts 15 1:00 Tribute to Helen 1:45 Snack 2:00 Carpet Ball 2:45 Wheel of Fortune	9:30 Uno / Craft 16 9:30 Swimming 1:00 Remembering Roosevelt 1:45 Snack 2:00 Table Tennis Pong 2:45 Men vs Women	9:15 Uno / Crafts 17 9:15 Book Club 1:00 Poetry Pansies Pops 1:45 Snack 2:00 Pitch it 2:45 Beg end	FLOWER SALE 18 9:30 Uno / Crafts 1:00 BINGO 1:45 Snack 2:00 Swatter Ball 2:45 Easter Puzzler	 <p style="text-align: center;">                         Center                          Closed                          ~ ~ ~ ~ ~                          Good Friday                     </p>
9:30 Uno / Crafts 22 1:00 Earth Day Party 1:45 Snack 2:00 Ring the Green 2:45 Dice Roll	9:30 Uno / Crafts 23 9:30 Swimming 1:00 One Man Band Nick Di Santo 1:45 Snack 2:00 Ring the Post 2:45 Brain Challenge	9:15 Uno / Crafts 24 9:15 Book Club 1:00 "Sanding" 1:45 Snack 2:00 Tic tac WIN! 2:45 Tic tac Know	Breakfast is Served 25 9:30 Uno / Crafts 1:00 Birds of Prey L Sanchez 1:45 Snack 2:00 Bowling 2:45 Picture ID	9:30 Swimming 26 9:30 Uno / Crafts 12:00 Field Trip to Wheatland 1:00 Sing Along with Fran/ Lisa 1:45 Snack 2:00 Ring it to win it 2:45 Over and Under
9:30 Uno / Crafts 29 1:00 Here's to Your Health 1:45 Snack 2:00 Skee Ball 2:45 Penny Ante	9:30 Uno / Crafts 30 9:30 Swimming 1:00 Cooking with Chris 1:45 Snack 2:00 Ladder golf 2:45 Millionaire	  		

# EDEN WEST ADULT DAY SERVICES MENU

APRIL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Caesar Salad <b>1</b> Roast Pork Loin Mashed Potatoes Asian Blend Vegetables Wheat Dinner Roll Apple and Orange Slices 2% Milk	Mixed Green Salad with <b>2</b> Raspberry Dressing Braised Beef w/Tomato Sauce Buttered Egg Noodles Fresh Steamed Broccoli Wheat Dinner Roll Peach Slices, 2% Milk	Deviled Eggs, <b>3</b> no tomato, no relish Oven Fried Chicken Breast Mashed Potatoes Whole Baby Carrots Wheat Dinner Roll Canned Apricots, 2% Milk	Blueberry Feta Salad w/ <b>4</b> Italian Dressing Roast Turkey Classic Bread Stuffing Fresh Vegetable Medley Wheat Dinner Roll Mellon & Grape Fruit, 2% Milk	Lettuce Wedge w/ <b>5</b> Blue cheese Vinaigrette Texas Pot Roast Baked Sweet Potato Roasted Asparagus Wheat Dinner Roll Fresh Fruit, 2% Milk
Spinach Strawberry Salad <b>8</b> Lemon Oregano Grill Chicken Baked Potato Roasted Green Beans w/Garlic Whole Wheat Bread Fresh Fruit 2% Milk	Tossed Salad w/Creamy <b>9</b> Ranch Dressing Tilapia w/Roasted Cherry Tomatoes Mashed Potatoes Steamed Spinach Wheat Dinner Roll	Coleslaw <b>10</b> "Shake and Bake" Oven Fried Chicken Mashed Maple Sweet Potatoes Roasted Cauliflower Wheat Dinner Roll Apple & Orange Slices	Green Bean Tomato Salad <b>11</b> Roast Turkey Corn soufflé Sautéed Zucchini and Squash Wheat Dinner Roll Canned Apricots 2% Milk	Tossed Salad w/Fat Free <b>12</b> Italian Dressing Homemade Meatballs w/Marinara Sauce Spaghetti, Asparagus Spears Wheat Dinner Roll Mixed Mellon
Garden Salad w/Fat Free <b>15</b> Pork Loin w/Gravy Mashed Potatoes Roasted Vegetables Whole Wheat Bread Blueberries 2% Milk	Tossed Salad w/Balsamic <b>16</b> Vinaigrette Dressing Savory Baked Chicken Parslied Potatoes Green Peas Wheat Dinner Roll Fresh Fruit Cup 2% Milk	Tomato & Mozzarella Salad <b>17</b> Lemon Pepper Shrimp Baked Potatoes Steamed Carrots Whole Wheat Bread Fresh Fruit Cup 2% Milk	Deviled Eggs, no tomato <b>18</b> No relish Roast Turkey Classic Bread Stuffing Fresh Vegetable Medley Whole Apricots 2% Milk	 <p style="color: #0070C0; font-weight: bold;">Center is Closed</p> <p style="color: #0070C0; font-style: italic;">Good Friday</p>
Garden Salad w/Fat Free <b>22</b> Tomato Herb Dressing Savory Baked Chicken Mashed Potatoes Creamed Spinach Whole Wheat Bread Tropical Fruit Cup 2% Milk	Tossed Salad w/ Fat Free <b>23</b> Ranch Dressing Roast Turkey Baked Sweet Potatoes Roasted Beets Whole Wheat Bread Fresh Fruit & Berry Cup 2% Milk	Asian Slaw <b>24</b> Baked Fish Basmati Rice Peas & Carrots Whole Wheat Bread Fresh Fruit Cup 2% Milk	Tossed Salad <b>25</b> w/Fat Free Italian Dressing Grilled Pork Chop SR Egg Noodles Braised Red Cabbage Whole Wheat Bread Banana, 2% Milk	Petite Spinach Salad <b>26</b> w/Fat Free Tomato Herb Drsg Meatloaf Mashed Potatoes Fresh Green Beans Cubed Watermelon 2% Milk
Cesar Salad <b>29</b> Lemon Thyme and Garlic Roasted Chicken Breast Julienne Vegetables, Steamed Whole Wheat Bread Fresh Fruit Cup w/Berries 2% Milk	Mixed Green Salad with <b>30</b> Raspberry Vinaigrette Dressing Italian Roast Beef Scalloped Potatoes Fresh Green Beans Whole Wheat Bread Fresh Fruit Cup, 2% Milk	