


Monday

Tuesday

Wednesday

Thursday

Friday

 <p style="text-align: center;"><b>Senior Moments Adult Day Center</b>  <h1 style="color: red; margin: 0;">August 2024</h1> <p style="text-align: center; margin: 0;"><b>31 Kingsbury Ave. Tolland 860-943-9500</b></p> </p>					<p><b>Foot Care Nurse (9:30)</b> <span style="float: right;"><b>1</b></span></p> <p>Monthly Gazette &amp; IQ Bowling Exercise: Pres. Fitness <b>Music with Ron</b> Common Endings</p>	<p><b>2</b></p> <p>What am I? Bingo Exercise: Chair Boxing Ladder Bolo <b>Crooning with Karen</b></p>
--	--	--	--	--	---	---

<p><small>Hairdresser (By Appointment Only)</small> <span style="float: right;"><b>5</b></span></p> <p>Ambassador of Aloha Washer Toss Exercise: Rain Forest Hike <b>Music with Ron</b> Fun in the Sun</p>	<p><b>6</b></p> <p>Seize the Lei Bingo Exercise: Qigong <b>Music with Ron</b> Hawaiian Flora &amp; Fauna</p>	<p><b>7</b></p> <p>Hawaiian Spam Jam Exercise: In Madrid <b>Folk Music w/ Cameron</b> Ice Cream Cone Toss Word Mining</p>	<p><b>8</b></p> <p>Destination: Hawaii Nix the Six/Art Club: Hawaiian Kapa Exercise: Hula Style <b>Music with Ron</b> Hang Loose in Hawaii</p>	<p><b>9</b></p> <p>Surfs Up Elevenses/Craft Club: Surf Board Exercise: Fishing Trip Bowling <b>Crooning with Karen</b></p>
--	--	---	--	--

<p><small>Hairdresser (By Appointment Only)</small> <span style="float: right;"><b>12</b></span></p> <p>Where am I? Bowling Exercise: Key West Workout <b>Music with Ron</b> Word Jumbles</p>	<p><b>13</b></p> <p>Elvis Week I Got It/Bakers Rack: Monkey Bread Exercise: Bay Swim <b>Music with Ron</b> Elvis Name that Tune</p>	<p><b>14</b></p> <p>Swimming the English Channel Bingo Exercise: Apple a Day Corn Hole Shade Categories</p>	<p><b>15</b></p> <p>Gone to the Dogs Bean Bag Toss Exercise: Scarf Dancing <b>Music with Ron</b> Dog Days of Summer</p>	<p><b>16</b></p> <p>Elvis Favorite Foods Five Alive/Bakers Rack: Coconut Cake Exercise: Balloon Toss Ping Pong Pyramid <b>Crooning with Karen</b></p>
---	---	---	---	---

<p><small>Hairdresser (By Appointment Only)</small> <span style="float: right;"><b>19</b></span></p> <p>Clowning Around Birdie Toss Exercise: Pass the Torch <b>Music with Ron</b> Clown Toss</p>	<p><b>20</b></p> <p>Laundry Chase the Ace/Craft Club: Clothespin Magnets Exercise: Chair Yoga <b>Music with Ron</b> Laundry Word Match</p>	<p style="text-align: center;"><small>Bowling Club 9:30am</small> <span style="float: right;"><b>21</b></span></p> <p>The Benefits of Coloring EZ Yahtzee/Craft Club: Coloring Pages Exercise: Roll the Dice Horse Shoes Rhymes with...</p>	<p><b>22</b></p> <p>Navajo Code Talkers Bulls Eye Mat Exercise: New England Style <b>Music with Ron</b> All Mixed Up</p>	<p><b>23</b></p> <p>The Science of Kindness Bingo Exercise: Presidential Fitness Left Right Left <b>Crooning with Karen</b></p>
---	--	---	--	---

<p><small>Hairdresser (By Appointment Only)</small> <span style="float: right;"><b>26</b></span></p> <p>Women's Work &amp; Wages Bucket Brigade Exercise: Chair Boxing <b>Music with Ron</b> Double Trouble</p>	<p><b>27</b></p> <p>Talented Tom Brady Bingo Exercise: Rain Forest Hike <b>Music with Ron</b> Change a Letter</p>	<p><b>28</b></p> <p>Princess Diana Dice &amp; Strikes/Craft Club: Tiaras Exercise: Qigong Bowling Whiteboard Mash-Up</p>	<p><b>29</b></p> <p>Jeopardy Noodle Javelin Exercise: In Madrid <b>Music with Ron</b> Abandoned in the Bermuda Triangle</p>	<p><b>30</b></p> <p>Going Bananas One &amp; Done/Bakers Rack: Banana Crumb Muffins Exercise: 2 Min Tune-Up Hula Hoop Challenge <b>Crooning with Karen</b></p>
---	---	--	---	---

August Birthdays: Donna 8/20 and Eileen 8/23.


Monday

Tuesday

Wednesday

Thursday

Friday

 <p style="text-align: center;"><b>Senior Moments Lunch &amp; Snack Menu</b>  <span style="font-size: 2em; color: red;">August</span> <span style="font-size: 2em; color: teal;">2024</span></p> <p style="text-align: center;">** Snacks made by Clients in the "Bakers Rack" Cooking Club</p>				
--	--	--	--	--

<p style="text-align: right;"><b>5</b></p> <p>Chicken Parmigiana w/Alfredo Noodles</p> <p>Cheese Danish</p>	<p style="text-align: right;"><b>6</b></p> <p>Fish Fillet Sandwich w/Coleslaw</p> <p>Oreo Cookies</p>	<p style="text-align: right;"><b>7</b></p> <p>Hawaiian Meatballs w/Rice</p> <p>Jello w/Cool Whip</p>	<p style="text-align: right;"><b>1</b></p> <p>Ham &amp; Cheese Sandwich w/Veggie Chips</p> <p>Lorna Doone Cookies</p>	<p style="text-align: right;"><b>2</b></p> <p>Pizza w/3 Bean Salad</p> <p>Ice Cream Cup</p>
<p style="text-align: right;"><b>12</b></p> <p>Hot Dog on a Roll w/Tater Tots &amp; Baked Beans</p> <p>Fiber One Brownie</p>	<p style="text-align: right;"><b>13</b></p> <p>Meatloaf &amp; Triple Bean Bake</p> <p>**Monkey Bread**</p>	<p style="text-align: right;"><b>14</b></p> <p>Macaroni &amp; Cheese w/Green Beans</p> <p>Blueberry Muffin</p>	<p style="text-align: right;"><b>8</b></p> <p>Turkey &amp; Cheese Sliders w/Pickles &amp; Chips</p> <p>Rice Cake w/Peanut Butter</p>	<p style="text-align: right;"><b>9</b></p> <p>Hamburgers on a Roll w/Potato Salad &amp; Pickle</p> <p>Vanilla Pudding</p>
<p style="text-align: right;"><b>19</b></p> <p>Popcorn Chicken w/Stuffing &amp; Peas</p> <p>Stella D'oro Biscuits</p>	<p style="text-align: right;"><b>20</b></p> <p>Sloppy Joe Sandwich w/3 Bean Salad</p> <p>Peanut Butter Wafers</p>	<p style="text-align: right;"><b>21</b></p> <p>Cranberry Walnut Chicken Sandwich w/Chips</p> <p>Coffee Cake</p>	<p style="text-align: right;"><b>15</b></p> <p>Tuna Fish Sandwich w/Cheez It Crackers</p> <p>Cherry Jello w/Cool Whip</p>	<p style="text-align: right;"><b>16</b></p> <p>Chicken Tenders w/Veggie Rice</p> <p>**Coconut Cake**</p>
<p style="text-align: right;"><b>26</b></p> <p>Chicken Nuggets w/Fries &amp; Applesauce</p> <p>Cheese Crackers</p>	<p style="text-align: right;"><b>27</b></p> <p>Peanut Butter &amp; Jelly Sandwich w/Bananas</p> <p>Fig Newton Cookies</p>	<p style="text-align: right;"><b>28</b></p> <p>Chili w/Corn Bread</p> <p>Oatmeal Cookies</p>	<p style="text-align: right;"><b>22</b></p> <p>Alfredo Chicken w/Noodles &amp; Peas</p> <p>Wafer Cookies</p>	<p style="text-align: right;"><b>23</b></p> <p>Meatball Grinder w/Green Salad</p> <p>Banana Bread</p>
<p style="text-align: right;"><b>29</b></p> <p>Ham &amp; Cheese Sliders w/Macaroni Salad</p> <p>Chocolate Chip Cookies</p>	<p style="text-align: right;"><b>30</b></p> <p>Egg Salad w/Fritos &amp; Pickles</p> <p>**Banana Crumb Muffin**</p>			

Rotating Menu/Substitutes available/Menu includes 5 Nutritional food components/Dairy Product offered with each meal/Fruit offered with Breakfast