

Milestones Adult Day Health Center
 1725 O Avenue NW, Cedar Rapids Iowa 52405 • Phone 319-398-3647

6:45 - 9:45 AM Breakfast / Preparation for day
 10:00-10:30 AM Current News
 10:20-10:45 AM Exercise
 10:45-11:45 AM Scheduled programming
 12:00-1:00 PM Lunch
 1:00-2:00 PM Scheduled programming
 2:00-3:00 PM Recap the day, LIFTS Pick-up
 3:00-3:30 PM Tea Time
 3:30-4:30 PM Scheduled programming
 4:30-5:30 PM Individual programming



Steve Z 20
 Donna J-14
 Anthony B 28
 Ronnie D 23
 Chuck McC 30
 Shelly S 20

AUGUST 2019 PROGRAMMING SCHEDULE

			1 MUSIC THERAPY Humanities Group Uno Players Rock Island Railroad w/ Steve B Open Arts Studio Kings Korner TEA TIME/CHOICE	2 Client Council Meeting Before Air Conditioning Keeping Cool Open Arts Studio Table Games w/Laith Welcome Wild Bill!! Wii / Puzzle Frolics TEA TIME/CHOICE
5 Beach Bingo!!1 Open Arts Studio The best Beaches Buy from LocalFarmers Table Games Wii/ Puzzle Power TEA TIME/CHOICE	6 Long Beach List! What will you bring? Art Studio with Joyce Bell Choir <i>Piano w/ Eldred Judy</i> Holly Milestones Singers Kings Korner TEA TIME/CHOICE	7 PET THERAPY with Pete and Gunnar Table Games w/Laith Reminscing with Alla Open Arts Studio Kids Kampus Visit!! Beach Relay Games Uno Players TEA TIME/CHOICE	8 MUSIC THERAPY Humanities Group Uno Players Book Clubw/ Brenda Beach Music Laurie talks on 'Bullying' Open Arts Studio Kings Korner TEA TIME/CHOICE	9 Guitar w/ Janet L Sit back and Remember Open Arts Studio Table Games w/Laith Tisha B'Av Jewish Apple salad fixin w/Tom Gilligand Island or Fantasy Island Wii / Puzzle Frolics TEA TIME/CHOICE
12 ART W/ Shary and Beth Ice Cream Concoctions Design Yours!! Open Art Studio Table Game Challenge I scream for Ice Cream Table Games Wii/ Puzzle Power TEA TIME/CHOICE	13 Dr. Alger Speaker Resident Program Art Studio with Joyce Bell Choir Milestones Singers Kings Korner TEA TIME/CHOICE	14 Reminicing the Fair Summer Food Safety Health/ Nutrition Safety Open Arts Studio Table Games w/ Laith Reflections w/ Doc VJ Day Uno Players TEA TIME/CHOICE	15 MUSIC THERAPY Humanities Group Uno Players Kareoke w/MAGGIE D Open Arts Studio Kings Korner TEA TIME/CHOICE	16 Flashbacks in Time School Days!!! Open Arts Studio Table Games w/Laith Welcome Back Mark Brown on guitar! Wii / Puzzle Frolics TEA TIME/CHOICE
19 TEAM SUPPORT Womens Right to Vote Open Arts Studio Welcome The Country Steppers Table Games Wii/ Puzzle Power TEA TIME/CHOICE	20 BELL CHOIR PERFORMANCE Art Studio with Joyce Bell Choir <i>Wheel of Fortune</i> Milestones Singers Kings Korner TEA TIME/CHOICE	21 Triad Presents, You and Your Medications Table Games w/Laith Open Arts Studio Hawaii becomes the 50th State! Reflections w/ Doc Happy Birtday Doc! Uno Players TEA TIME/CHOICE	22 MUSIC THERAPY Humanities Group Uno Players Book Club Open Arts Studio Kings Korner TEA TIME/CHOICE	23 Summer Scavenger Hunt -Teams Open Arts Studio Table Games w/Laith Accordian duo w/ Neil and Darlene Wii / Puzzle Frolics TEA TIME/CHOICE
26 Piano w/ Betty A great time Every Time Open Arts Studio Nat'I Dog Day!! Wizard of Oz outtakes 80th Anniversary!! Table Games Wii/ Puzzle Power TEA TIME/CHOICE	27 CRAFT W/ SHARY Art Studio with Joyce Bell Choir Kareoke w/ MAGGIE D Milestones Singers Kings Korner TEA TIME/CHOICE	28 Reflections w/ Beth Are you better off.....? Table Games w/Laith Open Arts Studio Welcome Audrey, Laurie, Ina The LALA LADIES Open Arts Studio Uno Players TEA TIME/CHOICE	29 MUSIC THERAPY Humanities Group Uno Players Welcome Harold G on guitar Open Arts Studio Kings Korner TEA TIME/CHOICE	30 Open Arts Studio Table Games w/Laith The Heartland Band Wii / Puzzle Frolics TEA TIME/CHOICE

* All programs are subject to change

*Milestones is an equal opportunity provider and employer