

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 Social Hour
 3:30-4:30 PM Scheduled programming
 4:30-5:30 PM Individual programming



10/2 Bobby C
 10/2 Teresa D
 10/2 Gary W
 10/5 Ken H
 10/6 Vernon H
 10/10 Diane M
 10/12 Barbara W

10/21 Angelo C
 10/26 Gary S



OCTOBER 2019 PROGRAMMING SCHEDULE

	Your Mental Health 1 Amy and Brenda Art Studio with Joyce WELCOME: PIANO with Eldred & Judy Kings Korner SOCIAL HOUR/CHOICE	PET THERAPY with Pete and Gunnar Table Games w/Laith Reminscing with Alla Open Arts Studio Kirkwood students Manicure student Music with Ashley Uno Players SOCIAL HOUR/CHOICE	MUSIC THERAPY Humanities Group Uno Players Book Club  Open Arts Studio BELL CHOIR SOCIAL HOUR/CHOICE	Client Council Meeting American Bandstand 1952 Premier. Open Arts Studio Table Games w/Laith WORLD SMILE DAY :-) Karaoke with Maggie D Drawing for Quilt Wii / Puzzle Frolics SOCIAL HOUR/CHOICE
Concentration Open Arts Studio WILD BILL Table Games Wii/ Puzzle Power SOCIAL HOUR/CHOICE	Fire Engines around the World w/ Steve B Art Studio with Joyce YomKipper <i>Pictionary</i> Kings Korner SOCIAL HOUR/CHOICE	Triad-Better Living Gadgets Table Games w/Laith Open Arts Studio Manicure w/ Student Reflections with DOC Uno Players SOCIAL HOUR/CHOICE	MUSIC THERAPY Humanities Group Uno Players BELL CHOIR Who, What, Where Am I? Open Arts Studio Kings Korner SOCIAL HOUR/CHOICE	Hodge Podge Open Arts Studio Table Games w/Laith  Wii / Puzzle Frolics SOCIAL HOUR/CHOICE
Balloonball Open Arts Studio Columbus Day Welcome Back Dennis on Guitar Table Games Wii/ Puzzle Power SOCIAL HOUR/CHOICE	Kolaches W/ Lavonne, Maggie & Beth Art Studio with Joyce Dessert <i>Balloon Ball Trivia</i> HodgePodge Kings Korner SOCIAL HOUR/CHOICE	Suicide Prevention Brenda A / Tom B Table Games w/Laith Open Arts Studio  National Boss Day! Reflections Uno Players SOCIAL HOUR/CHOICE	MUSIC THERAPY Humanities Group Uno Players Book Club BELL CHOIR <i>Neal & Darlene on Accordians</i> Open Arts Studio Kings Korner SOCIAL HOUR/CHOICE	Team Support Open Arts Studio Table Games w/Laith TRY ZUMBA Kirkwood Students Improv-Charades Wii / Puzzle Frolics SOCIAL HOUR/CHOICE
Betty on Piano Open Arts Studio  Table Games Wii/ Puzzle Power SOCIAL HOUR/CHOICE	Crafting w/ Shary Art Studio with Joyce Karaoke with Maggie D Kings Korner SOCIAL HOUR/CHOICE	Health & Nutrition Update Chair Yoga Table Games w/Laith Open Arts Studio Reflections with DOC Uno Players SOCIAL HOUR/CHOICE	MUSIC THERAPY Humanities Group Uno Players BELL CHOIR The Heartland Band Open Arts Studio Kings Korner SOCIAL HOUR/CHOICE	Battle of The Sexes Open Arts Studio The Dixie Notes Table Games w/Laith Kirkwood Students Wii / Puzzle Frolics SOCIAL HOUR/CHOICE
Would You Rather? Open Arts Studio Country Steppers Table Games Wii/ Puzzle Power SOCIAL HOUR/CHOICE	Hallowee Trivia Who's Who? Art Studio with Joyce  Kings Korner SOCIAL HOUR/CHOICE	Superstitions Table Games w/Laith Open Arts Studio Kirkwood Students Guitar with Harold G. Open Arts Studio Uno Players SOCIAL HOUR/CHOICE	MUSIC THERAPY Humanities Group Uno Players Book Club HALLOWEEN FUN!!  BELL CHOIR Open Arts Studio Kings Korner SOCIAL HOUR/CHOICE	

*Milestones is an equal opportunity provider and employer

* All programs are subject to change