

Hand in Hand Adult Day Center



2024

April

This month we enjoyed a new musical guest who played the harmonica for us, and welcomed back the music of Ernie and Friends. It was also a great month of enjoying our regularly scheduled activities, and we are always thankful to be at the Adult Day Center with our wonderful group.



May

During the month of May we will celebrate two birthdays, Mother's Day, and the 150th anniversary of the Kentucky Derby. This month also brings Cinco de Mayo and Syttendi Mai, and we will welcome guest speakers to discuss both Mexican and Norwegian traditions.

-Hand in Hand meets every Tuesday and Friday from 9:30 AM to 2:30 PM at the United Methodist Church, 2227 4th Street, Monroe.

-Contact ADRC at 608-328-9499 for more information or to arrange a tour.

The Hand in Hand Adult Day Center provides a Day Out With Friends

Our mission is to provide older adults facing health or social changes with the opportunity to build and maintain social, cognitive and physical skills through a planned program of enriching activities.



Tuesdays

May 7th

9:30 Snack & Social Time & Word Time

10:30 Strengthening Exercises

11:15 Cinco de Mayo Word Game

12:00 Lunch: Cranberry Roast Pork, Rice Pilaf, Peas, Roasted Beets, Angel Food Cake w/Strawberries



1:00 Parachute

1:30 Guest Speaker—Mexican Traditions

May 14th

9:30 Snack & Social Time

10:30 Strengthening Exercises

11:15 "Welcome May" Word Game

12:00 Lunch: Breaded Fish w/Cheddar Cheese Slice, Red Potatoes, Roasted Summer Vegetables, Peach Cup

1:00 Boccee Ball



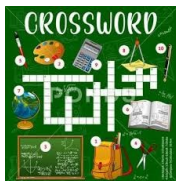
1:30 Puzzles

May 21st

9:30 Snack & Social Time

10:30 Strengthening Exercises

11:15 Group Crossword



12:00 Lunch: Hamburger, Carrot Coins, Steamed Broccoli, Applesauce, Oatmeal Raisin Cookie

1:00 Noodle Ball

1:30 Birthday Jingo

May 28th

9:30 Snack & Social Time

10:30 Strengthening Exercises

11:15 Starting and Finishing Lines

12:00 Lunch: Tuna Casserole, Carrots, Peas, Peaches, Vanilla Yogurt

1:00 Bean Bag Game

1:30 Famous Faces



Fridays

May 3rd

9:30 Snack & Social Time

10:30 Movin' to the Music 🎵 🎵

11:15 Kentucky Derby Word Game

12:00 Lunch: Ham Slices, Aug Gratin Potatoes, California Veg. Blend, Blueberry Topped Pears

1:00 Washers



1:30 Kentucky Derby Video

May 10th

9:30 Snack & Social Time

10:30 Movin' to the Music 🎵 🎵

11:15 "Memories of Mom" Activity

12:00 Lunch: Roasted Chicken Breast, Mashed Potatoes w/Gravy, Steamed Broccoli, Red and Green Grapes

1:00 Yard Darts



1:30 Painted Butterfly Craft

May 17th

9:30 Snack & Social Time

10:30 Movin' to the Music 🎵 🎵

11:15 Syttende Mai Word Game

12:00 Lunch: Sage Roasted Pork, Sweet Potatoes, Peas, Apricots

1:00 Exercise Octaband



1:30 Guest Speaker—Norwegian Traditions

May 24th

9:30 Snack & Social Time

10:30 Movin' to the Music 🎵 🎵

11:15 Treasure Chest Trivia



12:00 Lunch: Ham Slices, Mashed Potatoes, Baked Beans, Melon Mix

1:00 Ring Toss

1:30 Individual Choice

May 31st

9:30 Snack & Social Time

10:30 Movin' to the Music 🎵 🎵

11:15 Clock Dice

12:00 Lunch: Turkey Salad on Lettuce, Tomato Slices, Potato Salad, Fruit Cocktail, Birthday Cake

1:00 Basketball



1:30 Birthday Bingo

WORDS TO FIND

Word Search
Hello Spring

- BLOSSOM
- MARCH
- SEASON
- GRASS
- SPRING
- GROW
- UMBRELLA
- GREEN
- TULIP
- BREEZE
- ROBIN
- BUTTERFLY
- CHERRY
- MEADOW
- PUDDLES
- NEST

B	X	W	M	Z	K	G	P	B	J	H	Y	B	J
F	U	Q	F	A	S	Z	P	R	M	V	C	L	P
H	S	T	D	A	R	Z	A	E	B	G	K	O	O
K	Y	P	T	K	K	C	W	E	Y	I	A	S	M
H	V	S	R	E	I	P	H	Z	P	Q	Q	S	Y
P	M	E	C	I	R	G	N	E	U	G	W	O	F
V	U	A	M	Q	N	F	J	A	D	C	K	M	Y
H	M	S	B	K	L	G	L	F	D	H	M	I	X
K	B	O	B	S	T	G	T	Y	L	E	E	X	O
F	R	N	G	M	I	S	U	I	E	R	A	R	I
K	E	E	R	Y	E	G	L	F	S	R	D	O	K
O	L	E	E	N	M	R	I	B	B	Y	O	B	H
Y	L	O	E	A	X	O	P	J	S	S	W	I	B
G	A	O	N	Q	F	W	G	R	A	S	S	N	X

