



# Hand in Hand Adult Day Center

## 2024

### June

We had a great time celebrating "Dairy Month" this June. A highlight was our outing to Wegmueller Farm, where we learned about the farm from the owners, met a few animals, and enjoyed an ice cream treat. We also welcomed Kris & Lynn who shared their presentation on Barn Quilts, and we learned about the incredible work they have done since 2008. This along with farm themed bingo, trivia, and word games completed our month.



### July

This month we look forward to celebrating Independence Day. We will also welcome Bonnie with her Time Slips presentation and Music with Mary. In honor of the Green County Fair returning to Monroe in July, we will complete some fair themed activities and hopefully have a visit from a local Dairy Princess. It should be a wonderful month.



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.

-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.



# Tuesdays

## July 2nd

- 9:30 Snack & Social Time & Word Time
- 10:30 Strengthening Exercises
- 11:15 Patriotic Word Scramble
- 12:00 Lunch: Ham Slices, Mashed Potatoes, Baked Beans, Melon Mix
- 1:00 Noodle Ball
- 1:30 USA Trivia



## July 9th

- 9:30 Snack & Social Time
- 10:30 Strengthening Exercises
- 11:15 Group Crossword
- 12:00 Lunch: Tuna Casserole, Carrots and Peas, Peaches, Vanilla Yogurt
- 1:00 Yard Darts
- 1:30 Name That Tune



## July 16th

- 9:30 Snack & Social Time
- 10:30 Strengthening Exercises
- 11:15 County Fair Themed Trivia
- 12:00 Lunch: Craisin Chicken Salad on Lettuce/Leaf Wrap, Creamy Cucumbers, Potato Salad, Red & Green Grapes, Cottage Cheese
- 1:00 Ring Toss
- 1:30 Green County Dairy Princess Visit

## July 23rd

- 9:30 Snack & Social Time
- 10:30 Strengthening Exercises
- 11:15 Clock Dice
- 12:00 Lunch: Tuna Salad on Lettuce, Tomato Slices, Veg. Pasta Salad, Potato Salad, Frosted Cupcake
- 1:00 Yoga Ball Exercises
- 1:30 Music with Mary

## July 30th

- 9:30 Snack & Social Time
- 10:30 Strengthening Exercises
- 11:15 Treasure Chest Trivia
- 12:00 Lunch: Cranberry Roast Pork, Rice Pilaf, Peas, Roasted Beets, Angel Food Cake w/Strawberries
- 1:00 Toss Across
- 1:30 Bingo

# Fridays

## July 5th

9:30 Snack & Social Time

10:30 Movin' to the Music 🎵🎵

11:15 "Welcome July" Word Game

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

1:00 Bocce Ball

1:30 Brain Quest Trivia

## July 12th

9:30 Snack & Social Time

10:30 Movin' to the Music 🎵🎵

11:15 Word Wheel

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

1:00 Bowling

1:30 Puzzles

## July 19th

9:30 Snack & Social Time

10:30 Movin' to the Music 🎵🎵

11:15 Time Slips w/Bonnie

12:00 Lunch: Hot Beef Noodle Casserole, Baked Beans, Seasoned Carrots, Tomato Pesto Salad on Leaf Lettuce

1:00 Bean Bag Game

1:30 Individual Choice

## July 26th

9:30 Snack & Social Time

10:30 Movin' to the Music 🎵🎵

11:15 Spill & Spell

12:00 Lunch: Ham Slices, Au Gratin Potatoes, California Vegetable Blend, Blueberry Topped Pears

1:00 Basketball

1:30 Famous Faces

Name: \_\_\_\_\_ Date: \_\_\_\_\_



DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

# 4<sup>TH</sup> OF JULY

ADAMS  
AMERICA  
BARBECUE  
COLONIES  
CONGRESS  
DECLARATION  
EQUALITY  
FIREWORKS  
FOURTH  
FREEDOM  
HOTDOGS  
INDEPENDENCE  
JEFFERSON  
JULY  
LIBERTY  
NATION  
PARADE  
REVOLUTION  
RIGHTS

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

STATES  
THIRTEEN  
UNITED

