



Hand in Hand Adult Day Center

2025

August

The "dog days of summer" or "humid days of summer" have hopefully ended. We enjoyed some memorable days at the Adult Day Center. We welcomed Maggie the English Setter and Maximus & Magnus, the Huskies. We are thankful their owners made the time for the special visits. We also welcomed Mary and John as our musical guests and celebrated a birthday.



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.

September

This month we will reminisce about our school days, celebrate a birthday and welcome Bill Reints Music. As a follow up to our dog visits, we will complete some cat themed activities. This will include a visit from the Green County Humane Society as our guest speaker. She will also bring along some feline friends. It should be a great month!

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



Tuesdays

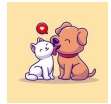
September 2nd

- 9:30 Snack & Social Time
- 10:30 Movin' To The Music
- 11:15 "Welcome September" Word Game
- 12:00 Lunch: Tuna Salad on Lettuce w/Tomato, Veggie Pasta Salad, Sliced Strawberries, Lemon Pound Cake
- 1:00 Football Toss
- 1:30 School Day Memories & Adult Coloring



September 9th

- 9:30 Snack & Social Time
- 10:30 Movin' To The Music
- 11:15 Cat Themed Trivia
- 12:00 Lunch: Cranberry Roast Pork, Steamed Rice, Roasted Sweet Potatoes, Roasted Zucchini, Angel Food Cake w/Strawberry Topping
- 1:00 Yoga Ball Exercise
- 1:30 Visit from the Humane Society



September 16th

- 9:30 Snack & Social Time
- 10:30 Movin' To The Music
- 11:15 Brain Quest Trivia
- 12:00 Lunch: Sage Roasted Pork, Fresh Sweet Potatoes, Peas, Apricots, Yogurt
- 1:00 Parachute
- 1:30 Bill Reints Music



September 23rd

- 9:30 Snack & Social Time
- 10:30 Movin' To The Music
- 11:15 Birthday Word Game
- 12:00 Lunch: Roasted Chicken Thigh, Baked Potato w/Sour Cream, Stewed Tomatoes, Fresh Strawberries, Jell-O
- 1:00 Noodle Ball
- 1:30 Birthday Jingo



September 30th

- 9:30 Snack & Social Time
- 10:30 Movin' To The Music
- 11:15 Group Crossword
- 12:00 Lunch: Tator Tot Casserole w/Peas and Carrots, Green Beans, Mandarin Oranges
- 1:00 Basketball
- 1:30 Famous Faces



Fridays

September 12th

September 5th

9:30 Snack & Social Time

10:30 Stengthening Excersises

11:15 Cool Categories

12:00 Lunch: Breaded Fish Sandwich,
Roasted Broccoli, Coleslaw,
Cocktail

1:00 Bean Bag Game

1:30 Bingo



Fruit

9:30 Snack & Social Time

10:30 Stengthening Excersises

11:15 Expressions Word Game

12:00 Lunch: Tuna Noodle Casserole w/Peas
and Carrots, Whole Kernel Corn, Green Beans,
Cherry Cheesecake

1:00 Ring Toss

1:30 Paper Bowl Craft



September 19th

9:30 Snack & Social Time

10:30 Stengthening Excersises

11:15 Matching Phrases

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

1:00 Bocce Ball

1:30 Individual Choice



September 26th

9:30 Snack & Social Time

10:30 Stengthening Excersises

11:15 Starting and Finishing Lines

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

1:00 Yard Darts

1:30 Puzzle Time



Name: _____

Date: _____

Get ready for Labor Day fun with this word search! The words are mixed up in all directions—forward, backward, up, down, and diagonal. Find and circle each Labor Day term, then cross it off your list to see how many you can spot!

Labor Day Word Search



APPRENTICE	Z	H	R	M	F	Z	T	N	W	H	A	R	D	H	A	T	R
BBQ	L	R	E	B	M	E	T	P	E	S	J	C	P	N	D	L	K
BREAK	Y	K	R	O	W	M	A	E	T	W	K	O	K	R	O	W	R
CELEBRATE	G	K	R	G	T	Y	S	B	O	J	R	M	B	R	E	A	K
COMMUNITY	E	R	Q	E	Z	T	Z	Y	T	T	P	M	H	X	C	Y	Q
CRAFT	D	X	E	P	R	H	F	S	T	I	Z	U	G	J	I	Q	J
EFFORT	A	F	Y	E	C	O	A	I	N	X	L	N	L	L	T	H	M
ENGINEER	R	L	C	R	N	F	B	D	H	L	R	I	B	L	N	O	G
FLAG	A	L	A	E	E	I	U	A	I	S	J	T	N	I	E	N	A
GRILL	P	F	H	T	L	S	G	R	L	C	R	Y	B	K	R	O	L
HARD HAT	T	T	Y	O	T	E	G	N	I	R	G	E	Y	S	P	R	F
HOLIDAY	J	C	M	R	L	L	B	N	E	E	M	N	L	Q	P	W	M
HONOR	K	K	Y	L	M	I	C	R	S	S	P	O	H	A	A	M	Z
INDUSTRY	P	R	I	D	E	I	D	L	A	T	M	I	W	R	X	Y	H
JOBS	P	N	F	Q	P	R	O	A	F	T	G	N	T	R	A	D	E
LABORER	F	T	B	T	L	O	G	H	Y	L	E	U	T	R	N	X	J
PARADE	L	B	F	R	T	R	T	R	O	F	F	E	G	Q	Y	R	M
PICNIC																	
PRIDE																	
RELAX																	
REST																	
SAFETY																	
																	
																	

SEPTEMBER

SHIFT

SKILL

TEAMWORK

TOOLS

TRADE

UNION

WORK