

# May 2026 Newsletter

Hand In Hand  
Adult Day Center

ADRC of Green County

## April Recap

We enjoyed our time together during the month of April. We welcomed back “Music with Ernie and Guest” and “Maggie” the therapy dog. We celebrated Easter and a staff member’s milestone birthday.



## May

May should be another fun filled month at the Adult Day Center. We look forward to celebrating Cinco de Mayo, Mother’s Day, Syttende Mai and another special 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.**

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

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

  
Aging and Disability Resource Center  
Green County, Wisconsin

# TUESDAYS

## May 5th

- 9:30 Snack & Social Time
- 10:30 Movin' to the Music
- 11:15 Cinco de Mayo Word Game
- 12:00 Lunch: Lasagna, Roasted Italian Vegetables, Salad w/Dressing, Diced Peach Cup, Cookie
- 1:00 Basketball
- 1:30 Bingo in Spanish

## May 12th

- 9:30 Snack & Social Time
- 10:30 Movin' to the Music
- 11:15 Clock Dice
- 12:00 Lunch: Ham & Swiss Croissant Roll Ups, Steamed Broccoli, Baked Beans, Salad w/Dressing, Cherry Cheesecake
- 1:00 Bean Bag Toss
- 1:30 Individual Puzzles

## May 19th

- 9:30 Snack & Social Time
- 10:30 Movin' to the Music
- 11:15 Syttende Mai Word Game
- 12:00 Lunch: Goulash w/Noodles, Peas & Carrots, Corn, Salad w/Dressing, Mandarin Orange Cake
- 1:00 Yoga Ball Exercises
- 1:30 Guest Speaker - Norweigan Traditions

## May 26th

- 9:30 Snack & Social Time
- 10:30 Movin' to the Music
- 11:15 Group Crossword
- 12:00 Lunch: Chicken Piccata, Butternut Squash, Angel Hair Pasta, Caesar Salad, Pineapple Tidbits
- 1:00 Yard Darts
- 1:30 History in the Mail



# FRIDAYS

## May 1st



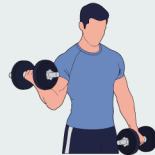
- 9:30 Snack & Social Time
- 10:30 Strengthening Exercises
- 11:15 Welcome May Word Game
- 12:00 Lunch: Baked Parmesan & Herb Cruisted Tilapia, Steamed Seasoned Beets, Cauliflower, Diced Peach Cup, Frosted Brownie
- 1:00 Ring Toss
- 1:30 Word Plexers

## May 8th



- 9:30 Snack & Social Time
- 10:30 Strengthening Exercises
- 11:15 “Memories of Mom” Activity
- 12:00 Lunch: Ham Salad on Wheatberry Bread, Tomato Slice & Lettuce, 3 Bean Salad, Creamy Dill & Cucumber Salad, Tropical Fruit
- 1:00 Washers
- 1:30 Puzzle Time

## May 15th



- 9:30 Snack & Social Time
- 10:30 Strengthening Exercises
- 11:15 Name Game Toss
- 12:00 Lunch: Baked Cod w/Lemon & Butter Sauce, Steamed Asparagus Cuts, Mashed Potatoes w/Butter Sauce, Diced Pears, Butterscotch Pudding
- 1:00 Bocce Ball
- 1:30 History in Monroe

## May 22nd



- 9:30 Snack & Social Time
- 10:30 Strengthening Exercises
- 11:15 Birthday Word Game
- 12:00 Lunch: Chicken Patty Sandwich, Herb Red Potatoes, Steamed Peas w/Butter, Cinnamon Apple Chips, Cookie
- 1:00 Noodle Ball
- 1:30 Birthday Jingo

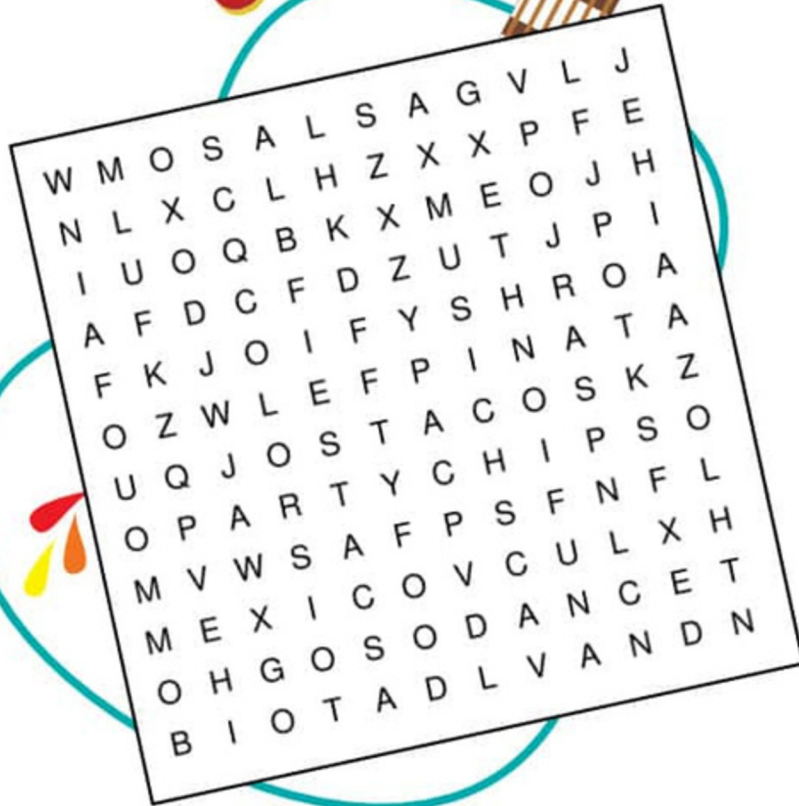
## May 29th



- 9:30 Snack & Social Time
- 10:30 Strengthening Exercises
- 11:15 Treasure Chest Trivia
- 12:00 Lunch: Baked Tilapia w/Dill Cream Sauce, Buttered Peas, Roasted Sweet Potatoes, Jell O Cup, Mixed Fruit Cocktail
- 1:00 Tic Tac Toss
- 1:30 Painted Butterfly Craft



# Cinco de Mayo



Fiesta  
Dance  
Colors

Party  
Food  
Fun

Mexico  
Tacos  
Chips

Music  
Pinata  
Salsa