

August Review

Hopefully the “dog days of summer” are behind us! This month we welcomed Maggie the English Setter and Maximus & Magnis the huskies. We are thankful their owners made time for the special visits. We also enjoyed Music with Renee and celebrated a birthday.



September

We will start this month reminiscing about our school days. We then look forward to Cheese Days....completing some cheese themed activities and welcoming the Cheese Days Royalty. We will welcome back Bill Reints Music and celebrate two birthdays.

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.

TUESDAYS

Tuesday 1st

9:30 Snack & Social Time
10:30 Movin to the Music
11:15 Welcome "September" Word Game
12:00 Lunch: Ham & Swiss Croissant Roll
Ups, Steamed Broccoli, Baked Beans, Salad
w/Dressing, Cherry Cheesecake
1:00 Baksetball
1:30 School Day Memories & Adult Coloring

Tuesday 4th

9:30 Snack & Social Time
10:30 Movin to the Music
11:15 History in Monroe
12:00 Lunch: Lasagna, Roasted Italian
Vegetables, Caesar Salad w/Dressing, Pina
Colada Lush Square, Mandarin Orange Cup
1:00 Tic Toc Toss
1:30 Cheese Days Royalty Visit

Tuesday 15th

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 Ring Toss
1:30 Whats Left Trivia

Tuesday 22nd

9:30 Snack & Social Time
10:30 Movin to the Music
11:15 Spill and Spell
11:00 Lunch: Goulash w/Noodles, Peas &
Carrots, Corn, Salad w/Dressing, Mandarin
Orange Cake
1:00 Noodle Ball
1:30 Birthday Jingo

Tuesday 29

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 Parachute
1:30 Bill Reints Music

FRIDAYS

Friday 4th

- 9:30 Snack & Social Time
- 10:30 Strengthening Exercises
- 11:15 Story Bag Activity
- 12:00 Lunch: Baked Parmesan & Herb Crusted Tilapia, Steamed Seasoned Beets, Cauliflower, Diced Peach Cup, Frosted Brownie
- 1:00 Yard Darts
- 1:30 Puzzle Time



Friday 11th

- 9:30 Snack & Social Time
- 10:30 Strengthening Exercises
- 11:15 Name That Tune
- 12:00 Lunch: Ham Salad, 3 Bean Salad, Creamy Dill & Cucumber Salad, Tropical Fruit
- 1:00 Bocce Ball
- 1:30 Remembering 9/11

Friday 18th

- 9:30 Snack & Social Time
- 10:30 Strengthening Exercises
- 11:15 Cheese Themed Trivia
- 12:00 Lunch: Baked Cod w/Lemon & Butter Sauce, Steamed Asparagus Cuts, Mashed Potatoes w/Butter Sauce, Diced Pears, Butterscotch Pudding
- 1:00 Football Toss
- 1:30 Crafty Creations

Friday 25th

- 9:30 Snack & Social Time
- 10:30 Strengthening Exercises
- 11:15 Birthday Word Game
- 12:00 Lunch: Orange Chicken w/Rice, Stir Fry Vegetables, Spring Rolls, Tropical Fruit Cup, Banana Pudding Trifle
- 1:00 Bean Bag Toss
- 1:30 Dominos



September WORD SEARCH



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



Acorn
Apples
Backpack
Books
Corn
Fall
Friends

Football
Leaves
School
Pears
Pencil
Trees
Yellow