

October 2026 Newsletter



Hand In Hand
Adult Day Center
ADRC of Green County

September Review

September was a fun filled month. We welcomed the Cheese Days Royalty and completed a few cheese themed activities. We remembered our school days and the anniversary of 9/11, enjoyed Bill Reints Music and celebrated 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.

October

The month of October will bring our annual Fall Colors Outing on Friday, October 9th, we will be sending a letter with more information soon. October will also include musical entertainment and a guest speaker. We will celebrate Halloween with treats and trivia.



**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



October 6th

9:30 Snack & Social Time
10:30 Strengthening Exercises
11:15 Name 5 Trivia
12:00 Lunch: Maple Glazed Ham Steaks,
Baked Potato w/Butter, Steamed
Asparagus, Tropical Fruit Cup, Peanut
Butter Oreo Pie
1:00 Yoga Ball Exercises
1:30 Music with Ernie & Friends

October 13th

9:30 Snack & Social Time
10:30 Strengthening Exercises
11:15 Cat Themed Trivia
12:00 Lunch: Sweet & Sour Diced Pork,
Steamed Rice, Sauteed Stir-Fry Mix,
Applesauce Cup, Spring Rolls
1:00 Noodle Ball
1:30 Individual Choice

October 20th

9:30 Snack & Social Time
10:30 Strengthening Exercises
11:15 Clock Dice
12:00 Lunch: Ham & Scalloped Potatoes,
Seasoned Roasted Zucchini, Steamed
Cauliflower, Pineapple Tidbits
1:00 Ring Toss
1:30 Individual Puzzles

October 27th

9:30 Snack & Social Time
10:30 Strengthening Exercises
11:15 Group Crossword
12:00 Lunch: Meatloaf w/Ketchup Glaze,
Au Gratin Potatoes, Green Beans, Cottage
Cheese & Peaches, Diced Pears
1:00 Football toss
1:30 BINGO





FRIDAYS

October 2nd

9:30 Snack & Social Time
10:30 Movin' to the Music
11:15 Welcome October Word Game
12:00 Lunch: Baked Tilapia w/Dill Cream Sauce, Buttered Peas, Roasted Sweet Potatoes, Jell-O Cup, Mixed Fruit Cocktail
1:00 Washers
1:30 Puzzle Time

October 9th

9:30 Snack & Social Time
10:30 Movin' to the Music
11:15 Autumn Anagrams
12:00 Lunch: Honey Ginger Soy Cod w/Steamed Rice, Steamed Buttered Asparagus Cuts, Roasted Seasoned Carrots, Diced Pears
1:00 Fall Colors Outing

October 16th

9:30 Snack & Social Time
10:30 Movin' to the Music
11:15 Name Game Toss
12:00 Lunch: Red Chicken Enchilades, Spanish Rice w/Streamed Tomatoes, Roasted Seasoned Zucchini, Cold Mexican Street Corn, Pasta Salad, Pineapple Tidbits
1:00 Bocce Ball
1:30 Yahtzee

October 23rd

9:30 Snack & Social Time
10:30 Movin' to the Music
11:15 Treasure Chest Trivia
12:00 Lunch: Herb & Parmesan Crusted Tilapia, Steamed Corn, Baked Potato, Applesauce, Jell-O Cup
1:00 Bean Bag Toss
1:30 Fall Craft Colors

October 30th

9:30 Snack & Social Time
10:30 Movin' to the Music
11:15 Halloween Word Game
12:00 Lunch: Cranberry Roast Pork, Baked Beans, Roasted Cauliflower, Apple Slices
1:00 Pumpkin Toss
1:30 Halloween Trivia and What's Left Trivia



HALLOWEEN

Word Search

Y R E H C T I W G K S E
D L D D B L G G A P T O
N R A S A R I H O R A S
A P R E T S N O M C S N
C L N R S I K S T O S O
R E E T K Y R T O R E T
I S W P K O O E H N R E
E E M U T S O C D E E L
N U D R K O G E B I A E
P T U M U M M Y D L P K
S N E E W O L L A H S S

Word List: 🎃🎃🎃🎃🎃🎃🎃🎃🎃🎃🎃

PUMPKIN

HALLOWEEN

CANDY

MONSTER

BATS

SKELETONS

GHOST

SPIDER

MUMMY

COSTUME

SPOOKY

WITCH