

Milestones Adult Day Health Center
 1725 O Avenue NW, Cedar Rapids Iowa 52405 • Phone 319-398-3647

6:45 - 9:45 AM Breakfast / Preparation for day
 10:00-10:30 AM Current News
 10:20-10:45 AM Exercise
 10:45-11:45 AM Scheduled programming
 12:00-1:00 PM Lunch
 1:00-2:00 PM Scheduled programming
 2:00-3:00 PM Recap the day, LIFTS Pick-up
 3:00-3:30 PM Tea Time
 3:30-4:30 PM Scheduled programming
 4:30-5:30 PM Individual programming



Mike Z 1	Connie M 9
Dan R 2	Wayne A 23
Sherri T 3	Caroline Z 29
James B 7	Shelia H 30

NOVEMBER 2018 PROGRAMMING SCHEDULE

			1 MUSIC THERAPY Humanities Group Uno Players Native American Month TO MUNICH GERMANY with Beth and Mike Open Arts Studio Kings Korner TEA TIME/CHOICE	2 Client Council Meeting REMEMBERING OUR VETERANS Open Arts Studio Table Games w/Laith Veterans Day Nov 11th Wii / Puzzle Frolics TEA TIME/CHOICE
5 CRAFTING WITH SHARI AND BETH Open Arts Studio CONCENTRATION Table Games Wii/ Puzzle Power TEA TIME/CHOICE	6 MEDICAL RESIDENCY with Dr. Hanks Art Studio with Joyce Bell Choir PIANO with Eldred and Judy Milestones Singers Kings Korner ELECTION DAY TEA TIME/CHOICE	7 PET THERAPY with Pete and Gunnar Reminiscing with Alla Table Games w/Laith Open Arts Studio WELCOME Harold on Guitar Uno Players TEA TIME/CHOICE	8 MUSIC THERAPY Humanities Group Uno Players HODGE PODGE Open Arts Studio Kings Korner TEA TIME/CHOICE	9 TEAM SUPPORT Open Arts Studio Table Games w/Laith Kings Korner Wii / Puzzle Frolics TEA TIME/CHOICE
 Open Arts Studio ROYAL PRINCESS w/ Brenda V & Jolene B Table Games Wii/ Puzzle Power TEA TIME/CHOICE	12 GIVE THANKS - - THE GIVING TREE Art Studio with Joyce Bell Choir WELCOME Wild Bill Milestones Singers Kings Korner TEA TIME/CHOICE	13 TRIAD PRESENTS Home & Personal Safety Table Games w/Laith Open Arts Studio WELCOME Picks 'N' Hammers Adult Coloring w/ Carli Uno Players TEA TIME/CHOICE	14 MUSIC THERAPY Humanities Group Uno Players MARCI PRESENTS Passenger/Mayflower 1st Thanksgiving Elizabeth Hopkins Open Arts Studio Kings Korner TEA TIME/CHOICE	15 HI LOW TRIVIA Open Arts Studio Table Games w/Laith 1928 Mickey Mouse Birthday WELCOME: The Heartland Band Wii / Puzzle Frolics TEA TIME/CHOICE
19 PIANO with Betty Open Arts Studio MACYS PARADE THANKSGIVING DAY Table Games Wii/ Puzzle Power TEA TIME/CHOICE	20 HODGE PODGE & Drumming Exercises Art Studio with Joyce Bell Choir HEALTH & NUTRITION Stuffing or Dressing Milestones Singers Kings Korner TEA TIME/CHOICE	21 Table Games w/Laith Open Arts Studio GIVING THANKS REFLECTIONS w/ Doc Uno Players TEA TIME/CHOICE	CLOSED Thursday 22nd & Friday 23rd Happy Thanksgiving	
26 CARD-O Open Arts Studio Price is Right 1956 LIGHTENING ROUND LIST Table Games Wii/ Puzzle Power TEA TIME/CHOICE	27 SCRAMBLED WORDS Art Studio with Joyce Bell Choir Milestones Singers Kings Korner TEA TIME/CHOICE	28 JUST PICTURE IT!! Table Games w/Laith Open Arts Studio REFLECTIONS with Doc Open Arts Studio Uno Players TEA TIME/CHOICE	29 MUSIC THERAPY Humanities Group Uno Players "CHAIR ZUMBA" w/ Tara Open Arts Studio Kings Korner TEA TIME/CHOICE	30 PROGRAMMING with Alla Open Arts Studio Table Games w/Laith WELCOME The Dixie Notes Wii / Puzzle Frolics TEA TIME/CHOICE

* All programs are subject to change