





























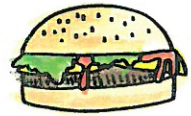





# CDM'S ADC ACTIVITY CALENDAR

## May 2022

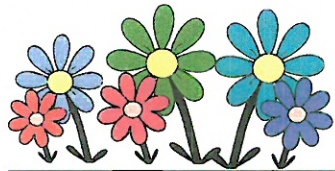
Physical Day Center Hours are Monday through Friday 10am-3pm

Most activities will also be available virtually. GoToMeeting 877-248-437



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>  <b>Amtrak Day</b>	<b>2</b> 10:00 Coffee Talk 10:30 Exercises 11:00 Game 1:00 Music Therapy 2:00 Dice  <b>World Tuna Day</b>	<b>3</b> 10:00 Coffee Talk 10:30 Exercises 11:00 Trivia 1:00 Bingo 2:00 Dice  <b>Wild Koala Day</b>	<b>4</b> 10:00 Coffee Talk 10:30 Exercises 11:00 Game 1:00 Bingo 2:00 Dice  <b>Firefighters Day</b>	<b>5</b> 10:00 Coffee Talk 10:30 Exercises 11:00 Trivia 1:00 Macarena and Karaoke 2:00 Dice  <b>Cinco de Mayo</b>	<b>6</b> 9:30 Coffee Talk 10:30 Exercises 11:00 Zinnia TV Art w/Patti and Kathy 1:00 Music Therapy 2:00 Dice  <b>Dandelion Day</b>	<b>7</b>  <b>Kentucky Derby</b>
<b>8</b>  <b>Mother's Day</b>	<b>9</b> 10:00 Coffee Talk 10:30 Exercises 11:00 Game 1:00 Music Therapy 2:00 Dice  <b>National Golf Day</b>	<b>10</b> 10:00 Coffee Talk 10:30 Exercises 11:00 Trivia 1:00 Bingo 2:00 Dice  <b>Hamster Day</b>	<b>11</b> 10:00 Coffee Talk 10:30 Exercises 11:00 Matt and Tammy 1:00 Bingo 2:00 Dice  <b>Receptionists Day</b>	<b>12</b> 10:00 Coffee Talk 10:30 Exercises 11:00 Trivia 1:00 Hangman 2:00 Dice  <b>Limerick Day</b>	<b>13</b> 9:30 Coffee Talk 10:30 Exercises 11:00 Zinnia TV Art w/Patti and Kathy 1:00 Music Therapy 2:00 Dice  <b>Frog Jumping Day</b>	<b>14</b>  <b>National Archery</b>
<b>15</b>  <b>Ride a Unicycle Day</b>	<b>16</b> 10:00 Coffee Talk 10:30 Exercises 11:00 Game 1:00 Music Therapy 2:00 Dice  <b>Full Moon</b>	<b>17</b> 10:00 Coffee Talk 10:30 Exercises 11:00 Trivia 1:00 Bingo 2:00 Dice  <b>Hypertension Day</b>	<b>18</b> 10:00 Coffee Talk 10:30 Exercises 11:00 Game 1:00 Bingo 2:00 Dice  <b>Museum Day</b>	<b>19</b> 10:00 Coffee Talk 10:30 Exercises 11:00 Fargher Lake Boys 1:00 Trivia 2:00 Dice  <b>Boys Club Day</b>	<b>20</b> 9:30 Coffee Talk 10:30 Exercises 11:00 Zinnia TV Art w/Patti and Kathy 1:00 Music Therapy 2:00 Dice  <b>World Bee Day</b>	<b>21</b>  <b>Armed Forces Day</b>
<b>22</b>  <b>Craft Distillery Day</b>	<b>23</b> 10:00 Coffee Talk 10:30 Exercises 11:00 Game 1:00 Music Therapy 2:00 Dice  <b>World Turtle Day</b>	<b>24</b> 10:00 Coffee Talk 10:30 Exercises 11:00 Trivia 1:00 Bingo 2:00 Dice  <b>Brother's Day</b>	<b>25</b> 10:00 Coffee Talk 10:30 Exercises 11:00 Matt and Tammy 1:00 Bingo 2:00 Dice  <b>World Otter Day</b>	<b>26</b> 10:00 Coffee Talk 10:30 Exercises 11:00 Trivia 1:00 Howling Wolf Karaoke 2:00 Dice <b>Eat More Fruit and Vegetables Day</b>	<b>27</b> 9:30 Coffee Talk 10:30 Exercises 11:00 Zinnia TV Art w/Patti and Kathy 1:00 Music Therapy 2:00 Dice  <b>Road Trip Day</b>	<b>28</b>  <b>Hamburger Day</b>
<b>29</b>  <b>Alligator Day</b>	<b>30 CLOSED FOR</b> <b>memorial DAY</b>	<b>31</b> 10:00 Coffee Talk 10:30 Exercises 11:00 Trivia 1:00 Bingo 2:00 Dice  <b>National Smile Day</b>	 <b>National Bike Month</b>	 <b>International Drum Month</b>	 <b>National Strawberry Month</b>	Activities may change unexpectedly or may not be to your liking. We offer a variety of alternatives such as coloring independently or visiting with other clients or playing games like cards. Please see extensive alternative list posted in the

This institution is an equal opportunity provider.



# May 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Chicken Alfredo 	3 Beef and Rice Casserole	4 Tuna Fish Sandwich 	5 Macaroni and Cheese	6 BBQ Chicken and Roasted Potatoes	7
8	9 Chicken and Vegetable Yakisoba	10 Tater Tot Casserole 	11 Hamburgers	12 Waffles and Sausage 	13 Spaghetti 	14
15	16 Frito Pie Casserole	17 Chicken Stir Fry 	18 Beef and Cheese Burritos 	19 Breakfast Casserole	20 BBQ Chicken and Pasta Salad 	21
22	23 Meatloaf and Mashed Potatoes	24 Pancakes and Bacon 	25 Chicken Salad Sandwich	26 Cheeseburger Casserole	27 Chili Dogs 	28
29	30 Cabbage Roll Casserole	31 Taco Salad 				