



Petaluma People Services Center

Adult Day Program

MAY 2023

Vegetarian Meal Available upon Request

Monday	Wednesday	Friday
<b>1</b> 10:00 Morning Talk/Exercise 11:00 Games <i>12:00 Lunch: Lemon Chicken, Rice Pilaf</i> 1:00 Coloring	<b>3</b> 10:00 Morning Talk/Exercise 11:00 Music with Bill <i>12:00 Lunch: Turkey Casserole with Egg Noodles</i> 1:00 States of America Game	<b>5</b> 10:00 Morning Talk/Exercise 11:00 Music with H&K <i>12:00 Lunch: Baked Fish, roasted red potatoes, green beans</i> 1:00 Family Feud Game/Ball Toss
<b>8</b> 10:00 Morning Talk/Exercise 11:00 Singing <i>12:00 Lunch: Stuffed Bell Peppers, Broccoli Normandy</i> 1:00 Arts and Crafts	<b>10</b> 10:00 Morning Talk/Exercise 11:00 Music with Craig <i>12:00 Lunch: Caesar Salad with Chicken, Macaroni Salad</i> 1:00 Games	<b>12</b> 10:00 Morning Talk/Exercise 11:00 Bingo <i>12:00 Lunch: Italian Vegetable Frittata, Rice Pilaf</i> 1:00 Games
<b>15</b> 10:00 Morning Talk/Exercise 11:00 Guess the Song <i>12:00 Lunch: Hungarian Goulash, Buttered Noodles</i> 1:00 Book and Poetry Reading	<b>17</b> 10:00 Morning Talk/Exercise 11:00 Hangman <i>12:00 Lunch: Salisbury Steak, Mashed Potatoes</i> 1:00 Music with Anna	<b>19</b> 10:00 Morning Talk/Exercise 11:00 Ring Toss <i>12:00 Lunch: Oven Roasted Turkey Sandwich with Cheese</i> 1:00 Art Project, Games
<b>22</b> 10:00 Morning Talk/Exercise 11:00 Golf <i>12:00 Lunch: Tamale Pie, Brown Spanish Rice</i> 1:00 Musical Chairs	<b>24</b> 10:00 Morning Talk/Exercise 11:00 Music with Craig <i>12:00 Lunch: Pulled Pork Sandwich, Red Potatoes</i> 1:00 Art Project	<b>26</b> 10:00 Morning Talk/Exercise 11:00 Singing <i>12:00 Lunch: Spaghetti with Italian Meat Sauce, vegetables</i> 1:00 The Price is Right Game

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[www.petalumapeople.org](http://www.petalumapeople.org)

707-765-8488

PPSC is dedicated to improving the social and economic health of our community by providing programs that strengthen the dignity and self-sufficiency of the individual. Our core services include: Senior Services, Counseling, Youth Programing including Mentor Me, Housing, Economic Sustainability and Petaluma Bounty Farms.

