

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Closed For Labor Day	3 9:30 Daily Devotions 9:45 It's a Living 1:45 Math 3:15 Group Time	4 9:30 Daily Devotions 9:45 Music Class 1:45 Bible Study 3:15 Group Time	5 9:30 Ride Prep 9:45 Mystery Ride 1:30 Bingo 3:15 Group Time	6 9:30 Daily Devotions 9:45 History Class 1:45 Science Fair 3:15 Group Time	7 <u>Daily Activities</u> 9:30 Daily Devotions 10:30 Sit & Stretch 11:30 Lunch Break 1:30 Afternoon Stretches 2:30 Afternoon Refreshments
8	9 9:30 U-Gro 10:15 Devotions 1:30 Bingo 3:15 Group Time Closing at 3:30pm	10 Mechanicsburg Adult Day Closed Due to Power Outage	11 9:30 Daily Devotions 9:45 Cheesy Pick Uplines 1:45 Bible Study 3:15 Group Time	12 9:30 Daily Devotions 9:45 Apple Dumplings 1:30 Bingo 3:15 Group Time	13 9:30 Daily Devotions 9:45 Sing-a-long with Jane 1:45 Don't Lose Heart 3:15 Group Time	14
15 National Adult Day Services Week!	16 9:30 U-Gro 10:15 Daily Devotions 1:30 Bingo 3:15 Group Time Favorite Color Day	17 9:30 Daily Devotions 9:45 Heart to Heart 1:45 Bowling 3:15 Group Time Hat Day	18 9:30 Daily Devotions 9:45 Fall Craft with Mandy 1:45 Bible Study 3:15 Group Time Crazy Sock Day	19 9:30 Daily Devotions 9:45 Music with Theresa 1:30 Bingo 3:15 Group Time Favorite Team Day	20 9:30 Daily Devotions 9:45 Crossword 1:45 Pat & Patches Social 3:15 Group Time	21
22	23 9:30 U-Gro 10:15 Daily Devotions 1:30 Bingo 3:15 Group Time	24 9:30 Daily Devotions 9:45 Autumn 1:45 Who am I? 3:15 Group Time	25 9:30 Daily Devotions 9:45 Apple Sign Craft 1:45 Bible Study 3:15 Group Time	26 9:30 Daily Devotions 9:45 Bible Study with Tom 1:30 Bingo 3:15 Group Time	27 9:30 Daily Devotions 9:45 Sing-a-long with Jane 1:45 Volleyball 3:15 Group Time	28
28 Activities are subject to change due to staff availability, weather and other conditions beyond our control.	30 9:30 U-Gro 10:15 Daily Devotions 1:30 Bingo 3:15 Group Time	<h2>September 2019 Activity Calendar</h2> <h3>Messiah Lifeways[®]</h3> <h3>Adult Day - Mechanicsburg</h3>				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2 Closed for Labor Day	3 Crab & Corn Chowder Vegetable Quiche Succotash Blondie Squares	4 Pickled Beets w/ onions Baked Tilapia Rice Pilaf Carrot Coins Pineapple Bavarian Cream	5 Wisconsin Cheese Soup BBQ Pulled Pork Garlic Mashed Potatoes Fresh Green Beans Cubed Watermelon	6 New England Clam Chowder Chicken Stir-Fry Peas Steamed Rice Brownies	7
8	9 Red/Green Salad Roast Turkey Breast French Green Beans Stuffing Sliced Peaches	10 Mechanicsburg Adult Day Closed Due to Power Outage	11 Spinach Salad Roast Beef Baked Potato Peas & Pearl Onions Blueberry Cobbler	12 Three Bean Salad Grilled Chicken Broccoli Rice Au Gratin Sautéed Zucchini Chocolate Ice Cream	13 Macaroni Salad Roast Pork Loin Sweet Potatoes Baby Carrots Baked Apples	14
15	16 Pasta Salad Meatloaf Mashed Red Skin Potatoes Carrot Coins White Chocolate Lemon Bar	17 Potato Salad Beef Stir Fry Steamed Rice Snap Peas Ginger Cookie	18 Spring Spinach Salad Seafood Croquettes Lyonnais Potatoes Sautéed Mustard Greens Ice Cream	19 Marinated Tomato Salad Turkey a La King Candied Sweet Potatoes Beets Banana Cream Pie	20 New England Clam Chowder BBQ Chicken Green/Yellow Squash Scalloped Potatoes Strawberries	21
22	23 Caesar Salad Grill Chicken Parmesan Penne Pasta Marinara Sauce Green Beans Vanilla Ice Cream	24 Black Bean Soup Roast Turkey with Gravy Bread Stuffing Baby Lima Beans Cubed Watermelon	25 Cream of Asparagus Soup Beef Stroganoff Buttered Noodles Carrots Tiramisu	26 Marinated Vegetable Salad Baked Cod Basmati Rice Broccoli Strawberry Cake	27 Coleslaw Cilantro Grilled Chicken Parslied New Potatoes Peas Sliced Peaches	28
29	30 Carrot Pineapple Salad BBQ Beef Brisket Buttered Noodles Honey Glazed Carrots Mandarin Oranges	<h2>September 2019 Menu</h2> <h3>Messiah Lifeways[®]</h3> <h3>Adult Day - Mechanicsburg</h3>				