
























# CDM's ADC ACTIVITIES CALENDAR

## October 2023



2300 NE Andresen Rd, Vancouver, WA 98661

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p>  <p><b>Pumkin Spice Day</b></p>	<p>2 10:00 Coffee Talk </p> <p>10:30 Exercises</p> <p>11:00 Crochet w/ Tracy</p> <p>Crosswords with Laura</p> <p>1:00 Virtual Tour Lahaina</p> <p>2:00 Dice</p> <p><b>Guardian Angel Day</b></p>	<p>3 10:00 Coffee Talk</p> <p>10:30 Exercises</p> <p>11:00 AG/Art w/Laura</p> <p>1:00 Golf with Laura and Tracy </p> <p>2:00 Dice</p> <p><b>Fruit at Work Day</b></p>	<p>4 10:00 Coffee Talk</p> <p>10:30 Exercises</p> <p>11:00 Art w/Laura</p> <p>Hangman w/Tracy</p> <p>1:00 Poetry w/Laura</p> <p>2:00 Dice</p> <p><i>Random Acts of Poetry Day</i></p>	<p>5 10:00 Coffee Talk</p> <p>10:30 Exercises</p> <p>11:00 Art w/Laura</p> <p>Theater w/Stephen</p> <p>1:00 Target Practice</p> <p>2:00 Dice</p> <p><b>World Teachers Day</b></p>	<p>6 10:00 Coffee Talk</p> <p>10:30 Exercises</p> <p>11:00 <b>Bingo</b>/Art w/Patti</p> <p>Current Affairs w/ Dick and Gail</p> <p>1:00 Zinnia TV</p> <p>2:00 Dice</p> <p><b>Mad Hatter Day</b></p>	<p>7</p>  <p><b>World Cotton Day</b></p>
<p>8</p>  <p><b>National Salmon Day</b></p>	<p>9 10:00 Coffee Talk</p> <p>10:30 Exercises</p> <p>11:00 Crochet w/ Tracy</p> <p>Trivia with Laura</p> <p>1:00 Music Therapy </p> <p>2:00 Dice</p> <p><b>Native American Day</b></p>	<p>10 10:00 Coffee Talk</p> <p>10:30 Exercises</p> <p>11:00 AG/ Art w/Laura</p> <p>1:00 Basket Ball/Blongo Ball</p> <p>2:00 Dice</p> <p><b>Face Your Fears Day</b></p>	<p>11 10:00 Coffee Talk</p> <p>10:30 Exercises</p> <p>11:00 Matt and Tammy</p> <p>1:00 Art w/Laura</p> <p>Crosswords w/Tracy</p> <p>2:00 Dice</p> <p><b>Boston Marathon</b></p>	<p>12 10:00 Coffee Talk</p> <p>10:30 Exercises </p> <p>11:00 <b>Bingo</b></p> <p>1:00 Fishing</p> <p>2:00 Dice</p> <p><b>National Farmers Day</b></p>	<p>13 10:00 Coffee Talk</p> <p>10:30 Exercises</p> <p>11:00 Charades/Art w/Patti</p> <p>Current Affairs w/ Dick and Gail</p> <p>1:00 Music Therapy</p> <p>2:00 Dice</p> <p><b>Navy Birthday</b></p>	<p>14</p>  <p><b>International African Penguin Day</b></p>
<p>15</p>  <p><b>Cake Decorating Day</b></p>	<p>16 10:00 Coffee Talk</p> <p>10:30 Exercises</p> <p>11:00 Crochet w/ Tracy</p> <p>Jeopardy with Laura</p> <p>1:00 Jenga</p> <p>2:00 Dice</p> <p><b>National Bosses Day</b></p>	<p>17 10:00 Coffee Talk</p> <p>10:30 Exercises</p> <p>11:00 AG/Art w/Laura</p> <p>1:00 Science Day</p> <p>2:00 Dice</p> <p><b>Mulligan Day</b></p>	<p>18 10:00 Coffee Talk</p> <p>10:30 Exercises</p> <p>11:00 <b>Bingo</b></p> <p>1:00 Pumpkin Spice Tasting</p> <p>2:00 Dice</p> <p><b>World Menopause Day</b></p>	<p>19 10:00 Coffee Talk</p> <p>10:30 Exercises</p> <p>11:00 Fargher Lake Boys?</p> <p>1:00 Pumpkin Spice Tasting </p> <p>2:00 Dice</p> <p><b>Evaluate Your Life Day</b></p>	<p>20 10:00 Coffee Talk</p> <p>10:30 Exercises</p> <p>11:00 Client Council</p> <p>Art w/Patti and Cathy</p> <p>Current Affairs w/ Dick and Gail</p> <p>1:00 Karaoke</p> <p>2:00 Dice</p>	<p>21</p>  <p><b>American Frog Day</b></p>
<p>22</p>  <p><b>Smart is Cool Day</b></p>	<p>23 10:00 Coffee Talk</p> <p>10:30 Exercises</p> <p>11:00 Crochet w/ Tracy</p> <p>Mole Trivia</p> <p>1:00 Music Therapy</p> <p>2:00 Dice</p> <p><b>National Mole Day</b></p>	<p>24 10:00 Coffee Talk</p> <p>10:30 Exercises</p> <p>11:00 AG/<b>Bingo</b></p> <p>1:00 United Nations Trivia </p> <p>2:00 Dice</p> <p><b>United Nations Day</b></p>	<p>25 10:00 Coffee Talk</p> <p>10:30 Exercises</p> <p>11:00 Matt and Tammy</p> <p>1:00 Volley Ball </p> <p>2:00 Dice</p> <p><b>Chucky the Doll Day</b></p>	<p>26 10:00 Coffee Talk</p> <p>10:30 Exercises</p> <p>11:00 Pumpkins with Laura and Tracy</p> <p>12:00 Howling Wolf?</p> <p>2:00 Dice </p> <p><b>Mule Day</b></p>	<p>27 10:00 Coffee Talk</p> <p>10:30 Exercises</p> <p>11:00 Pumpkin Bowling</p> <p>Art w/Patti and Cathy</p> <p>Current Affairs w/ Dick and Gail</p> <p>1:00 Music Therapy</p> <p>2:00 Dice</p>	<p>28</p>  <p><b>St. Jude's Day</b></p>
<p>29</p>  <p><b>National Cat Day</b></p>	<p>30 10:00 Coffee Talk</p> <p>10:30 Exercises</p> <p>11:00 <b>Bingo</b></p> <p>1:00 Crochet w/ Tracy</p> <p>Get Frankenstein <b>Wear your Pajamas</b></p> <p>2:00 Dice</p> <p><b>Candy Corn Day</b></p>	<p>31 10:00 Coffee Talk</p> <p>10:30 Exercises</p> <p>11:00 AG/Art w/Laura</p> <p>1:00 Costume Contest</p> <p>2:00 Dice </p> <p><b>Halloween</b></p>	<p><b>Corn Month</b></p> 	<p><b>Learn to Bowl Month</b></p> 	<p><b>National Pizza Month</b></p> 	<p>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 Day Center. Thank You.</p>

This institution is an equal opportunity provider.