

Life Time ADC SAMPLE Activities

Monday

Tuesday

Wednesday

Thursday

Friday



1

Glenn Miller
Big Band Remo
Dr. Seuss Remo
Dr. Seuss Power Point
Dr. Seuss Stories
Bean Bag Toss

2

Irish Fairy Tales
All In The Family
Mother Nature
Coffee Can Stack
Ladderball

3

Cats
Pokeno
Noodle Ball
Ring Toss
Parachute Games

6

**Quarterly Fire
Safety**

Lou Costello
Riddle Time
Sign Language
Exercise

7

Health Talks

Penny Pitching
Alphabetical Order
Facts About Ireland
Patsy Cline and Her
Music

8

Spanish Word Puzzles
Lucky Charms
BINGO
Noodle Ball
Fictional Characters
Trivia
Exercises

9

Bowling
Ante-up
Balloon Volley Ball
Girl scouting
Green Things
History 101

10

Hat Game
What's Missing From
My Tray?
Getting To Know
You
Lawrence Welk
Sing A Long



13

Sticky Trivia
Root Beer Pong
What's In my Bag
Bean Bag Toss
Yahtzee

14

Bowling
Shuffleboard
Alfred Hitchcock
Dice Games
Shamrock Shakes
Chocolate Week
Celebration

15

Table Top Bowling
Car Races
Car Power Point
Exercises



16

BINGO
Potato Roll Game
Barbie Doll Debut
Turtle Races
Answer Ball Game
Exercise

17

Loch Ness Monster
Questions & Answers
Hangman
Frisbee Toss
Exercise

20

Spring Remo
Golfing
Pass The Peas
Card Games
Dice Games
Put Puzzle
Together

21

Turtle Races
Fishing Games
Steve Mc Queen
Trivia Time
Exercises



22

Horse Shoes
Corn Hole
Short Stories
Take 5
Yahtzee

23

Noodle Ball
BOCCE
Senses Game of
Smell
Hokey Pokey Dance
Flowers A-Z

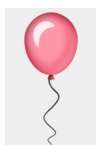
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Bowling
Simon Says
Pushing Pencils
Writing Exercises
Movie Time



27

I Spy
Price Is Right
Alcatraz
Old Days Trivia
Balloon Volley
Ball
Basketball



28

Corn Hole
Picture Dictionary
Our Bodies Trivia
Ball Passing Games
Shamrock Trivia
Short Stories

29

Ladder Ball
Sing a Longs
Board Games
Common Threads
Double The Fun

30

Coke Remo
Football Pass
Broadway Joe
Obstacle Course
Exercises



31

Change Bulletin
Board
Trivia
Bean Bag Toss
Games
Hollywood Quotes
Peanut Butter Word
Search