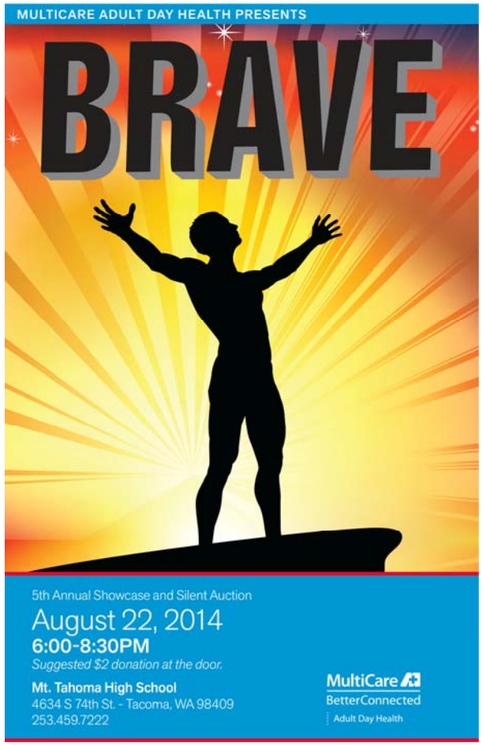

Don't miss the ADHC 5th Annual Showcase and Silent Auction!

This is a chance for our participants to strut their stuff and show the benefits of our music and arts programs.

Also, this is our opportunity to fundraise so that we can provide such meaningful and beneficial programs. We rely solely on donated funds for activity supplies and our music and arts programs.

Please come support ADH and our wonderful participants!

August 22
Silent Auction - 5:30-7:00pm
Showcase - 7:00-8:00pm
Mt. Tahoma HS
4634 S 74th St
Tacoma, WA 98409

Makeup Day Dance Party!
Thursday, September 4th
2:30-6:00pm

This Make Up Day is only for those who will miss program on Labor Day and who are regularly scheduled to come on Mondays. Being eligible to participate also depends on your funding source.

If you would like to participate in this make up day please let your case manager know no later than August 28 so that Transportation can be arranged.

There will be a DJ and we are serving Little Caesar's Pizza for dinner!
Don't miss all of the fun!
253.459.7222

ADHC CONNECTION

AUGUST IS….

Parks Month

American Adventures Month

Sunflower Month

Cataract Awareness Month

ADHC Showcase Month - Aug 22

MultiCare
BetterConnected

MultiCare Adult Day Health Center
6442 S Yakima
Tacoma, WA 98408
253.459.7222
http://www.multicare.org/home/adult-day-health

AM Daily Schedule:
10:00 - 10:30am Meet and Greet
10:45 - 11:15am OT Exercise
12:15 - 1:00pm Lunch
1:45 - 2:00pm Wrap it Up

AUGUST 2014

PM Daily Schedule:
2:30 - 3:30pm Meet and Greet
3:30 - 4:00pm OT Exercise
4:45 - 5:30pm Dinner
6:15 - 6:30pm Wrap it Up

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MUSIC & MOVEMENT/ LINE DANCING 4 **AM PROGRAM** 11:15-12:00 **Music with Robyn & Kari -** Big Room 1:00 -1:45 **Group Game-** Big Room **PM PROGRAM** 3:30-4:15 **Line Dancing -** Big Room 5:30-6:15 **Group Game -** Big Room	**A MINUTE TO WIN IT / DRUMMING 5** **AM PROGRAM** 11:15-12:00 **A Minute to Win It-** Big Room 1:00-1:45 **Group Game-** Big Room, **Ukulele Practice** - OT **PM PROGRAM** 3:00-3:45 **Drumming with William & Kyla -** Big Room 5:30-6:15 **Group Game-** Big Room	**AMERICAN ARTISTS' DAY / MUSIC 6** Celebrated on Andy Warhol's birth anniversary (1928) **AM PROGRAM** 11:15-12:00 **Let's make some ART! -** Big Room 1:00 -1:45 **Group Game -** Big Room **PM PROGRAM** 4:00-4:45 **Music with Robyn and Eileen -** Big Room 5:30-6:15 **Group Game** - Big Room	**PENNY ANTE 7** **AM PROGRAM** 11:15-12:00 **Penny Ante** - Big Room 1:00 -1:45 **BINGO! -** Big Room
KARAOKE / DANCE PARTY 11 **AM PROGRAM** 11:15-12:00 **Karaoke -** Big Room 1:00 -1:45 **Group Game-** Big Room **PM PROGRAM** 4:00-4:45 **Dance Party -** Big Room 5:30-6:15 **Group Game -** Big Room	**GREEN RIVER STUDENT ACTIVITY 12** **AM PROGRAM** 11:15-12:00 **Group Game -** Big Room 1:00-1:45 **Green River Student Activity, Ukuleles -** OT **PM PROGRAM** 3:00-3:45 **Green River Student Activity -** Big Room 5:30-6:15 **Group Game-** Big Room	**BINGO 13** **AM PROGRAM** 11:15-12:00 **Group Game -** Big Room 1:00 -1:45 **BINGO -** Big Room **PM PROGRAM** 4:00-4:45 **BINGO -** Big Room 5:30-6:15 **Group Game** - Big Room	**JUST FRIENDS 14** **AM PROGRAM** 11:15-12:00 **Performance: JUST FRIENDS**- Big Room 1:00 -1:45 **BINGO! -** Big Room **Connecting Caregivers - Alzheimer's Support Group** *** NEW TIME! 2:30-4:30pm**
MUSIC & MOVEMENT / LINE DANCING 18 **AM PROGRAM** 11:15-12:00 **Music with Robyn & Kari -** Big Room 1:00 -1:45 **Group Game -** Big Room **PM PROGRAM** 3:30 - 4:15 **Line Dancing -** Big Room 5:30-6:15 **Group Game** - Big Room	**KARAOKE / DRUMMING 19** **AM PROGRAM** 11:15-12:00 **Karaoke -** Big Room 1:00-1:45 **Ukulele Concert -** OT **PM PROGRAM** 3:00-3:45 **Drumming with William & Kyla -** Big Room- 5:30-6:15 **Group Game -** Big Room	**FOOTBALL TOSS \ MUSIC & MOVEMENT 20** The National Football League was founded on this day in 1920. **AM PROGRAM** 11:15-12:00 **Football Toss** - Big Room 1:00 -1:45 **Group Game -** Big Room **PM PROGRAM** 3:00-3:45 **Music with Robyn & Eileen -** Big Room 5:30-6:15 **Group Game** - Big Room	**NATIONAL SENIOR CITIZENS DAY 21** President Ronald Regan declared Aug 21 as National Senior Citizens Day in 1988 **AM PROGRAM** 11:15-12:00 **Today is your day! -** Big Room 1:00-1:45 **BINGO!-** Big Room
MOVIE MATINEE 25 **AM PROGRAM** 11:00-12:00 **Movie Matinee -** Big Room 1:00 -1:45 **Finish Movie -** Big Room **PM PROGRAM** 4:00-4:45 **Movie Matinee -** Big Room 5:30-6:15 **Finish Movie** - Big Room	**TOE TAPPIN TUNES WITH STEVE 26** **AM PROGRAM** 11:15-12:00 **Group Game** - Big Room 1:00-1:45 **Steve's Tunes -** Big Room **PM PROGRAM** 3:00-3:15 **Steve's Tunes -** Big Room 5:30-6:15 **Group Game -** Big Room	**BOCCE BALL / DANCE PARTY 27** **AM PROGRAM** 11:15-12:00 **Bocce Ball -** Big Room 1:00 -1:45 **Group Game -** Big Room **PM PROGRAM** 4:00-4:45 **Dance Party -** Big Room 5:30-6:15 Group Game - Big Room	**JEOPARDY 28** **AM PROGRAM** 11:15-12:00 **Jeopardy -** Big Room 1:00-1:45 **BINGO!-** Big Room

ADHC will be closed Monday, September 1 for Labor Day.
See the back of the newsletter for make up day information.

ADHC RULES & EXPECTATIONS

The following rules and expectations have been established to ensure the safety and well being of our participants and staff.

- Clothing: Clothes should be clean and fit properly. No halter tops, tank tops or bare midriff blouses are permitted. The length of shorts must be just above the knee.
- We encourage proper grooming and hygiene practices.
- Please wear comfortable, closed toed shoes appropriate for walking in the center. No flip flops, sandals, or crocs.
- You may bring your own water bottle or juice bottle. No soda, caffeinated or sugary drinks are allowed in the center.
- Do not share snacks, candy or food with other participants.
- No kissing, hugging or inappropriate touch is permitted. Socialization and friendships are encouraged at the center, but dating must take place outside the center.
- If you use a power wheelchair, please keep your speed low and use caution in the center.
- Be respectful of fellow participants and their abilities. We are here to be supportive and helpful to each other.
- Foul language and combative behavior is unacceptable.
- Please try to limit the use of cell phones while at the center. If you need to use your cell phone please move to the lobby or quiet room.
- Open group discussion of politics or religion is discouraged at the center.
- If you have any questions regarding the center rules, please contact your case manager.

Thank you for choosing ADHC!