Makeup Day Dance Party!
Thursday, September 4th
2:30-6:60pm

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 September 2 so that transportation can be arranged.

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

All of us here at ADHC want to thank all of you that attended the 5th Annual Silent Auction and Showcase, *BRAVE.*

Our talented participants shined on stage with glorious dances and drumming, and the silent auction was successful in raising some much needed funding to keep our programs going!

We really appreciate all of your support!

ADHC CONNECTION

SEPTEMBER IS….

German Heritage Month Begins

Classical Music Month

Line Dancing Week - Sept 8-13

Worldwide Bluegrass Month

Fruits & Veggies Month: 5 a Day!

Adult Day Services Week - Sept

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

SEPTEMBER 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
LABOR DAY 1 ADHC is closed today for Labor Day. Please see the back of the newsletter for makeup day info.	**TRIVIA TOURNAMENT 2** AM PROGRAM 11:15-12:00 **Tic-Tac-Toe Trivia** - Big Room 1:00-1:45 **Group Game - Big Room**, **Ukulele Practice** - OT PM PROGRAM 3:00-3:45 **Trivia Tournament -** Big Room 5:30-6:15 **Group Game-** Big Room	**POKER RUN 3** AM PROGRAM 11:15-12:00 **Poker Run! -** Big Room 1:00 -1:45 **Group Game -** Big Room PM PROGRAM 4:00-4:45 **Poker Run! -** Big Room 5:30-6:15 **Group Game** - Big Room	**WHEEL OF FORTUNE / MAKE UP DANCE 4** AM PROGRAM 11:15-12:00 **Wheel of Fortune** - Big Room 1:00 -1:45 **BINGO! -** Big Room PM PROGRAM - SEAHAWKS DANCE PARTY!!! Wear your Seahawks gear and get ready to boogie! Dj's Paul and Maryanne will be here to spin some tunes and we will order Little Caesar's Pizza! Please see the back of the newsletter for more information.
MUSIC & MOVEMENT / LINE DANCING 8 AM PROGRAM 11:15-12:00 **Music with Robyn and 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	**SCRABBLE / DRUMMING 9** AM PROGRAM 11:15-12:00 **Group Scrabble -** Big Room 1:00-1:45 **Group Game -** Big Room PM PROGRAM 4:00-4:45 **Drumming with Kyla & William -** Big Room 5:30-6:15 **Group Game-** Big Room	**PLAYING THE WII/ MUSIC & MOVEMENT 10** AM PROGRAM 11:15-12:00 **Playing the Wii -** 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	**JUST FRIENDS & PATRIOT DAY 11** 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**
KARAOKE 15 AM PROGRAM 11:15-12:00 **Karaoke -** Big Room 1:00 -1:45 **Group Game -** Big Room PM PROGRAM 3:30 - 4:15 **Karaoke -** Big Room 5:30-6:15 **Group Game** - Big Room	**UNTIED WAY DAY OF CARING CARNIVAL 16** ADHC welcomes 30 volunteers from True Blue in Tacoma for the United Way Day of Caring! AM PROGRAM 11:15-12:00 **Carnival Games -** Big Room 1:00-1:45 **Carnival Games -** OT PM PROGRAM 3:00-3:45 **Carnival Games -** Big Room 5:30-6:15 **Group Game -** Big Room	**MOVIE MATINEE 17** AM PROGRAM 11:15-12:00 **Movie Matinee** - Big Room 1:00 -1:45 **Finish Movie-** Big Room PM PROGRAM 3:00-3:45 **Movie Matinee -** Big Room 5:30-6:15 **Finish Movie -** Big Room	**TOM THUMB VS THE HORSE RACE 18** On this day in 1830 a race was held between a horse and the first locomotive, Tom Thumb. Who do you think won? AM PROGRAM 11:15-12:00 **Let's Race! -** Big Room 1:00-1:45 **BINGO!-** Big Room
MOVIE MATINEE 22 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	**FOOTBALL GAMES / DRUMMING 23** AM PROGRAM 11:15-12:00 **Let's Play Some Football!** - Big Room 1:00-1:45 **Group Game - Big Room, Ukuleles - OT** PM PROGRAM 3:00-3:15 **Drumming -** Big Room 5:30-6:15 **Group Game -** Big Room	**FALL CRAFT / MUSIC & MOVEMENT 24** AM PROGRAM 11:15-12:00 **Fall Craft -** Big Room 1:00 -1:45 **Group Game -** Big Room PM PROGRAM 3:00-3:45 **Music & Movement -** Big Room 5:30-6:15 **Group Game** - Big Room	**JEOPARDY 25** AM PROGRAM 11:15-12:00 **Jeopardy -** Big Room 1:00-1:45 **BINGO!-** Big Room
BINGO 29 AM PROGRAM 11:00-12:00 **BINGO -** Big Room 1:00 -1:45 **Group Game -** Big Room PM PROGRAM 4:00-4:45 **BINGO -** Big Room 3:30-4:15 **Finish Movie** - Big Room	**TOE TAPPIN TUNES WITH STEVE 30** 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		

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!