2013 Showcase Performance and Silent Auction

We are already planning our 4th Annual Showcase
Performance and Silent Auction. This event will take place in
September at Mt. Tahoma High School. The exact date will
be announced in June. Participants are busy learning songs
and dances for the show, and permission slips to be in the
show will go out in May.

SILENT AUCTION DONATIONS

We will be collecting gift baskets and items for the auction in July. If you or anyone you know would like to donate new, unused items or gift cards for local restaurants or services please contact Colleen Schmidt, Activity Coordinator (253) 459-7222, colleen.schmidt@multicare.org.

HEALTHY TIPS & RECIPE FROM JAMES

Stuffed Pimento Pepper (Cherry)

Ingredients:

1 16oz. jar of cherry peppers1 tub of feta cheeseArtichoke hearts, sliced



Directions:

Drain and rinse the peppers. Then slice and de-seed them. Stuff with cheese and artichoke hearts.

Traveling in good health:

Here are a few tips to make a flight or long car ride better.

Move your muscles, sitting for an extended period of time can result in blood clots and/ or sore stiff muscles. Here are a few exercises that you can do while seated; shoulder shrugs – bring your shoulders up to your ears and back down to its normal position. Climb a ladder – pretend there is a ladder in front of you and you are climbing hand over hand. Calf raises – raise your heels off the ground until your feet are on your tippy toes.

*Before starting any diet or exercise program please consult your physician. James Ingram, Exercise Specialist. 253.459.7222,james.ingram@multicare.org

ADHC CONNECTION





Garden Month

Habitat Awareness Month

Humor Month

Recycle It Month

Baseball Month

Occupational Therapy Month

Administrative Professionals Week April 21-27

National Volunteer Week - April 21-27





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



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

TUESDAY THURSDAY MONDAY WEDNESDAY

APRIL FOOLS / LINE DANCING 1	Wii ARE HAVING FUN 2	RAINBOWS 3	JEOPARDY 4	
AM PROGRAM 11:15-12:00 APRIL Fools! - Big Room 1:00 -1:45 Group Game - Big Room	AM PROGRAM 11:15-12:00 Wii Games - Big Room 1:00-1:45 Group Game - Big Room	AM PROGRAM 11:15-12:00 Rainbows! - Big Room 1:00 -1:45 Group Game - Big Room	AM PROGRAM 11:15-12:00 Jeopardy - Big Room 1:00 -1:45 April Fools BINGO! - Big Room ens	
PM PROGRAM 3:15-4:00 Line Dancing- Big Room 5:30-6:15 Group Game - Big Room	PM PROGRAM 4:00-4:45 Wii Games - Big Room 5:30-6:15 Group Game- Big Room	PM PROGRAM 4:00-4:45 Rainbows! - Big Room 5:30-6:15 Group Game - Big Room	PM PROGRAM 4:00-4:45 Dance Party - Big Room 5:30-6:15 Group Game- Big Room cl ha m	
MUSIC & MOVEMENT/ DAB DAY DAB Day originated in the UK in the 1940's, it means Draw A Bird Day! Let's draw birds	EASTER EGG ROLL DAY The Traditional White House Easter Egg Roll is held today.	BALLOON VOLLEYBALL/ MUSIC CLASS 10	JUST FRIENDS / DANCE PARTY 11 ju	
AM PROGRAM 11:15-12:00 Music with Robyn and Eileen - Big Room 1:00 -1:45 DAB Day! - Big Room	AM PROGRAM 10:30 -11:30 Easter Egg Roll! - Big Room 1:00-1:45 Group Game - Big Room, Ukuleles - OT	AM PROGRAM 11:15-12:00 Balloon Volleyball - Big Room 1:00 -1:45 Group Game- Big Room	AM PROGRAM 11:15-12:00 Performance: JUST FRIENDS- Big Room print Programment 1:00 -1:45 Luck o' the Irish BINGO! - Big Room ◆ P	
PM PROGRAM 4:00-4:45 DAB Day! - Big Room 5:30-6:15 Group Game - Big Room	PM PROGRAM 4:00-4:45 Easter Egg Roll! - Big Room 5:30-6:15 Group Game- Big Room	PM PROGRAM 3:00-4:00 Music & Movement with Robyn & Eileen 5:30-6:15 Group Game - Big Room	PM PROGRAM cl 4:00-4:45 Dance Party - Big Room fli 5:30-6:15 Group Game - Big Room ♦ Y 4:30-6:00 Connecting Caregivers - Alzheimer's Support Group bc	
LEONARDO DA VINCI DAY Da Vinci was born on this day in 1452.	TACOMA ART MUSEUM / STEVE'S TUNES 16	APRIL SHOWERS CRAFT 17	STEVE'S TUNES / DANCE PARTY 18 all DANCE PARTY	
AM PROGRAM 11:15-12:00 Doing the Da Vinci! - Big Room 1:00 -1:45 Group Game - Big Room	AM PROGRAM 11:15-12:00 Tacoma Art Museum Presentation - Big Room 1:00-1:45 Group Game - Big Room	AM PROGRAM 11:15-12:00 April Showers - Big Room 1:00 -1:45 Group Game- Big Room	AM PROGRAM 11:15-12:00 Steve's Tunes - Big Room ♦ N 1:00-1:45 BINGO!- Big Room in	
PM PROGRAM 4:00-4:45 Tacoma Art Museum Presentation- Big Room 5:30-6:15 Group Game - Big Room	PM PROGRAM 4:00-4:45 5:30-6:15 Toe Tappin' Tunes with Steve - Big Room Group Game - Big Room	PM PROGRAM 4:00-4:45 April Showers - Big Room 5:30-6:15 Group Game - Big Room	PM PROGRAM 4:00-4:45 Dance Party - Big Room 5:30-6:15 Group Game - Big Room ♦ If	
MUSIC & MOVEMENT / RHYMING BINGO 22	SHAKESPEARE'S BIRTHDAY 23	ADMIN PROFESSIONAL DAY/ MUSIC CLASS 24	WORLD PENGUIN DAY 25 +B	
AM PROGRAM 11:00-12:00 1:00 -1:45 Music with Robyn and Eileen - Big Room Rhyming BINGO - Big Room	AM PROGRAM 11:15-12:00 Shakespeare Trivia- Big Room 1:00-1:45 Group Game - Big Room, Ukuleles - OT	AM PROGRAM 11:15-12:00 Thank You ADH Admin! - Big Room 1:00 -1:45 Group Game - Big Room	AM PROGRAM 11:15-12:00 All About Penguins - Big Room 1:00 -1:45 BINGO! - Big Room part all About Penguins - Big Room ♦ Foot	
PM PROGRAM 4:00-4:45 Rhyming BINGO - Big Room 5:30-6:15 Group Game - Big Room	PM PROGRAM 3:00-3:45 Shakespeare's Plays - Big Room 5:30-6:15 Group Game - Big Room	PM PROGRAM 3:00-4:00 Music with Robyn & Eileen - Big Room 5:30-6:15 Group Game - Big Room	PM PROGRAM date of the process of the pr	
<u>National</u>		preciation Week!		
KARAOKE 29	MOVIE MATINEE 30	MEDICAL APPOINTMENTS **		

MEDICAL APPOINTMENTS

Please schedule your medical appointments on days that you do NOT attend ADHC. Participation in our programs is viewed as a medical appointment and your consistent attendance is strongly encouraged.

ADHC RULES & EXPECTATIONS

he following rules and expections have been established to nsure 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!

KARAOKE

AM PROGRAM

11:00-12:00 Karaoke - Big Room 1:00 -1:45 Name That Tune - Big Room

PM PROGRAM

4:00-4:45 5:30-6:15

Karaoke - Big Room Name That Tune - Big Room

MOVIE MATINEE

AM PROGRAM

11:15-12:00 Movie Matinee - Big Room 1:00-1:45 Finish Movie - Big Room

PM PROGRAM

3:00-3:45 5:30-6:15

Movie Matinee - Big Room Finish Movie - Big Room