

Monday	Tuesday	Wednesday	Thursday	Friday
 ELDERDAY ADULT DAY HEALTH CARE COMMUNITY BRIDGES PUENTES DE LA COMUNIDAD	10:00-Fancy a CUPPA? 1 11:00- Crafting Creatives: Frida Kahlo Dolls 11:00- Emergency Preparedness 1:00-Table/Circle Games @RR 1:00- Get To Know Me..... 1:15-Country Cardio Drumming	10:00-Snack'n Chat 2 11:00- Tai Chi with Iro 11:00- Crafting Creatives: 1:00-Dealer's Choice @RR 1:00-  1:45-BINGO Buck\$ \$pending	10:00-Java Jam in the AM 3 11:00- <i>Prayer Circle with Elena</i> 11:00- Women's Group 12:45-  4th of July Parade 1:00- <i>Chair Dancing with Naomi</i> 1:15- Totally Trivia	CLOSED / CERRADO 4 
10:00-Tea Time Talk 7 11:00- Beginners Crochet w/Rosa 11:00- Crafting Club: Cuban Dance Dolls 1:00-Reminiscing @RR 1:00-  1:45- BINGO Buck\$ \$pending	10:00-MUGS in the Morning 8 11:00- Catch-Up Club w/Larisa 11:00- Crafting Club: Cuban Dance Dolls 1:00-Famous Faces Trivia @RR 1:00- Grupo de Mujeres 1:15-CORNHOLE CHAMPIONSHIP	10:00- TEA -rific Morning! 9 11:00-  CAR WASH <i>WASH YOUR WHIP</i> 11:00-Table Art & Games 1:00-Captain's Call @RR 1:00-  1:45-BINGO Buck\$ \$pending	10:00-Coffee Klatch 10 11:00- Crafting Club: Cuban Dance Dolls 11:00-Table Art & Games 1:00-Get To Know Me...@RR 1:00- <i>Recetas y Recuerdos</i> 1:15- Beach Ball Volleyball	10:00-It's a BREW -tiful Day! 11 11:00-CATHOLIC MASS with Father Robert 11:00-  Travel Talk: Cuba 1:00-Puzzle Projects @RR 1:00- Men's Group 1:15-  DISCO CLUB
10:00-A Cup of JOE 14 11:00- Women's Group 11:00- Artful Adventures: Garden Stepping Stones 1:00-Table/Circle Games @RR 1:00-  1:45- BINGO Buck\$ \$pending	10:00-Sereni- TEA Now! 15 11:00-  CAR WASH <i>WASH YOUR WHIP</i> 11:00- Artful Adventures Garden Stepping Stones 1:00-Table/Circle Games @RR 1:00- TOTALMENTE TRIVIA 1:15- HOOPS! 	10:00-Cafécito y Chismesito 16 11:00- Tai Chi with Iro 11:00- Artful Adventures: Garden Stepping Stones 1:00-Picker's Prerogative @RR 1:00-  1:45- BINGO Buck\$ \$pending	10:00-Coffee Therapy 17 11:00- <i>Prayer Circle with Elena</i> 11:00- Beginners Crochet w/Rosa 1:00-Nature Views and Hikes @RR 1:00- Grupo de Hombres 1:00-MUSCLE Car Memoriz  1:15-  Bowl-A-Rama	10:00- Té -rapia Social 18 11:00- Relaxation Station 11:00-  CAR WASH <i>WASH YOUR WHIP</i> 1:00-Table/Circle Games @RR 1:00- Catch-Up Club w/Larisa 1:15-  KARAOKE
dientes Clinic Visit  21 10:00-Chinwag & Snack 11:00- Beginners Crochet w/Rosa 11:00- Crafting Club: Mosaics 1:00-Reminiscing @RR 1:00- Catch-Up Club w/Larisa 1:00- 	10:00-Exelen- Té Dia! 22 11:00- Men's Group 11:00- Crafting Club: Mosaics 1:00-Puzzle Projects @RR 1:00-  Relaxation Station 1:15-  Ballon Bad Minto	10:00-KAWFEE Talk 23 11:00- Tai Chi with Iro 11:00- Crafting Club: Mosaics 1:00-Staff Selection @RR 1:00-  1:45- BINGO Buck\$ \$pending	10:00-Spill the TEA! 24 11:00- <i>Prayer Circle with Elena</i> 11:00-  CAR WASH <i>WASH YOUR WHIP</i> 1:00-Musical Memories @RR 1:00- <i>What's The Scoop?</i> Game 1:15- Putt-Putt Golf	10:00-Coffee & Company  25 11:00- Inner Glow Group 11:00- Crafting Club: Mosaics 1:00-Puzzle Projects @RR 1:00- Grupo de Mujeres 1:30- Birthday Celebration 
10:00-Tempest in a TEA Pot 28 11:00- Artful Adventures in: Watercolors & Pastels 11:00- Grupo de Hombres 1:00-Table/Circle Games @RR 1:00-  1:45-BINGO Buck\$ \$pending	10:00-Cafecito  <i>Cafecito</i>  29 11:00- Artful Adventures in: Watercolors & Pastels 11:00-  Travel Talk: Tanzania 1:00-Table Games @RR 1:00- Totally Trivia  1:15-Country Cardio Drumming	10:00-Vintage Brew Crew 30 11:00- Tai Chi with Iro 11:00- Artful Adventures in: Watercolors & Pastels 1:00-Boss's Choice 1:00-  1:45- BINGO Buck\$ \$pending	10:00-Tea Time Tales 31 11:00- <i>Prayer Circle with Elena</i> 11:00- Beginners Crochet w/Rosa 1:00-Puzzle Projects @RR 1:00- Musical Memories with Juan Carlos 1:15-  CUE BALL CLUB 	JULY 2025 Elderday ADHC 501 Main St. Watsonville, CA 95076 (831) 458-3481 

To Cancel Transportation to Elderday, Please Contact **LIFTLINE** (831) 688-9663 AS SOON AS POSSIBLE

Lunch Is Served Daily At 12 pm



JULY 2025 | ELDERDAY MEALS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Offered substitutions : Turkey Sandwich on WW Bread, or Peanut Butter and Jelly Sandwich on WW Bread, or 1 cup Lentil Soup
	1 Egg Salad Minestrone Soup Spinach Salad WW Bread WW Crackers 1% Milk	2 Potato Kale Enchilada Refried Beans Romaine Salad w/ Carrots Mexico City Rice 1% Milk	3 Hamburger Potato Wedges Mixed Green Salad WW Bun 1% Milk	4 4th of July Holiday Site Closed	
7 Salisbury Steak w/ Gravy Mashed Potatoes Mixed Green Salad WW Bread/Butter Graham Crackers 1% Milk	8 Asian Chicken Salad Green Salad w/ Carrots & Cucumbers Sesame Noodle Salad WW Roll/Butter 1% Milk	9 Tuna Noodle Casserole Spinach Salad WW Bread/Butter WW Bread 1% Milk	10 Sopa de Albondigas Cauliflower Romaine Salad WW Cornbread 1% Milk	11 Salmon Patty Green Beans Spinach Salad w/ Carrots Rice Pilaf WW Roll/Butter 1% Milk	
14 Crab Cake Herb Cauliflower Romaine Salad Pesto Noodles WW Roll/Butter 1% Milk	15 Beef & Cheese Soft Taco Garden Vegetables Mixed Green Salad Mexican Rice Tortilla 1% Milk	16 Chicken Parmesan Italian Green Beans Spinach Salad Risotto WW Bread/Butter 1% Milk	17 Turkey Salad Sandwich Cream of Broccoli Soup Carrot Raisin Salad WW Bread 1% Milk	18 Macaroni & Cheese Broccoli Three Bean Salad Brown Rice WW Roll/Butter 1% Milk	
21 Meatloaf w/ Gravy Mashed Potatoes Tossed Green Salad WW Bread/Butter Graham Crackers 1% Milk	22 Southwest Shrimp Salad Mexican Vegetable Soup Fiesta Cabbage Salad WW Bread/Butter 1% Milk	23 Turkey Divan Casserole Steamed Carrots Mixed Green Salad Brown Rice WW Roll/Butter 1% Milk	24 Navy Bean Soup Tabouli Salad Romaine Salad WW Crackers 1% Milk	25 BBQ Chicken Thigh Cauliflower au Gratin Sauted Kale Brown Rice Pilaf WW Roll/Butter 1% Milk SF Birthday Cake	
28 Savory Casserole Cali Mixed Vegetables Mixed Green Salad WW Roll/Butter 1% Milk	29 Fish Sticks w/ Lemon Sweet Potato Green Salad WW Dill Noodles WW Roll/Butter 1% Milk	30 Chicken Enchiladas Summer Squash Spinach Salad Spanish Rice 1% Milk	31 Sloppy Joes Succotach Romaine Salad w/ Peppers WW Bun Graham Crackers 1% Milk		