



WESTSHORE

Adult Day Care Activities

September 2010



HOURS OF OPERATION:
7:30a.m. to 5:00p.m.

LOCATION:
4102 W. SPRUCE STREET
TAMPA, FLORIDA 33607
PHONE: 554-5156

STAFF:
STEVE McCLURE, Center Manager
(mcclures@hillsboroughcounty.org)
LINDA PETERSON, Senior Case Manager
PAM FERRELL, LPN
MEGAN LAMBERT, Senior Recreation Therapist

MEETINGS:

Advisory Committee Meeting: Sept. 7th at 2:00p.m.
Caregiver Support Group Meeting:
Sept. 16th at 3:00p.m.
Roundtable Discussion: Sept. 15th at 2:00p.m.
Staff Meeting: Sept. 20th at 8:30a.m.

RESPIRE CARE: Sept. 18th 9:00a.m. – 2:30p.m.
(ask about advance registration)

BASIC ENGLISH: Classes on Mon. & Wed. at 10:30a.m.

SPANISH GROUP: 10:30a.m. & 1:00p.m. most days

MONDAY THROUGH FRIDAY SCHEDULE

7:30-9:30 COFFEE, MUSIC, MEET & GREET
9:30 CURRENT EVENTS DISCUSSION
10:00 EXERCISE
10:30 ROTATING ACTIVITY LISTED BELOW
11:30 LUNCH
12:30 ROTATING ACTIVITY LISTED BELOW
2:30 SUNSHINE LINE VANS DEPART
2:30-5:00 INDIVIDUAL CHOICE

BRIDGE CLUB: Tuesdays at 11:30a.m. (all welcome)

COMPUTER CLASSES: Thursdays at 9a.m. & 1p.m.
(ask about advance registration)

Monday	Tuesday	Wednesday	Thursday	Friday
 SEPTEMBER is SENIOR CENTER MONTH	Grandparent's Day  Is On Sunday September 12th	1 10:30 – SING A LONG 12:30 – TRIVIA PLUS 1:00 – ELECTRONIC GAME 1:00 – BOOK CLUB 1:00 – Dr. LE: FOOT EXAMS	2 10:30 – HEALTH ISSUE: PROTECT YOUR PROSTATE 12:00 – PET THERAPY  12:30 – BINGO	3 10:30 – APPLE EXPRESSIONS  10:50 – HOW MANY WORDS? 12:00 – QUILTING CLASS 12:30 – MOVIE DAY
6 CENTER CLOSED  LABOR DAY HOLIDAY	7 10:30 – GUEST SPEAKER: NURSE ON CALL – HURRICANE SAFETY 10:45 – NAIL CARE (In the Salon) 12:30 – BINGO 	8 10:30 – SING A LONG 12:30 – WELCOME JEOPARDY 1:00 – ELECTRONIC GAME 1:00 – BOOK CLUB 	9 10:30 – BALLOON VOLLEYBALL 12:00 – QUILTING CLASS  12:00 – PET THERAPY 12:30 – MOVIE DAY 1:00 – BOOK CLUB	10 10:30 – REMEMBRANCE OF 9-11  12:00 – NAIL CARE (In Salon) 12:30 – BINGO
13 10:30 – CULTURAL ISSUE: ASIANS 12:00 – QUILTING CLASS 12:30 – AROUND THE WORLD GAME  1:00 – MAIN HALL CRAFT	14 10:30 – GRAND PARENTS RECOGNITION DAY 10:45 – NAIL CARE (In the Salon) 12:30 – BINGO 	15 10:30 – SING A LONG 10:50 – RHYTHM SECTION 12:30 – TRIVIA 1:00 – ELECTRONIC GAME 1:00 – BOOK CLUB	16 10:30 – GUEST SPEAKER: HEALTH DEPARTMENT 11:00 – FIELD TRIP: LOCAL RESTAURANT 12:00 – PET THERAPY 12:30 – BINGO	17 10:30 – GET TO KNOW YOUR NEIGHBOR 10:45 – NAIL CARE 12:30 – JOURNEY'S END: ALASKA (MOVIE)  
20 10:30 – JUMBO JENGA 10:50 – PING PONG POKER 12:30 – BINGO 	21 10:30 – GUEST SPEAKER: TECO ENERGY CONSERVATION 10:30 – BULLETIN BOARD TRIVIA 10:45 – NAIL CARE (In the Salon)  12:30 – BINGO	22 10:30 – SING A LONG WITH THE BACHS 12:30 – HANGMAN WITH CELEBRITY BIRTHDAYS 1:00 – ELECTRONIC GAME  1:00 – BOOK CLUB	23 10:30 – SOCIAL ISSUE: FINDING HAPPINESS – SO WHAT'S THE SECRET? 12:00 – QUILTING CLASS  12:00 – PET THERAPY 12:30 – MOVIE DAY 1:00 – BOOK CLUB	24 10:30 – WEDDING TRADITIONS & MYTHS 12:30 – MOCK-WEDDING CEREMONY  1:00 – WEDDING RECEPTION ENTERTAINMENT & REFRESHMENTS
27 10:30 – THIS WAS THE YEAR "1950" 12:00 – GREEN THUMB CLUB  12:30 – BINGO	28 10:30 – BALLOON VOLLEYBALL 10:50 – NAIL CARE (In the Salon) 12:30 – BINGO 	29 10:30 – ELDER SONGS SING A LONG  12:30 – TRIVIA 1:00 – ELECTRONIC GAME 1:00 – BOOK CLUB	30 10:30 – SEPTEMBER BIRTHDAY PARTY WITH PARTY GAMES INCLUDING MUSICAL CHAIRS  12:30 – MOVIE DAY 1:00 – BOOK CLUB	 Hillsborough County Florida The mission of Hillsborough County government is to provide effective quality service at a reasonable cost with courtesy, integrity, and accountability in a manner that protects and enhances the quality of life of our diverse population.