

BAYLEY ADULT DAY

JULY 2026

 FIELD TRIP RSVP POLICY: CALL to RSVP for Field Trip on Wednesday July 1st BEGIN CALLING AT 6PM Call Activity Supervisor at 347-5442		WEDNESDAY 1 AM: Welcome to July PM: Connect Four	THURSDAY 2 AM: 4th of July Celebration PM: Bean Bag Toss Wear Red, White & Blue & Jeans	FRIDAY 3 CLOSED 
MONDAY 6 AM: Who What Where? PM: Ring Toss	TUESDAY 7 AM: Cranium Crunches PM: Cornhole	WEDNESDAY 8 AM: Drink a Coca-Cola Day PM: Jarts	THURSDAY 9 AM: Travelogue- Ye Olde Williamsburg PM: Bucket Ball	FRIDAY 10 AM: Remembering Local Parades PM: Velcro Ball Toss
MONDAY 13 AM: Shark Awareness Day PM: Kerplunk	TUESDAY 14 AM: MLB All-Star Gam Lunch at Chandler's \$20.00 + 2.00 PM: Dice Game	WEDNESDAY 15 AM: Junk Drawer Detective 2:00 Music with Stephen at Main Campus Enrichment Center PM: Horseshoes PODIATRIST! 	THURSDAY 16 AM: A Short Story- Real-ity Goal PM: Football Toss	FRIDAY 17 AM: Music & Trivia PM: Noodle ball
MONDAY 20 AM: 10:30 Entertainment: Denny D PM: Horseshoes	TUESDAY 21 AM: Can You Picture This? O: Art O: 1:00 Kohler Music PM: Bingo	WEDNESDAY 22 AM: Junk Food Day PM: Bounce Ski Ball	THURSDAY 23 AM: I Have a Question GREEN TOWNSHIP LIBRARY LUNCH & A MOVIE 10:45 \$2.00 PM: Bean Bag Twister	FRIDAY 24 AM: Travel to Williamsburg PM: Cornhole Ice Cream Cone Day
MONDAY 27 AM: A Day in the Life of Colonial Connecticut PM: Hillbilly Golf	TUESDAY 28 AM: Hot Dogity Dog PM: 1:00 Library Anna	WEDNESDAY 29 AM: David and Goliath Ice Cream at General Custard's \$5.00 + 2.00 PM: Washer Toss	THURSDAY 30 AM: Sylvester Stallone Star of the Month PM: Balloon Bop	FRIDAY 31 AM: A Year in the Life of a Porcupine PM: Kerplunk

Daily Activity Program Schedule

Arrival activities - 7:30am-8:40am

Breakfast 9:00am-9:40am
(serving breakfast ends at 9:30am)

Current Events 10am

Health Talk

Exercise Program

Non-denominational Prayer Time

Morning Activities 11pm

Lunch 12pm

Rest or Activities - Member choice 12:45pm

Afternoon Activity 2pm

Snack 3pm

Small group activity 3:15pm

Departure activities - 3:45pm-5:30pm
(conducted as people depart)

Additional Activities Offered

Cards

Walking Track

Puzzles

Art

Discussion Groups

Other Table Games

Reading

RSVP Field Trips 347-5442

Field Trips=ADD \$2 FOR TRANSPORTATION

AM: =Morning Activity

PM: =Afternoon Activity

O: =Optional Activity

Participation in religious programs are optional.

This institution is an equal opportunity provider.



BAYLEY ADULT DAY MENU

JULY 2026

		WEDNESDAY 1	THURSDAY 2	FRIDAY 3	Daily Activity Program Information <table> <tr> <th>Lunch Components</th> <th>Serving Size</th> <th># Serving</th> </tr> <tr> <td>Milk, Fluid Fruit or vegetable or Full-Strength Juice Serve 2 or more vegetables or fruits for a total 1 cup</td> <td>1 cup 1/2 cup</td> <td>1 2</td> </tr> <tr> <td>Bread or Bread Alternate cornbread, biscuits, muffins, rolls</td> <td>1 slice</td> <td>2</td> </tr> <tr> <td>Cooked pasta, noodles, or grains</td> <td>1/2 cup</td> <td></td> </tr> <tr> <td>Meat or Meat alternate lean meat, poultry, fish, cheese, eggs, cooked dry peas, or bean Peanut butter (d) diabetic Menu subject to change</td> <td>3 ounces 1/2 cup/4tbl</td> <td>1</td> </tr> <tr> <td colspan="3"> All Meals Served with milk margarine is included unless meal is sandwich-style. menu is subject to change without notice. </td> </tr> <tr> <td colspan="3"> Substitution: Peanut Butter and Jelly Sandwich is available upon request </td> </tr> <tr> <td colspan="3"> Please inform us of any special restrictions </td> </tr> <tr> <td colspan="3"> Box Lunch: Field Trips Contents vary depending on weekly rotation </td> </tr> </table>	Lunch Components	Serving Size	# Serving	Milk, Fluid Fruit or vegetable or Full-Strength Juice Serve 2 or more vegetables or fruits for a total 1 cup	1 cup 1/2 cup	1 2	Bread or Bread Alternate cornbread, biscuits, muffins, rolls	1 slice	2	Cooked pasta, noodles, or grains	1/2 cup		Meat or Meat alternate lean meat, poultry, fish, cheese, eggs, cooked dry peas, or bean Peanut butter (d) diabetic Menu subject to change	3 ounces 1/2 cup/4tbl	1	All Meals Served with milk margarine is included unless meal is sandwich-style. menu is subject to change without notice.			Substitution: Peanut Butter and Jelly Sandwich is available upon request			Please inform us of any special restrictions			Box Lunch: Field Trips Contents vary depending on weekly rotation		
Lunch Components	Serving Size	# Serving																														
Milk, Fluid Fruit or vegetable or Full-Strength Juice Serve 2 or more vegetables or fruits for a total 1 cup	1 cup 1/2 cup	1 2																														
Bread or Bread Alternate cornbread, biscuits, muffins, rolls	1 slice	2																														
Cooked pasta, noodles, or grains	1/2 cup																															
Meat or Meat alternate lean meat, poultry, fish, cheese, eggs, cooked dry peas, or bean Peanut butter (d) diabetic Menu subject to change	3 ounces 1/2 cup/4tbl	1																														
All Meals Served with milk margarine is included unless meal is sandwich-style. menu is subject to change without notice.																																
Substitution: Peanut Butter and Jelly Sandwich is available upon request																																
Please inform us of any special restrictions																																
Box Lunch: Field Trips Contents vary depending on weekly rotation																																
		Tossed Salad Meat Sauce & Spaghetti Italian Mixed Vegetables Fresh Fruit Cup Garlic Breadstick Snack: Applesauce	Cucumber/Tomato Salad Chicken Salad Croissant Mixed Vegetables Cantaloupe Snack: PB Crackers	CLOSED																												
MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10																												
Big Boys Fries Tossed Salad Peaches Snack: Fresh Fruit	Pulled Pork Sweet Potato Tater Tots Coleslaw Mandarin Oranges Snack: ½ PB Sandwich	Turkey Club Mixed Vegetables Pasta Salad Crushed Pineapple Snack: Banana Bread	Spinach Pasta Salad Chicken Ranch Croissants Mandarin Oranges Snack: Nutri -Grain Bar	Grilled Cheese French Fries Broccoli Pears Snack: Graham Crackers																												
MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17																												
Grilled Chicken on a Bun Sweet Potato Fries Peas Peaches Snack: Fresh Fruit	Caesar Salad Steak Hoagie with Mushroom Sauce Fries Mandarin Oranges Snack: Nutri-Grain Bar	Cincinnati Chili & Spaghetti Mixed Vegetables Oyster Crackers Cheese Pineapple Tidbits Snack: ½ PB Sandwich	Hot Roast Beef & Cheddar Curley Fries Carrots Pears Snack: PB & Crackers	Greek Pasta Salad Egg Salad & Croissant Mixed Vegetables Fruit Cocktail Snack: Banana Bread																												
MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	Friday 24																												
Patty Melts Side Winder Fries Carrots Cantaloupe Snack: ½ PB Sandwich	Metts Baked Beans Potato Salad Grapes Snack: Apple Cinnamon Muffin	Sloppy Joes Tate Tots Coleslaw Honeydew Snack: Nutri-Grain Bar	Ham Salad on Rye Vegetable Pasta Salad Carrot Sticks Fruit Cocktail Snack: Fresh Fruit	Cottage Cheese Tossed Salad Tuna Salad Cranberry Orange Muffin Fresh Fruit Snack: Applesauce																												
MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31																												
Salami & Cheese Sandwich Celery Sticks Vegetable Pasta Salad Peaches Snack: Graham Crackers	Sliders on a WGR Bun Zucchini Sticks Mandarin Oranges Snack: ½ PB Sandwich on WGR Bread	Sausage & Spaghetti Casserole Carrots WGR Dinner Roll Peaches Snack: PB Crackers	Pea & Cheese Salad Grilled Club on a WGR Bun Green Beans Potato Chips Pears Snack: Ritz Crackers with Cheese Cubes	WGR Crust Pizza Italian Salad Watermelon WGR Dinner Roll Snack: Grapes																												



BAYLEY ADULT DAY

NEWSLETTER

JULY 2026



SPECIAL NOTES

SPECIAL DAYS:

Thursday, July 2nd: 4th of July Celebration, Wear Red White and Blue

Friday, July 3rd: **CLOSED** Happy 4th of July!



Staff Contacts

- Activity RSVP: 513-347-5442
- Outreach/Activity Coordinator: Dean: 513-347-5520
- Nurse: Maria or Deai: 513-347-5441
- Secretary: Judy, Sue or Rose: 513-347-5440 Option 5
- Social Worker/Director: Dawn 513-347-5443
- Administrative Assistant/Field Trip Funds: Sue 513-347-1312

Drop-Off & Pick-Up Reminder

When dropping off or picking up your loved one, please pull forward as far as possible under the undercroft. This helps ensure that multiple families can safely and efficiently pick up and drop off at the same time. Thank you for helping us keep traffic flowing smoothly.

Attendance & Scheduling Reminders

If you need to report an absence, add a day, or change a scheduled day, please contact the secretary at 513-347-1418. The secretary is the best point of contact and can assist you promptly with any attendance or scheduling needs.

A NOTE FROM THE NURSE:

Please promptly notify the nurse of any med or medical changes so we can assist and monitor your loved one properly! 513-347-5441

VERY IMPORTANT: IF THERE ARE ANY SYMPTOMS OF SICKNESS IN THE HOME PLEASE DO NOT ATTEND!!

ARE YOU INTERESTED IN ASSISTING THE FUTURE OF ALZHEIMER'S AND HEALTHY AGING RESEARCH?

A remote research study tracking aging and dementia over time is looking for volunteers.

The Be BRIGHT (Behavioral & Biomedical Research In General Health and Thinking) Study is a remote telephone-based study aimed at better understanding memory & thinking changes over time, as well as staying informed about other potential research opportunities.

There is no cost to participate.

By joining Be BRIGHT, you can help us better understand aging and memory in everyone and indicate your interest in being a part of further research.

WHAT DOES BE BRIGHT INVOLVE?

- A yearly 30-minute phone evaluation, including a brief memory test and survey about health and lifestyle
- A free annual brain health report
- Optional educational materials and survey questions
- Opportunity to participate in future research

HOW DO I QUALIFY FOR BE BRIGHT?

- Be over the age of 50 years old.
- Have telephone or Internet access
- Be within a 5-hour drive of Lexington, KY



Be BRIGHT

Behavioral & Biomedical Research
In General Health and Thinking

To learn more about Be BRIGHT,
Visit medicine.uky.edu/centers/sbcoa

Call (859) 323-5550

Or scan here to learn more



UK Research