



# ADULT DAY PROGRAM



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3.</b> 8:30-Caffeine Social 9:30-Movement to Music 10:30-<b>NEW-Tech Titans</b>/Brain Games <b>12:00-Lunch</b> 1:00-Month In Review/<b>NEW-Walk with Me</b> 1:15-Mental Aerobics 2:00-Sensible Snack 2:15-Fitness-(Virtual/In-person)</p>	<p><b>4. Mardi Gras Begins/Shrove Tuesday</b> 8:30-Pancake Breakfast 9:30-Wake Up Morning Moves 10:30-<b>NEW-Seniors Wellness Education Series-Coping with Anxiety and Depression</b> <b>12:00-Lunch</b> 1:00-<b>NEW-Walk with Me</b>/Aerobic Movements 1:30-Music Therapy/Tabletop Games 2:00-Sensible Snack 2:15-Quiet &amp; Comedy</p>	<p><b>5. Ash Wednesday/Lent Begins</b> 8:30-Caffeine Social 9:30-Movement to Music 10:30-Brain Games (Math Minds) <b>12:00-KFC Lunch</b> 1:00-<b>NEW-Walk with Me</b>/Aerobic Movements 1:15 Multiple Choice-You Choose 2:00-Sensible Snack 2:15-<b>Club Bingo</b>-(Virtual/In-person)</p>	<p><b>6.</b> 8:30-Caffeine Social 9:30-March Word Game 10:15-Yoga with Sheila 10:30-<b>NEW-Tec Titans</b>/Watercolor <b>12:00-Lunch</b> 1:00-<b>NEW-Walk with Me</b>/Mental Aerobics 2:00-Sensible Snack 2:15-<b>Afternoon Stretch</b>-(Virtual/In-person)</p>	<p><b>7. International Women's Day</b> 8:30-Caffeine Social 9:30-Women Who change the world (Shane) 10:30-Fitness <b>12:00-Lunch</b> 1:00-Mental Aerobics/<b>NEW-Walk with Me</b> 2:00-Ladies High Tea/Men's Group</p>
<p><b>10.</b> 8:30-Caffeine Social 9:30-Fitness Fun 10:30-<b>NEW-Tech Titans</b>/Brain Games <b>12:00-Lunch</b> 1:00-Namesake Day Irish and All/<b>NEW-Walk with Me</b> 2:00-Sensible Snack 2:15-Fitness-(Virtual/In-person)</p>	<p><b>11.</b> 8:30-Caffeine Social 9:30-Mardi Gras 'Bead' Toss 10:30- <b>NEW-Seniors Wellness Education Series-Sleep Disorders</b> <b>12:00-Lunch</b> 1:00-Aerobic Movements/<b>NEW-Walk with Me</b> 1:30-Music Therapy/Tabletop Games 2:00-Sensible Snack 2:15-Quiet &amp; Comedy</p>	<p><b>12. Girl Scout Day</b> 8:30-Caffeine Social 9:30-Move &amp; Groove 10:30-Brain Games (Mardi Gras) <b>12:00-Lunch</b> 1:00-Aerobic Movements/<b>NEW-Walk with Me</b> 2:00-Sensible Snack 2:15-<b>Mardi Gras Afternoon</b></p>	<p><b>13. Purim</b> 8:30-Caffeine Social 9:30-Personal Moves/Purim Puzzling 10:30-Flip it on the Green/Tricky Trivia <b>12:00-Lunch</b> 1:00-<b>NEW-Walk with Me</b>/Lucky Charm Superstition 1:15-Lucky Charm Superstition Activity 2:00-Sensible Snack 2:15-<b>Afternoon on Stretch</b>-(Virtual/In-person)</p>	<p><b>14. Happy Holi</b> 8:30-Caffeine Social 9:30-Who AM I Holi 10:30-Fitness <b>12:00-Lunch</b> 1:00-<b>NEW-Walk with Me</b>/Aerobic Movements 2:00-Sensible Snack 2:15-Holi Watercolor</p>

<p><b>17. Happy St Patrick's Day</b>        8:30-Caffeine Social        9:30-St. Pat's Power Point        10:30-Irish Floor Game  <b>12:00-Lunch</b>        1:00- Irish Trivia/Aerobic Movements        2:00-Sensible Snack        2:15-Irish Delight (Sensory Gold Pot)</p>	<p><b>18.</b>        8:30-Caffeine Social        9:30-Get up and Move        10:00- Irish Fairs &amp; Journey with Connie  <b>12:00-Lunch</b>        1:00-Aerobic Movements/<b>NEW-Walk with Me</b>        1:30-Music Therapy/Adult Coloring Techniques        2:15-Quiet &amp; Comedy</p>	<p><b>19.</b>        8:30-Caffeine Social        9:30-SLOT Moves Mardi Gras Style        10:30-<b>NEW-Seniors Wellness Education Series-Online Safety</b>  <b>12:00-Lunch</b>        1:00-<b>NEW-Walk with Me</b>/Aerobic Movements        2:15-<b>Club Bingo-(Virtual/In-person)</b></p>	<p><b>20. First Day of Spring/Equinox</b>        8:30-Caffeine Social        9:30-Spring Offering "Thyme of Growth"  <b>12:00-Pizza Lunch</b>        1:00-Spring Slot Moves        1:15-Spring Flower Canvas Art        2:00-Spring Smoothie        2:15-Afternoon Stretch</p>	<p><b>21.</b>        8:30-Caffeine Social        9:30-Mental Aerobics/Personal Fitness        10:30-SLOT Winter Workout/Riddles  <b>12:00-Lunch</b>        1:00-<b>NEW-Walk with Me</b>/Aerobic Movements        2:00-Sensible Snack        2:15-Quiet &amp; Comedy</p>
<p><b>24. Sir Elton John Day</b>        8:30-Caffeine Social        9:30-Ramadan Moon Clay Craft        10:30-Bowling/<b>NEW-Tec Titans</b>  <b>12:00-Italian Lunch</b>        1:00-<b>NEW-Walk with Me</b>/Aerobic Movements        2:00-Sensible Snack        2:15-Music Appreciation-Elton John</p>	<p><b>25.</b>        8:30-Caffeine Social        9:30-Fitness        10:30- <b>NEW-Non-Denominational Hour</b>  <b>12:00-Lunch</b>        1:00-Aerobic Movements/<b>NEW-Walk with Me</b>        1:30-Music Therapy /Shoot the Cups &amp; Count        2:00-Sensible Snack        2:15-Quiet &amp; Comedy</p>	<p><b>26.</b>        8:30-Caffeine Social        9:30-Floor Tic Tac Toe        10:30- <b>NEW-Seniors Wellness Education Series-The Gut-Brain Connection: How digestion Affects Mental Health</b>  <b>12:00-Lunch</b>        1:00-<b>NEW-Walk with Me</b>/Aerobic Movements        2:00-Snack        2:15-<b>Club Bingo-(Virtual/In-person)</b></p>	<p><b>27.</b>        8:30-Caffeine Social        9:30-Ramadan Clay Craft        10:30-<b>NEW-Tec Titans</b>/Darts &amp; Pub Moves  <b>12:00-Lunch</b>        1:00-<b>NEW-Walk with Me</b>/Mental Aerobics        2:00-Sensible Snack        2:15-<b>Afternoon Stretch-(Virtual/In-person)</b></p>	<p><b>28.</b>        8:30-Caffeine Social        9:30-Ramadan Clay Craft        10:30-Bowling/Ramadan History  <b>12:00-Lunch</b>        1:00-<b>NEW-Walk with Me</b>/Aerobic Movements        2:15-Quiet &amp; Comedy</p>
<p><b>31. Ramadan Ends</b>        8:30-Caffeine Social        9:30-Up and Moving        10:30-<b>NEW-Tec Titans/NEW-Nail Care</b>  <b>12:00-Lunch</b>        1:00-<b>NEW-Walk with Me</b>/Mental Aerobics        2:00-Sensible Snack        2:15-<b>Fitness(Virtual/In-person)</b></p>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p><b>MARCH FACTS</b></p> <p>Birthstones: Aquamarine and Bloodstone</p> <p>Birth Flower: Daffodil</p> <p>Birth Color: Light blue</p> <p>Zodiac Signs: Pisces (February 20 - March 20)            Aries (March 21 - April 19)</p> </div> <div style="text-align: center;"> <p><b>QUOTE OF THE MONTH</b></p> <p>"March is an example of how beautiful new beginnings can be."</p> <p>- Anamika Mishra</p> </div> </div>			