

March 2024 Seasons Adult Day Health Services



C: March Fun Facts

P: Bean Bag Exercise

A/C: Hits of the 50's or Finishing Lines

LUNCH

P: Floor Darts

C: Create a Word or Sharpen your Senses

C: The Good Old Days

C: Alphabetics

E: Sock it to Me

P: Arm Aerobics

E: Spirituality with Pastor Paul or Kwizniac LUNCH

A: Paint Class w/ Merry & Leo or Musical Twister

P: Ladder Golf

A: Music Through the Decades

C: Name that Memory

C: Fact or Fiction

P: Ball Exercise

E: Spirituality with Pastor Paul or Mind Stretchers

LUNCH

C: Famous Faces or Name Ten

P: Bean Bag Toss

A: Sing, Dance, Reminisce

C: Memories and Musings

C: It's Not Easy Being Green

P: Chair Yoga with Keri

A: Jolly Hammers Performance ST. PATRICK'S DAY LUNCH

P: Shamrock Toss

C/A: Rhyme Time or Remembering Irish Songs

C: The Luck of the Irish

C: Truth or Blarney

C: Category Trivia

P: Upper Body Stretch

E: Spirituality with Pastor Paul or Quizmania

LUNCH

A: Irish Dancer Performance

P: Top Toss

C: Remembering Chores

C: Conversation Cards

▲ C: iPad Memory Lane Games

P/O: Core Exercise or Oatmeal Raisin Cookies

C/A: Word Connections or Musical Toss LUNCH

P: Battle Buckets

C/A: How Do They Make That? or ABC Word Challenge

E: I Hear Memories

C: Conversation Cards

C: Down Memory Lane

P: Upper Body Stretch A: Name that State or Music Trivia

P: Arm Aerobics or Spring Craft

C/A: Spring Words in Words Or

Springtime Sing Along

25 C: Me Moves/Memory Chain

P: Bean Bag Exercise

C: Country Life Trivia

A: Melting Pot Trivia

C: Do You Hear What I Hear?

C: Observation Challenge or Finishing Lvrics

LUNCH

E/C: Spirituality with Pastor Paul or Spring

LUNCH

C/A: Recipe Recall or Sizzling 70's Sing

LUNCH

C: iPad Chain of Thought or A to Z Trivia

A: Guess the Movie by the Song

P: Bowling

C: The Price is Right

C: Pastimes 18 C: Spring Trivia

Name 10

P: Disc Golf

5 C: Elder Trivia P: Can Weights

> C: Bible Study or Metaphors LUNCH

E/A:Pet Therapy with Billy or Elvis Sing Along

P: Bean Bag Bocce

P: Bean Bag Exercise

C: Bible Study or Name That Tune

C: Kids Say the Darndest Things

LUNCH

LUNCH

E/C: Which Happened First? or 50's Fun

C: Bible Study or See You in the Funnies

P/O: Dance Aerobics or Easter Baking

C/A: Name 10 or Seasons Choral

EASTER LUNCH

A/C: Scrambled Egg Word or

Easter Heartwarmers

C: Easter Egg Roll History

E: Retro Videos C: Have You Ever?

12 C: Random Trivia

P: Noodle Ball

Sina Alona

E: The Name Game

19 C: 10 Keys to Happiness

Select a Song

P: Shuffle Putt

C: Humorama

P: Easter Toss

C: Bunny Funnies

26 C: Easter Trivia

P: Smiley Face Exercise

C/A: Science of a Smile or

C: Won't You Be My Neighbor?

6 C: Trivia Time

P: Upper Body Stretch

C: How Do They Make That? or Twister Trivia

C/E: March Madness Trivia or Finish the

C: Silly Sentences or Trivia Treasury

P: Resistance Band Exercise

C: Three Letters or Clue Trivia

C/A: Scattergories or Grandmas Parlour

LUNCH

LUNCH

LUNCH

A: Music with Merry and Leo

P: Hoop Toss

13 C: Fascinating Facts

Song Lyrics

P: Basketball

C: Yes. I Have

20 C: Good Old Days

Sing Along

C: History of M&Ms

27 E: Classic TV Commercials

C: Mind Joggers

P: Core Exercise

P: Ring Toss

P: Dance Aerobics

E: Traveling Tunes

E: Remembering the Library

C: Finish the Phrase

7C: School Davs Trivia

P: Bean Bag Exercise

C/A: Notable Women Trivia or Name that 60's Tune

LUNCH

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P: Basketball

C:Jeopardy or Academy Awards Songs

E: Guinness Book of World Records

C: Brain Drain

14 E: Brain Boosters

P: Healthy Bodies

A/C: Art Appreciation or Shake Awake Your Taste

LUNCH

E/A: Pet Therapy with Duke Or Musical Wheel of Fortune

P: Texas Horseshoes

E: History of Dr. Pol

C: Book of Firsts

21 C:Little Known Facts

P: Can Weights

C: Card Bingo or Name That Instrument 2 LUNCH

P: Target Darts

E/A: Travelogue: New Jersey or Everyday Life Trivia

C: Popcorn and A Show

C: Treasured Memories

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C: What Would You Do? or Word Teasers

LUNCH

C/A: Native American Flutes or Word Wonders

P: Football Toss

C: Yesterdays Photos

P: Zig Zag Zoom

Program Key: P- Physical, A- Creative Arts/Music, C- Cognitive, E- Environmental/Sensory, O- Occupational/Life Skills

Alona

P: Disc Golf

Birthdays: Tom P-3/6, Dennis C-3/14, Yvonne D-3/16, Mary H-3/22, Brenda P 3/27

Program Schedule: 9:00AM, 10:00 AM, 11:00AM, 12:45PM, 1:45PM, 2:45PM, 3:45PM