

March 2019

Cafe is open Monday, Wednesday, and Thursday

10:00 AM - 2:00 PM

For Pickup Call 540-371-3375

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 IG PROGRAM WII BOWLING LEPRECHAUN CRAFT GROCERY/ ERRANDS	5 	6 EXERCISE WITH MARK NUTRITION WITH BETH FRESH CONNECTIONS	7 FOLDERS 	
11 IG PROGRAM WII BOWLING ART CENTER GROCERY/ ERRANDS		13 BREAKFAST @ BG REHAB EXERCISE WITH MARK FOLDERS FRESH CONNECTIONS	14 St. PATRICKS DAY CRAFT BODY SCAN/ MEDITATION 	
18 IG PROGRAM WII BOWLING PING PONG GROCERY/ ERRANDS	19 CLOSED 	20 EXERCISE WITH MARK JEOPARDY FRESH CONNECTIONS	21 TRIP OUT 	26 CLOSED
25 IG PROGRAM WII BOWLING CAR RACES GROCERY/ ERRANDS	26 	27 EXERCISE WITH MARK WHATS IN THE BAG? TRIVIA FRESH CONNECTIONS	28 BEVERLY 3/1 BARBARA 3/15 LAVERNE 3/19 ROGER 3/30	



If County Schools are closed due to inclement weather, then the café is closed.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 MARCH TRIVIA BINGO YMCA
4 CLOSED	5 TRIP OUT (TBA)	6 CLOSED	7 CORNHOLE/PINGPONG CHERRY BLOSSOM ART GROCERIES	8 BINGO BOX OF FUN YMCA
11 CLOSED	12 YOGA VIDEO MOVIE AND POPCORN	13 CLOSED	14 CORNHOLE/PINGPONG BRAIN TEASERS GROCERIES	15 ST. PATRICK DAY TRIVIA + BINGO YMCA
18 CLOSED	19 YOGA VIDEO ARTS AND CRAFTS	20 CLOSED	21 CORNHOLE/PINGPONG COLORING GROCERIES	22 BINGO BOX OF FUN YMCA
25 CLOSED	26 YOGA VIDEO ARTS AND CRAFTS MARCH BIRTHDAYS	27 CLOSED	28 CORNHOLE/PINGPONG COLORING GROCERIES	29 BINGO BOX OF FUN YMCA












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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5 Wii Bowling Parachute Begin Spring Wreaths Duck Toss	6 YOGA Horse Races Spring Flowers ERRANDS	7 BINGO Dance or Walk Madd Libs Magic in the Air Food Lion	8
11	12 Wii Bowling Parachute Luck of the Irish Whats in the bag	13 TRIP OUT ERRANDS	14 Food Bank BINGO Leprachaun Hunt Dance or Walk Food Lion	15
18	19 Wii Bowling Parachute Spring is in the Air Ring Toss	20 YOGA Horse Races Family Feud ERRANDS	21 BINGO Dance or Walk Story Telling Food Lion	22
25	26 Wii Bowling Parachute MOVIE Word Search	27 YOGA Balls in the Basket April Fools ERRANDS	28 BINGO Car Races Dance or Walk Food Lion	29


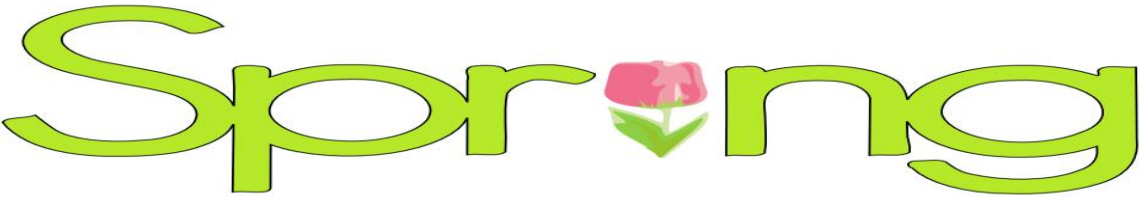


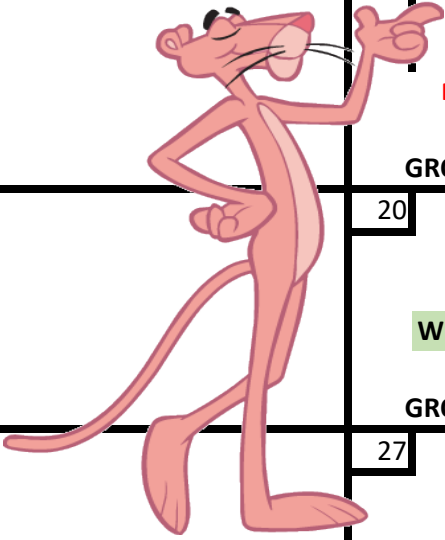



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Horse Races Craft of the week Exercise w/ April
4 exercise w/ April Bingo Ball Fun 	5		7 YMCA Art show Prep	8 Trip Out 
11 Question Bingo Exercise w/ April 	12	13 James & Thelma Happy Birthday	14 YMCA Game Day	15 Exercise w/ April St Patrick's Celebration
18 Exercise w/ April Bingo Puzzle 	19	20 HAPPY BIRTHDAY 	21 YMCA Art show Prep	22 Exercise w/ April Birth Day Celebration Trivia
25 Exercise w/ April Bingo Mad libs 	26 	27 	28 YMCA Color Pages Colaberation Cirlce Bounce	29 Exercise w/ April Paint by numbers Catagories
			Errand Day	Errand Day



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 HEALTHY STEPS WELCOME SPRING PEN PALS
4 HEALTHY STEPS MARDI GRAS CALMING JARS CRAFT MARCH BIRTHDAYS		6 HEALTHY STEPS ALL ABOUT GREEN DAY SHAMROCKS CRAFT GROCERIES & ERRANDS		8 HEALTHY STEPS CONTINUING JOURNALS OUT REACH PROGRAM MARDI GRAS BINGO
11 HEALTHY STEPS COLORING HOUR RIBBON CRAFT		13 HEALTHY STEPS SYNONYMS GAME PINK PANTHER DAY GROCERIES & ERRANDS		15 ST PATRICKS DAY GAMES BE CRAFTY DAY
18 HEALTHY STEPS SENIOR ROCKING DAY MARCH KINDNESS ACTIVITY		20 HEALTHY STEPS POETRY DAY WINE & CHEESE GROCERIES & ERRANDS		22 HEALTHY STEPS APOTHECARY JARS CRAFT TGIF BINGO
25 HEALTHY STEPS WII BOWLING W / DON		27 TRIP OUT LUNCH:CRACKER BARRELL GROCERIES & ERRANDS		29 HEALTHY STEPS RECYCLE/USE/REPURPOSE TGIF BINGO



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