

March 2020

Monday		Tuesday		Wednesday		Thursday		Friday	
2		3		4		5		6	
HEALTHY BRAIN ACTIVITY WII BOWLING ERRAND DAY		CLOSED		EXERCISE W/MARK HEALTHY BRAIN ACTIVITY Arts and Crafts		HEALTHY BRAIN ACTIVITY ASSORTED GAME DAY		CLOSED	
9		10		11		12		13	
WII BOWLING HEALTHY BRAIN ACTIVITY ERRAND DAY		CLOSED		EXERCISE W/MARK HEALTHY BRAIN ACTIVITY BINGO		HEALTHY BRAIN ACTIVITY 12:30 PM MICHELLE		CLOSED	
16		17		18		19		20	
WII BOWLING HEALTHY BRAIN ACTIVITY ERRAND DAY		CLOSED <i>ST PATRICK'S DAY</i>		EXERCISE W/MARK HEALTHY BRAIN ACTIVITY ARTS AND CRAFTS		TRIP OUT And That Dollar Tree Lunch KFC SPRING EQUINOX		CLOSED	
23		24		25		26		27	
WII BOWLING HEALTHY BRAIN ACTIVITY ERRAND DAY		CLOSED		HEALTHY BRAIN ACTIVITY EXERCISE W/MARK		HEALTHY BRAIN ACTIVITY BINGO		CLOSED	
30		31							
WII BOWLING ERRAND DAY		CLOSED		NATIONAL SENIOR PROGRAM		NUTRITION MONTH		BIRTHDAYS Beverly - 1 Laverna - 9 Robert -14 & Barb 15	



<p>2 Dr. Suess's Birthday</p>	<p>3 Favorite Dr. Suess Book</p> <p>Journaling Exercise Going green</p>	<p>4 Exercise</p> <p>Veggie Sketch Brain activity Celery</p>	<p>5 Reading Dr. Suess</p> <p>Wii Bowling Cornhole Errand Day</p>	<p>6</p> 
<p>1</p> 	<p>10 Lift w April Roll a Leprechaun Game Sketch a Pineapple</p>	<p>11 Trip Out</p>	<p>12 Musical Clovers</p> <p>Coin Toss Game BINGO Errand Day</p>	
	<p>17 St. Patricks Day</p> <p>Celebrate all things Green Leprechaun Madness Lift w April St Patricks Day Trivia wear green or orange</p>	<p>18</p> <p>Puzzles Coloring & meditation Sketch grapes What's your Leprechaun Name?</p>	<p>19</p> <p>Guess how many coins in a jar brain activity Painting Errand Day</p>	<p>20</p>
<p>23 Womans Month</p>	<p>24 Fruit Sketch Apples</p>	<p>25 Exercise</p>	<p>26 Powerful woman Fruit Sketch strawberries</p>	<p>27</p>
<p>30</p> 	<p>31 Lift w/ April When life gives you lemons fruit sketch</p>	<p>Commonwealth's Attorneys Office</p>	<p>Movie & Popcorn</p>	<p>Bingo Nutrition w/ Michele @10 Errand Day</p>
	<p>Show & Share Birthday Celebrations</p>			



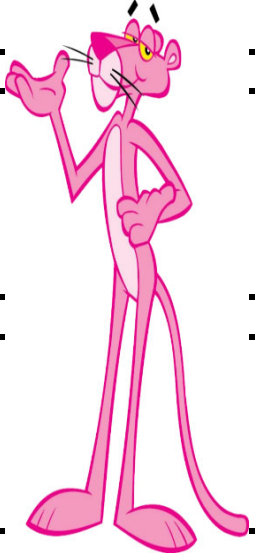
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 Exercise Leprechaun History Word Search	4 Chair Yoga Journal Update Errands	5 Leprechaun History Exercise Puzzles	6
9	10 Leprechaun History Who Did That Word Search	11 Chair Yoga Bingo Errands	12 Leprechaun History Movie Watch	13
16	17 Exercise Games Journal Update	18 Chair Yoga Word Search Errands	19 Trip Out	20
23	24 Morning Social Games Who Did That	25 Chair Yoga Journal Update Errands	26 Crafts Puzzles Birthday Celebration	27
30	31 Games wnat's tne story Bingo			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Game Day Word Search Coloring Fun Nutrition Facts & Recipes DVD Exercise</p>	 <p>Life isn't about waiting for the storm to pass... It's about learning to dance in the rain</p>	<p>4</p> 	<p>5</p> <p>Craft Fun: St. Patrick Word Search Conga Line Exercise</p> <p>Errand/Grocery</p>	<p>6</p> <p>Exercise Craft Fun: St. Patrick Coloring Pages</p> <p>Fresh Connection</p>
<p>9</p> <p>Game Day Word Scramble & Word Search Nutrition Facts & Recipes</p> 		<p>12</p>  <p>James - Thelma</p>	<p>12</p> <p>DVD Exercise Nutrition w/ Michele Darts Tournament</p> <p>Errand/Grocery</p>	<p>13</p> <p>Trip Out: Fun at the Movies Lunch: Red Lobster</p> <p>Fresh Connection</p>
<p>16</p> <p>Game Day Coloring Pages Gold Coin Hunt Game Nutrition Facts & Recipes DVD Exercise</p>	<p>17</p> 	<p>18</p>	<p>19</p> <p>St Patricks Day Celebration Fun St. Patrick Trivia Wear Your Green!</p> <p>Errand/Grocery</p>	<p>20</p> <p>Exercise Horse Racing Fun Word Search</p> <p>Fresh Connection</p>
<p>23</p> <p>Game Day Word Scramble/Coloring Pages Nutrition Facts & Recipes</p> 	<p>24</p> 	<p>25</p> 	<p>26</p> <p>Beach Ball Toss Movie and Popcorn Coloring Pages</p> <p>Errand/Grocery</p>	<p>27</p> <p>Exercise Game Day Word Scramble</p> <p>Fresh Connection</p>
<p>30</p> <p>Game Day Sukodu Puzzles Word Search Nutrition Facts & Recipes DVD Exercise</p>	<p>31</p>  <p>ACL Administration for Community Living</p> <p>Celebrating the National Senior Nutrition Program</p>			



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

March 2020

<p>2</p> <p>LIFT PROGRAM PRE-ASSESSMENT OUT REACH ACTIVITY WII BOWLING W/ RAY</p>		<p>4</p> <p>LFIT PROGRAM LEPRECHAUN JARS CRAFT BIRTHDAY CELEBRATION GROCERIES/ERRAND DAY</p>	<p>5</p>  <p>CLOSED</p>	<p>6</p> <p>EXERCISE-VIDEO CONTINUING JOURNALS TGIF BINGO</p>
<p>9</p> <p>LIFT PROGRAM WHEEL OF FORTUNE ACTIVITY USE/RECYCLE REPURPOSE</p>		<p>11</p> <p>LIFT PROGRAM SHAMROCKS CRAFT GROCERIES/ERRAND DAY</p>	<p>12</p> 	<p>13</p> <p>EXERCISE-VIDEO JEPARDY GAME DAY TGIF BINGO</p>
<p>16</p> <p>LIFT PROGRAM ST PATRICKS DAY PARTY GAMES AND FUN</p>		<p>18</p> <p>LIFT PROGRAM PINK PANTHER DAY ALL GAMES DAY GROCERIES/ERRAND DAY</p>	<p>19</p>	<p>20</p> <p>EXERCISE-VIDEO PEN PAL ACTIVITY TGIF BINGO</p>
<p>23</p> <p>LIFT PROGRAM COLORING HOUR DRAWING CLASS 101</p>		<p>25</p> <p>LIFT PROGRAM GRAB AND PAINT USE/RECYCLE REPURPOSE GROCERIES/ERRAND DAY</p>	<p>26</p>	<p>27</p> <p>EXERCISE-VIDEO PICK YOUR CRAFT DAY TGIF BINGO</p>
<p>30</p> <p>TRIP OUT DOLLAR TREE GOOD WILL LUNCH:ALL AMERICAN WALMART</p>				