TLC ADULT DAY CARE AND RECREATION CENTER

March 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Maureer 		pringing into Spain in Barch	8:00 Breakfast, Coffee & Social 1 9:00 Welcome March! 10:00 Chair Yoga 11:00 Dancing with the Stars 1:00 Pokeno \$ 2:00 Double Corn Hole Challenge 3:00 Snack/Who am I? 4:00 Relaxation/Table Games	8:00 Breakfast, Coffee & Social 2 9:00 Daily Chronicles 10:00 Exercise with Paul 11:00 Painting Step by Step 1:00 Double Bingo \$\$ 2:00 Target Golf 3:00 Snack/Hollywood Trivia 4:00 Relaxation/Group Activity	8:00 Breakfast, Coffee & Social 3 9:00 Daily Chronicles 10:00 Noodle Exercise 11:00 GIANT Yahtzee 1:00 Bingo \$ 2:00 Corn Hole Challenge 3:00 Ice Cream Social 4:00 Friday Nostalgic Movie Shorts	4
5	8:00 Breakfast, Coffee & Social69:00 Daily Chronicles10:00 Exercise with Paul11:00 Flickin' Chicken Game1:00 Movie Star Bingo \$2:00 Bowling Challenge3:00 Snack/Music Therapy4:00 Relaxation/Group Activity	8:00 Breakfast, Coffee & Social 7 9:00 Daily Chronicles 10:00 Fitness/Stretch Walk 11:00 Pin the Tail Game 1:00 Bingo \$ 2:00 Basketball Hoops Fun 3:00 Snack/Root Beer Float Day 4:00 Relaxation/Table Games	8:00 Breakfast, Coffee & Social 8 9:00 Daily Chronicles 10:00 Yoga Dance Exercise 11:00 Woman's Day Social 1:00 Bingo \$ 2:00 Musical Chairs 3:00 Snack/Planet Worm 4:00 Relaxation/Table Games	8:00 Breakfast, Coffee & Social99:00 Daily Chronicles10:00 Drum Circle Exercise11:00 Around the World1:00 Double Bingo \$\$2:00 Ping Pong Challenge3:00 Ice Cream Social4:00 Relaxation/Group Activity	8:00 Breakfast, Coffee & Social 10 9:00 Daily Chronicles 10:00 Noodle Exercise 11:00 Scavenger Hunt 1:00 Musical Bingo \$ 2:00 Hula Hoop Toss 3:00 Happy Hour 4:00 Friday Nostalgic Movie Shorts	9:00 Breakfast, Coffee & Social 11 9:30 Daily Chronicles 10:00 Chair Yoga 11:00 Saturday Craft 1:00 Bingo \$ 2:00 Soccer Challenge 3:00 Snack/Table Games
12	8:00 Breakfast, Coffee & Social 13 9:00 Daily Chronicles 10:00 Exercise with Paul 11:00 Canvas Art 1:00 Double Bingo \$\$ 2:00 Target Golf 3:00 Snack/Healthy Trivia 4:00 Relaxation/Table Games	8:00 Breakfast, Coffee & Social 14 9:00 Daily Chronicles 10:00 Fitness Stretch/Walk 11:00 FLARTS Challenge 1:00 Musical Bingo \$ 2:00 Parachute Fun 3:00 Ice Cream Social 4:00 Relaxation/Group Activity	8:00 Breakfast, Coffee & Social 15 9:00 Daily Chronicles 10:00 Chair Yoga 11:00 TRAVEL: Spain 1:00 Movie Star Bingo \$ 2:00 Beach Volleyball 3:00 Snack/Spain Trivia 4:00 Relaxation/Group Activity	8:00 Breakfast, Coffee & Social 16 9:00 Daily Chronicles 10:00 Exercise with Paul 11:00 (Root) Beer Pong 1:00 Pokeno \$ 2:00 Ping Pong Fun 3:00 Snack/Music Trivia 4:00 Relaxation/Table Games	8:00 Breakfast, Coffee & Social179:00 Daily Chronicles10:00 Noodle Exercise10:00 Noodle Exercise11:00 St. Patrick Day Celebration1:00 Bingo \$2:00 Corn Hole Challenge3:00 Ice Cream Social4:00 Friday Nostalgic Movie Shorts	Happy 18 St. Patricks Day
19	8:00 Breakfast, Coffee & Social 20 9:00 WELCOME SPRING!! 10:00 Noodle Exercise 11:00 Balloon Bash 1:00 Bingo \$ 2:00 Frisbee Toss 3:00 Ice Cream Social 4:00 Relaxation/Group Activity	8:00 Breakfast, Coffee & Social 21 9:00 Daily Chronicles 10:00 Drum Circle Exercise 11:00 TRAVEL: Spain 1:00 Movie Star Bingo \$ 2:00 Beach Volleyball 3:00 Happy Hour 4:00 Relaxation/Spain Trivia	8:00 Breakfast, Coffee & Social 22 9:00 Daily Chronicles 10:00 Tai Chi 11:00 Cooking Demonstration 1:00 Movie Star Bingo \$ 2:00 TLC AUCTION DAY 3:00 Snack/Karaoke Time 4:00 Relaxation/Group Activity	8:00 Breakfast, Coffee & Social 23 9:00 Daily Chronicles 10:00 Fitness/Stretch Walk 11:00 Ladder Toss 1:00 Bingo \$ 2:00 Bowl O' Fun 3:00 Snack/Music Trivia 4:00 Relaxation/Comedy Time	8:00 Breakfast, Coffee & Social249:00 Daily Chronicles10:00 Yoga Dance Exercise10:00 Yoga Dance Exercise11:00 Photo Reminiscing Event1:00 Double Bingo \$2:00 The Hot Seat Game3:00 Snack/Riddle Me This4:00 Friday Nostalgic Movie Shorts	9:00 Breakfast, Coffee & Social259:30 Daily Chronicles10:00 Noodle Exercise11:00 Saturday Craft1:00 Bingo \$2:00 Balloon Bash3:00 Snack/Wii Bowling
26	8:00 Breakfast, Coffee & Social 27 9:00 Daily Chronicles 10:00 Chair Yoga 11:00 Arts & Crafts Day 1:00 Pokeno \$ 2:00 Soccer Challenge 3:30 Happy Hour 4:00 Relaxation/Table Games	8:00 Breakfast, Coffee & Social 28 9:00 Daily Chronicles 10:00 Tai Chi 11:00 TOGA Tuesday Dress Up 1:00 Bingo \$ 2:00 Golf & Bean Bag Toss 3:00 Snack/March Jeopardy Trivia 4:00 Relaxation/Group Activity	8:00 Breakfast, Coffee & Social 29 9:00 Daily Chronicles 10:00 Noodle Exercise 11:00 March Birthday Party 1:00 Double Bingo \$\$ 2:00 Football Toss 3:00 Snack/Music Trivia 4:00 Relaxation/Sensory Challenge	 8:00 Breakfast, Coffee & Social 30 9:00 Daily Chronicles 10:00 Fitness Stretch/Walk 11:00 60's Rock Party 1:00 Movie Star Bingo \$ 2:00 Golf Challenge 3:00 Snack/Reminiscing Time 4:00 Relaxation/Table Games 	 8:00 Breakfast, Coffee & Social 31 9:00 Daily Chronicles 10:00 Drum Circle Exercise 11:00 Baseball Toss Challenge 1:00 Bingo \$ 2:00 Carnival Games 3:00 lce Cream Social 4:00 Friday Nostalgic Movie Shorts 	TLC ADULT DAY CARE AND RECREATION CENTER

www.tlc-adultdaycare.com