

March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>1 8:00 Breakfast, Coffee & Social 9:00 WELCOME MARCH 10:00 Relaxation Yoga 11:00 Spring Arts & Crafts 1:00 Shuffleboard Time! 2:00 Bingo \$\$ 3:00 Snack/March Trivia 4:00 Relaxation/Table Games</p>	<p>2 8:00 Breakfast, Coffee & Social 9:00 DAILY CHRONICLES 10:00 Bands Exercise 11:00 Pandoras Box 1:00 Bingo \$\$ 2:00 Ladder Toss 3:00 Snack/Famous Book Quotes 4:00 Relaxation/Table Games</p>	<p>3 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Chair Stretching Exercise 11:00 The Hot SEAT 1:00 Volleyball Challenge 2:00 Bingo \$\$ 3:00 Snack/Nine Letter Word Puzzles 4:00 Relaxation/Table Games</p>	<p>4 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Sing Along Exercise 11:00 Skill Ball Game 1:00 Bingo \$\$ 2:00 Jumbo Jenga 3:00 Snack/Conversational UNO 4:00 Relaxation/Table Games</p>	<p>5 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Zumba Exercise 11:00 SAFARI PARTY 1:00 Bingo \$\$ 2:00 Music and Memory Hour 3:00 Snack/Coloring Art 4:00 Relaxation/Table Games</p> 	 <p>7</p>	
 <p>8 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Chair Stretching Exercise 11:00 Women's History Activity 1:00 Skill Ball 2:00 Bingo \$\$ 3:00 Snack/Famous Women Trivia 4:00 Relaxation/Table Games</p>	<p>9 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Noodle Exercise 11:00 Table Bean Bag Toss 1:00 Bingo \$\$ 2:00 Ladder Toss 3:00 Snack/Nine Letter Word Search 4:00 Relaxation/Table Games</p>	<p>10 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Sing Along Exercise 11:00 Parachute Games 1:00 Bingo \$\$ 2:00 Live Music: NOLAN  3:00 Snack/Spring Painting 4:00 Relaxation/Table Games</p>	<p>11 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Relaxation Yoga 11:00 Spring Arts & Crafts 1:00 Bingo \$\$ 2:00 Balloon Toss 3:00 Snack/Healthy Trivia 4:00 Relaxation/Table Games</p>	<p>12 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Bands Exercise 11:00 Cup Maze Game 1:00 Musical Chairs 2:00 Bingo \$\$ 3:00 Ice Cream Social 4:00 Relaxation/Table Games</p> 	 <p>14</p>	
 <p>15 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Bands Exercise 11:00 Musical Board 1:00 Kickball Game 2:00 Bingo \$\$ 3:00 Snack/Jukebox Dancing 4:00 Relaxation/Table Games</p>	<p>16 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Gentle Exercise 11:00 St Patrick Celebration  1:00 Bingo \$\$ 2:00 Live Music: NOLAN  3:00 Snack/Lucky Charm Art 4:00 Relaxation/Table Games</p>	<p>17 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Chair Stretching Exercise 11:00 Game Show Fun 1:00 Bowling Competition 2:00 Bingo \$\$ 3:00 Snack/Lucky Charm Art 4:00 Relaxation/Table Games</p>	<p>18 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Noodle Exercise 11:00 GREEK FUN EVENT 1:00 Bingo \$\$ 2:00 Live Music: CARMELO  3:00 Snack/Game Show Fun 4:00 Relaxation/Table Games</p> 	<p>19 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Relaxation Yoga 11:00 Mini Golf Tournament 1:00 Bingo \$\$ 2:00 Volleyball Challenge 3:00 Snack/Riddle Me This? 4:00 Relaxation/Table Games</p>	<p>20 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Noodle Exercise 11:00 Spring Magazine Board 1:00 Ping Pong Competition 2:00 Bingo \$\$ 3:00 Snack/TLC Spa Day 4:00 Relaxation/Table Games</p> 	 <p>21</p>
 <p>22 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Sing Along Exercise 11:00 Geographic Game 1:00 Soccer Competition 2:00 Bingo \$\$ 3:00 Snack/Scrabble Words 4:00 Relaxation/Table Games</p>	<p>23 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Chair Stretching Exercise 11:00 Musical Challenge 1:00 Bingo \$\$ 2:00 Ladder Toss 3:00 Snack/Famous Book Quotes 4:00 Relaxation/Table Games</p>	<p>24 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Noodle Exercise 11:00 GREEK FUN EVENT 1:00 Bingo \$\$ 2:00 Live Music: CARMELO  3:00 Snack/Game Show Fun 4:00 Relaxation/Table Games</p>	<p>25 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Bands Exercise 11:00 It's Family Feud Time 1:00 Bocce Ball 2:00 Bingo \$\$ 3:00 Snack/Travel to GREECE 4:00 Relaxation/Table Games</p>	<p>26 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Relaxation Yoga 11:00 Ping Pong Challenge 1:00 Bingo \$\$ 2:00 Beach Ball Soccer 3:00 Snack/Friday Movie Matinee 4:00 Relaxation/Table Games</p>	 <p>28</p>	
 <p>29 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Chair Stretching Exercise 11:00 Hang Man Fun 1:00 Sticky Racquet 2:00 Bingo \$\$ 3:00 Ice Cream Social 4:00 Relaxation/Table Games</p>	<p>30 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Relaxation Yoga 11:00 Pling Pong Challenge 1:00 Bingo 2:00 Frisbee Competition 3:00 Snack/Jukebox Singing 4:00 Relaxation/Table Games</p> 	<p>31 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Relaxation Yoga 11:00 Pling Pong Challenge 1:00 Bingo 2:00 Frisbee Competition 3:00 Snack/Jukebox Singing 4:00 Relaxation/Table Games</p>	 <p>Matylda L. - 03/05 Les R. - 03/07 Maureen W. - 03/16 Sandy C. - 03/28</p>			<p>www.tlc-adultdaycare.com</p>

* Activities are subject to change based on daily participation.