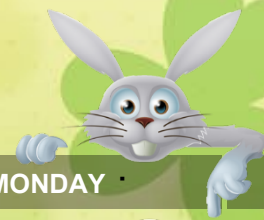


March 2024

www.tlc-adultdaycare.com



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Happy Birthday

Harold T 03/08 Elvia C 03/13
Sharyn W 03/18 Carmen H 03/25
Maureen W 03/25



<p>Special Days 3</p> <p>3/10 Daylight Saving Time Begins 3/17 St. Patrick's Day 3/19 First Day of Spring 3/23 Purim Begins 3/25 Holi (Hindu Spring Festival) 3/31 Easter</p>	<p>8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Stretching & Relaxing Yoga 11:00 Casino Games 1:00 Bingo \$\$\$ 2:00 Bowling Competition 3:00 Snack/Jeopardy Day 4:00 Relaxation/Table Games</p>	<p>8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Tuesday Yoga 11:00 Bowling Time 1:00 Bingo \$\$\$ 2:00 Painting with a Twist 3:00 Snack/Mini Golf 4:00 Relaxation/Table Games</p>	<p>8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Zumba Chair Exercise 11:00 Hungry-Hungry Participants 1:00 Bingo \$\$\$ 2:00 Ballon Bash Time 3:00 Snack/Spa Time & Hand Massage 4:00 Relaxation/Table Games</p>	<p>8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Drum Circle Exercise 11:00 Hang Man 1:00 Bingo \$\$\$ 2:00 Fun Cereal Craft 3:00 Snack/Healthy Trivia 4:00 Relaxation/Table Games</p>	<p>8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Seated Noodle Exercise 11:00 Conversation Heart Game 1:00 Bingo \$\$\$ 2:00 Mini Golf Tournaments 3:00 Snack/General Trivia 4:00 Friday Movie Matinee</p>	<p>SATURDAY OPEN 2</p> <p>9:00 Breakfast, Coffee, Social 10:00 Daily Chronicle & Exercise 11:00 Morning Craft 12:30 Lunch Time 1:00 Bingo \$\$\$ 2:00 Volleyball Challenge 2:30 Relaxation/Ice Cream Social</p>
<p>Spring Forward 10</p>	<p>8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Noodle Exercise 11:00 Hang Man Challenge 1:00 Bingo \$\$\$ 2:00 Musical Chairs 3:00 Snack/Dominos Time! 4:00 Relaxation/Table Games</p>	<p>8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Exercise with PAUL 11:00 Hot Chair Challenge 1:00 Bingo \$\$\$ 2:00 Bean Bag Toss 3:00 Snack/True or False Fun 4:00 Relaxation/Table Games</p>	<p>8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Stretching Chair Exercise 11:00 Twister Penny Toss 1:00 Bingo \$\$\$ 2:00 St. Patrick's Craft 3:00 Snack/Geographic Trivia 4:00 Relaxation/Table Games</p>	<p>8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Scarf Fun Exercise 11:00 Roll the paper for the GRAND PRIZE! 1:00 Bingo \$\$\$ 2:00 Potluck Quiz 3:00 Snack/Beaded Message Bracelets 4:00 Relaxation/Table Games</p>	<p>8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Sing Along Exercise 11:00 ST. PATRICK CELEBRATION 1:00 Bingo \$\$\$ 2:00 LIVE MUSIC WITH NOLAN 3:00 Snack/Art Therapy 4:00 Friday Movie Matinee</p>	<p>SATURDAY OPEN 16</p> <p>9:00 Breakfast, Coffee, Social 10:00 Daily Chronicle & Exercise 11:00 Jumbo Jenga + Fun Questions 12:30 Lunch Time 1:00 Pokeno 2:00 Balloon Bash 2:30 Relaxation/Wii Bowling</p>
<p>Happy St. Patrick's Day 17</p>	<p>8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Stretching Chair Exercise 11:00 Prize Drop Challenge 1:00 Bingo \$\$\$ 2:00 Carnival Games 3:00 Snack/Who Am I? 4:00 Relaxation/Table Games</p>	<p>8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Scarf Fun Exercise 11:00 Ring Toss 1:00 Bingo \$\$\$ 2:00 Mad Science 3:00 Snack/Guess the Animal 4:00 Relaxation/Table Games</p>	<p>8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Balloon Exercise 11:00 Bocce Ball Tournament 1:00 Bingo \$\$\$ 2:00 Ping Pong Can Toss 3:00 Snack/Mad About Math Game 4:00 Relaxation/Table Games</p>	<p>8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Zumba Sing Along 11:00 Kickball Game 1:00 Bingo \$\$\$ 2:00 Snack/Domino Challenge 3:00 Snack/Modern Jeopardy Trivia 4:00 Relaxation/Table Games</p>	<p>8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Drumsticks Exercise 11:00 Shoot Some Hoops Day! 1:00 Bingo \$\$\$ 2:00 Karaoke Time 3:00 Snack/Pot of Gold Game 4:00 Friday Movie Matinee</p>	<p>8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Daily Chronicle & Exercise 11:00 Bocce Ball Competition 12:30 Lunch Time 1:00 Geographic Bingo \$\$\$ 2:00 Easter Fun Craft 2:30 Easter Trivia/Ice Cream Social</p>
<p><i>"March brings breezes, loud and shrill, to stir the dancing daffodil."</i> 24</p>	<p>8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Stretching Chair Exercise 11:00 GREEK INDEPENDENTS DAY 1:00 Bingo \$\$\$ 2:00 Hot Potato Game 3:00 Snack/Travel to Greece 4:00 Relaxation/Table Games</p>	<p>8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Scarf Fun Exercise 11:00 Skill Ball Toss 1:00 Bingo \$\$\$ 2:00 Paper Carrots Door Decor 3:00 Snack/TV Trivia Challenge 4:00 Relaxation/Table Games</p>	<p>8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Balloon Bash Exercise 11:00 International Balloon Day 1:00 Bingo \$\$\$ 2:00 LIVE MUSIC WITH VALERY! 3:00 Snack/The Price is Right! 4:00 Relaxation/Table Games</p>	<p>8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Relaxation Yoga 11:00 Easter Bunny Craft 1:00 Bingo \$\$\$ 2:00 Einstein's Trivia 3:00 Snack/Tabletop Bowling 4:00 Relaxation/Table Games</p>	<p>8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Sing Along Exercise 11:00 EASTER DAY CELEBRATION! 1:00 Bingo \$\$\$ 2:00 Egg Coloring Craft 3:00 Snack/Comedy 4:00 Friday Movie Matinee</p>	<p>SATURDAY OPEN 30</p> <p>9:00 Breakfast, Coffee, Social 10:00 Daily Chronicle & Exercise 11:00 Bocce Ball Competition 12:30 Lunch Time 1:00 Geographic Bingo \$\$\$ 2:00 EASTER Fun Craft 2:30 Easter Trivia/Ice Cream Social</p>

