







# March

## Christian Health Care Adult Day Services of Wayne Activity Calendar

Important Dates in March 2020:  
 8th– Day Light Savings Time  
 11th– Caregiver’s Support Group– 1pm  
 17th– St. Patrick’s Day  
 19th– Spring Begins

|  Monday  |  Tuesday   |  Wednesday  |  Thursday  |  Friday   |
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| 2 <i>Welcome to March!</i><br>10:30– Ball Toss Exercise<br>11:00– March IQ, Famous March Birthdays & Searching for March<br>1:00– NEW! Group Painting Class w/ Local Artist, Dorothy Morton from “Morton’s Masterpieces”                   | 3 <i>Celebrate Your Name Week!</i><br>10:30– Exercise<br>11:00– “Name” That Tune<br>11:30– “Name” Word Chain Game<br>1:00– Making Mint Shakes w/ “Name” Brand Food Discussion   | 4 <i>March is Social Worker’s Month Thank you, Katie &amp; Amanda, CHC ADS of Wayne Social Workers!</i><br>10:30– Exercise through the Seasons<br>11:00– All About March Trivia<br>11:30– March Categories<br>1:00– MARCH Bingo  | 5<br>10:30– Piano & Pet Therapy Visits w/ Linda D. & her certified dog, Gavin<br>11:00– Richard Simmons Fitness Trail<br>11:30– Mixed– Up Farming<br>1:00– Woodworking Painting Class                                 | 6 <i>Celebrate Your Name Week!</i><br>10:30– Sporty Nicknames Trivia<br>11:00– Zumba Exercise w/ Zumba Instructor, Nicole R.<br>11:30– “Name” Babies and Pets A-Z<br>1:00– “Name” Games  |
| 9<br>10:30– <i>Songs You Know and Love with Pianist, Sue C., Volunteer</i><br>11:00– Exercise<br>11:30– Fill In the Blanks<br>1:15– NEW! Pony Therapy w/ a Miniature UK Shetland Pony from “Personal Ponies”                               | 10<br>10:30– Relaxation Ball Toss Exercise<br>11:00– Memory Match: Craft Supplies<br>11:30– Mixed–Up Crafts Word Game<br>1:00– Crafts w/ Katie R., Administrator/ Social Worker   | 11<br>10:30– <i>People of Faith w/ Rev. Kathy Jo</i><br>11:00– Exercise<br>11:30– You Be the Judge<br>1:00– Face Down Card Game  | 12 <i>Girl Scout Day</i><br>10:30– Strength Training Exercise<br>11:00– Girl Scout Crossword Puzzle & Girl Scout Badge Categories<br>1:00– Antique Road Show w/ Collector, Patti L.<br>2:00– Girl Scout Cookies Snack | 13 <i>Friday the 13th</i><br>10:30– <i>Pet Therapy w/ Vince &amp; his certified dog, Gary</i><br>11:00– Count to 13 Exercise<br>11:30– Friday the 13th: List 13<br>1:00– St. Patrick’s & March Birthday Party Performance by the “Cracked Walnuts” |
| 16 <i>Irish American Heritage Month &amp; Getting Ready for St. Patrick’s Day!</i><br>10:30– Pass the St. Patty’s Hat Exercise<br>11:00– Famous Irish Folks– Who Am I?<br>1:00– It’s Not Easy Being Green<br>1:30– Going Green Word Search | 17 <i>St. Patrick’s Day: Wear Green today!</i><br>10:30– St. Patrick’s Day Jig Exercise<br>11:00– St. Patrick’s Day Rhyme Time<br>11:30– St. Patrick’s Day Word Puzzles<br>12:00– <i>Traditional St. Patrick’s Day Lunch</i><br>1:00– Remembering the Luck of the Irish<br>1:30– Truth or Blarney | 18 <i>Basketball’s March Madness Began Yesterday</i><br>10:30– Imagination Exercise: Basketball Routines<br>11:00– <i>Town Meeting w/ Amanda Z., Social Worker</i><br>11:30– March Madness Discussion<br>1:00– Basketball “HOOPS” Bingo  | 19 <i>Spring Begins Today!</i><br>10:30– Springtime Walk Around the Siena Village Courtyard Exercise<br>11:00– Springtime Secret Quote & Springtime Word Unscrambles<br>1:00– Springtime Jingo                        | 20 <i>Brain Awareness Week (16th–22nd)</i><br>10:30– Exercise<br>11:00– Cranium Crunches<br>1:00– Horse Race Trivia Game   |
| 23<br>10:30– <i>Medical Minutes w/ Jamie, Nursing Director</i><br>11:00– Exercise<br>11:30– Which One Is Not Like the Others?<br>1:00– Family Feud   | 24<br>10:30– Exercise Bingo<br>11:15– Wacky Wordies & Concentration Puzzles<br>11:45– <i>Fire Drill</i><br>1:00– Hand Massages & Manicures<br>1:00– Spring Break Word Search Puzzle   | 25<br>10:30– <i>People of Faith w/ Rev. Kathy Jo</i><br>11:00– Exercise<br>11:30– Fill In the Blanks<br>1:00– March Art Class  | 26 <i>Baseball’s Official Opening Day</i><br>10:30– Strength Training Exercise<br>11:00– Mixed–Up Baseball<br>11:30– Baseball Wheel of Fortune<br>1:00– Run the Bases: Baseball Trivia                                | 27<br>10:30– Music N’ Movements<br>11:00– Who, What, Where, When?<br>1:00– Bingo   |
| 30 <i>Anita the Hairdresser is here today Jeopardy debuted on NBC this date in 1964.</i><br>10:30– Relaxation Ball Toss Exercise<br>11:00– Word Chain Game<br>1:00– Jeopardy   | 31<br>10:30– Exercise<br>11:00– You Be the Judge<br>11:30– Out of the “Blue”<br>1:00– Magazine Scavenger Hunt   | <u>Daily Activities</u><br>9:30– Morning News & Breakfast<br>10:00– Flag Salute, Lunch Menu, Weather, Daily Chronicle & Trivia<br>12:00– Lunch Time<br>12:50– Afternoon Stretch<br>2:00– Snack & Music Appreciation<br>*Colored Text May Indicate New, Themed or Special Programs* | <u>March Birthdays:</u><br>1– Cathy W.<br>13– Bertha C.<br>20– John C.<br>27– George R.<br>31– Patty S. (Staff)   |  <p>Daylight Savings is on Sunday, March 8th. Remember to turn clocks ahead one hour before you go to sleep on Saturday night.</p>                            |