





March 2018-Adult Day Center Activity Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9:30 Sit and Be Fit! 10:00 Craft: Paper Shamrocks 2:00 Social with Assisted Living: Spring has Sprung! / FR 3:30 LS: March Trivia	2 9:00 Ageless Grace Exercise 9:30 Coffee and Chat 10:30 Morning Inspiration 2:30 Clip Art Calendar with Assisted Living / ADC 3:30 Friday at the Movies	3 Adult Day Center Kimberlee Smith-Director Derrick Kendall-Assistant Director Bobbi Hudson- Supervisor Program Coordinators: Sheila Fisher, Dione Jones and Elizabeth Smarr
4 Abbreviations: MA / Mast Auditorium AL / Assisted Living FR / Friendship Room in Assisted Living LS / Linked Senior Technology Application	5 9:30 Sit and Be Fit! 10:00 Music Therapy with Healing Sounds and Assisted Living / ADC 2:00 LS: Greek Mythology 3:30 Brushes and Beethoven	6 9:30 Sit and Be Fit! 10:00 Bible Study 2:00 Music and Movement 2:30 Shadee The Old School Dude Sings / MA 3:30 Toga Tuesday!	7 9:30 Sit and Be Fit! 10:00 Art Enrichment with Mary! 2:00 BINGO! 3:00 Chair Aerobics with Sue 3:30 Cranium Crunches: Movie Mash Up	8 9:30 Sit and Be Fit! 10:00 Craft: Mini Green Ribbon Wreath 2:00 Music and Movement 2:30 Gina Romano Sings / MA 3:30 The Apple Dumpling Gang	9 9:00 Ageless Grace Exercise 9:30 Coffee and Chat 10:30 Morning Inspiration 2:00 Music and Movement 2:30 Bagpipes and Brownies + "What Am I?) 3:30 Friday at the Movies	10 Contact Us ADC (804)706-5657 Main (804)748-1511 6800 Lucy Corr Blvd. Chesterfield, VA 23832
11 Daylight Savings Daily: Lunch- 11:45 to 12:45 Rest-1:00-1:45 Snack-3:15/3:45 Low impact exercise twice daily!	12 9:30 Sit and Be Fit! 10:15 Pet Therapy Visit with Brody! 10:30 All About the Chocolate Chip Cookie with Assisted Living/ ADC 2:00 St. Patty's Day Crossword Puzzle 3:30 I Love Lucy	13 9:30 Sit and Be Fit! 10:00 Bible Study 2:00 Music and Movement 2:30 Bill Bottoms Sings / MA 3:30 Cranium Crunches: Verb Generation	14 9:30 Sit and Be Fit! 10:00 Travel Club: Kenyan Safari 2:00 BINGO! 3:00 Chair Aerobics with Sue 3:30 Junk Drawer Detective	15 9:30 Sit and Be Fit! 10:00 Craft: Ribbon Shamrock Pin 10:30 Trip: Classic Service & Lunch at Ironbridge Church 2:00 Social with Assisted Living: St. Patrick's Day! / FR 3:30 St. Patty's Day Word Search	16 9:00 Ageless Grace Exercise 9:30 Coffee and Chat 10:30 Morning Inspiration 2:00 Music and Movement 2:30 LS: All About St. Patrick's Day and Green "Beer" 3:30 Friday at the Movies	17 Happy St. Patty's Day! 
18 Free Time Activities 4:30-5:30: Options at the end of the day include word games, table games, adult coloring, puzzles, movie etc.	19 9:30 Sit and Be Fit! 10:00 Music Therapy with Healing Sounds and Assisted Living / ADC 2:00 LS: Women Inventors 3:30 Rosie the Riveter Color by Number	20 First Day of Spring! 9:30 Sit and Be Fit! 10:00 Bible Study 2:00 Music and Movement 2:30 Sing-A-Long! 3:30 Spring Equinox Egg Balancing Act	21 9:30 Sit and Be Fit! 10:00 Coloring to the Classics 2:00 BINGO! 3:00 Chair Aerobics with Sue 3:30 Word Game: All things Green	22 9:30 Sit and Be Fit! 10:00 Craft: Flowers All A-Round 2:00 Music and Movement 2:30 Gill Edwards Sings / MA 3:30 LS: Easy Does It Trivia	23 9:00 Ageless Grace Exercise 9:30 Coffee and Chat 10:30 Morning Inspiration 2:00 Music and Movement 2:30 Chip and Dip Social! 3:30 Friday at the Movies	24 Lucy Corr * Independent Living * Assisted Living/Memory Support * Health Care Center with Rehab and Secured Units
25 Palm Sunday	26 9:30 Sit and Be Fit! 10:15 Pet Therapy Visit with Brody! 10:30 Country Music Sing-A-Long with Assisted Living / ADC 2:30 Movie Monday: Field of Dreams / MA 3:30 The Beverly Hillbillies	27 9:30 Sit and Be Fit! 10:00 Bible Study 2:00 Art Enrichment with the Lamb Center! 2:30 Jan Kessler Plays Piano with Assisted Living / FR 3:30 Cranium Crunches: Wacky Words	28 9:30 Sit and Be Fit! 10:00 Let's Laugh 10:00 Trip: Joy Ride 2:00 BINGO! 3:00 Chair Aerobics with Sue 3:30 LS: Shuffle Scuffle	29 9:30 Sit and Be Fit! 10:00 Craft: Easter Egg Potato Stamps 2:00 Mary Stella Sings with Assisted Living / ADC 3:00 LS: Coca-Cola Day Fun Facts and Coke Floats with Assisted Living / ADC	30 Good Friday 9:00 Ageless Grace Exercise 9:30 Coffee and Chat 10:30 Morning Inspiration: Celebrating Passover 2:00 Historical Presentation with Assisted Living / FR 3:30 Friday at the Movies	31 