

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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1



2
 8:00 Morning Mingle
 9:45 Linked Senior
 10:00 Gentle Movement Group
 10:45 Craft: March Scratch Art
 11:30 Quick Quiz
 2:00 Cooking Demonstration
 3:15 Football Toss
 4:00 March Alphabet Game
 4:45 Free Time Activities

3
 8:00 Morning Mingle
 9:45 Linked Senior
 10:00 Movie and Popcorn
10:00 Outing: Joy Ride
 11:30 Brain Buzz
 2:00 The Memory Café
 3:00 Afternoon Stretch
 4:00 Family Feud
 4:45 Free Time Activities

4
 8:00 Morning Mingle
 9:45 Linked Senior
 10:00 Joyful Jams Exercise
 10:45 BINGO!
 11:30 Trivia Time
2:00 Mary Stella Sings
 3:15 Girl Scouts Day
 4:00 Finish the Phrase
 4:45 Free Time Activities

5
 8:00 Morning Mingle
 9:45 Linked Senior
 10:00 Kick It Fitness
 10:45 Healing Sounds: Elvis
 11:30 Cranium Crunches
 2:00 Taste Test Thursday
 3:00 Colorful Moments
 4:00 Guess Who?
 4:45 Free Time Activities

6
 8:00 Morning Mingle
 9:45 Linked Senior
 10:00 Cardio Drumming
 10:45 Mindful Art
 11:30 Brain Boosters
2:00 March Madness Social
 3:15 50 States in 50 Fridays
 4:00 Spelling Bee
 4:45 Free Time Activities

7 DAILY SCHEDULE

MORNING SNACK
 BETWEEN 10 AM & 10:30 AM
LUNCH
 12:00 PM TO 1:00 PM
AFTERNOON SNACK
 BETWEEN 3:00 PM & 3:30 PM
REST PERIOD
 1:00 PM TO 1:45 PM

8

***ALL ACTIVITIES ARE
 SUBJECT TO CHANGE***

9
 8:00 Morning Mingle
 9:45 Linked Senior
 10:00 Gentle Movement Group
 10:45 Craft: Lucky Clover
 11:30 Quick Quiz
 2:00 Safari Around the World
 3:15 Axe Throwing
 4:00 Wheel of Fortune
 4:45 Free Time Activities

10
 8:00 Morning Mingle
 9:45 Linked Senior
 10:00 Balloon Volleyball
11:00 Outing: Riptides
 11:30 Brain Buzz
 2:00 Chasing the Lucky Charms
 3:00 Praise and Devotions
 4:00 The Price is Right

11
 8:00 Morning Mingle
 9:45 Linked Senior
 10:00 Gentle Movement Group
 10:45 BINGO!
 11:30 Trivia Time
2:00 Joe Loschiavo Plays Piano
 3:15 Johnny Appleseed Day
 4:00 Penny Ante

12
 8:00 Morning Mingle
 9:45 Linked Senior
 10:00 Kick It Fitness
 10:45 Healing Sounds: Motown
 11:30 Cranium Crunches
 2:00 Taste Test Thursday
 3:00 Colorful Moments
 4:00 Try Not to Laugh
 4:45 Free Time Activities

13
 8:00 Morning Mingle
 9:45 Linked Senior
 10:00 Noodle Ball
 10:45 Mindful Art
 11:30 Brain Boosters
2:00 PI Social
 3:15 50 States in 50 Fridays
 4:00 Solve the Riddle
 4:45 Free Time Activities



16
 8:00 Morning Mingle
 9:45 Linked Senior
 10:00 Gentle Movement Group
 10:45 Craft: Leprechaun Trap
 11:30 Quick Quiz
 2:00 Cooking Demonstration
 3:15 Cornhole
 4:00 Riddles
 4:45 Free Time Activities

17
 8:00 Morning Mingle
 9:45 Linked Senior
 10:00 Movie and Popcorn
10:00 Outing: Krispy Kreme
 11:30 Brain Buzz
 2:00 Shamrock Fest
 3:00 Afternoon Stretch
 4:00 Big Word Little Word
 4:45 Free Time Activities

18
 8:00 Morning Mingle
 9:45 Linked Senior
 10:00 Joyful Jams Exercise
 10:45 BINGO!
 11:30 Trivia Time
2:00 Jeff Beatman Sings
 3:15 Western Movie Day
 4:00 Jeopardy
 4:45 Free Time Activities

19
 8:00 Morning Mingle
 9:45 Linked Senior
 10:00 Kick It Fitness
 10:45 Healing Sounds: Hymns
 11:30 Cranium Crunches
 2:00 Taste Test Thursday
 3:00 Colorful Moments
 4:00 Categories Challenge
 4:45 Free Time Activities

20
 8:00 Morning Mingle
 9:45 Linked Senior
 10:00 Cardio Drumming
 10:45 Mindful Art
 11:30 Brain Boosters
2:00 Spring Social
 3:15 50 States in 50 Fridays
 4:00 Odd One Out
 4:45 Free Time Activities

21

ADULT DAY CENTER DIRECTOR
 BAILEY PETER, CTRS, CDP

ADULT DAY CENTER SUPERVISOR
 LINDSAY JONES

PROGRAM COORDINATORS
 KAITLYN HORNER
 CHRISTINE AMBS
 COLLEEN NISEWONGER
 JAYLEAN CASSADA

22

FREE TIME ACTIVITIES
 AVAILABLE OPTIONS INCLUDE:
 -WORD GAMES
 -TABLE GAMES
 -PUZZLES

23
 8:00 Morning Mingle
 9:45 Linked Senior
 10:00 Gentle Movement
 10:45 Craft: Flower Arrangement
 11:30 Quick Quiz
 2:00 Safari Around the World
 3:15 Golf Putting
 4:00 True or False
 4:45 Free Time Activities

24
 8:00 Morning Mingle
 9:45 Linked Senior
 10:00 Balloon Volleyball
11:00 Outing: First Watch
 11:30 Brain Buzz
 2:00 The Golden Paddle Auction
 3:00 Praise and Devotions
 4:00 Word Rhyme Game
 4:45 Free Time Activities

25
 8:00 Morning Mingle
 9:45 Linked Senior
 10:00 Joyful Jams Exercise
 10:45 BINGO!
 11:30 Trivia Time
2:00 Claudia Carawan Sings
 3:15 Graceland Day
 4:00 Finish the Phrase
 4:45 Free Time Activities

26
 8:00 Morning Mingle
 9:45 Linked Senior
 10:00 Kick It Fitness
 10:45 Healing Sounds: 50s Hits
 11:30 Cranium Crunches
 2:00 Universal Yums Box
 3:00 Colorful Moments
 4:00 Myths & Legends
 4:45 Free Time Activities

27
 8:00 Morning Mingle
 9:45 Linked Senior
 10:00 Noodle Ball
 10:45 Mindful Art
 11:30 Brain Boosters
2:00 Baseball Social
 3:15 50 States In 50 Fridays
 4:00 Sum It Up
 4:45 Free Time Activities



30
 8:00 Morning Mingle
 9:45 Linked Senior
 10:00 Gentle Movement
 10:45 Craft: Butterflies
 11:30 Quick Quiz
 2:00 Cooking Demonstration
 3:15 Ladder Ball
 4:00 Pictionary
 4:45 Free Time Activities

31
 8:00 Morning Mingle
 9:45 Linked Senior
 10:00 Movie and Popcorn
10:00 Outing: Joy Ride
 11:30 Brain Buzz
 2:00 The Memory Café
 3:00 Afternoon Stretch
 4:00 Name That Tune
 4:45 Free Time Activities

March Adult Day Center Activities Calendar

CONTACT US

ADULT DAY CENTER
 804-706-5695

LUCY CORR MAIN LINE
 804-748-1511

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 6800 LUCY CORR BLVD.
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