

Participation in activities are voluntary. Activities are subject to change.

ADULT LIFE PROGRAMS

Your Caregiving Solution

MARCH 2010

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6:30 center opens	12:30 individual activities
7:30 individual activities	1:30 program
8:30 breakfast	2:30 snack
9:30 routes arrive/breakfast	3:30 routes depart
10:00 program	3:30 individual activities
11:30 lunch	5:30 center closes



In accordance with Federal law and US Department of Agriculture policy, Adult Life Programs is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TD). Adult Life Programs is an equal opportunity provider and employer.

Mon	Tue	Wed	Thu	Fri
1 Travel with Hamp or Coke Game SHOPPING @ ROSE'S OR BULLETIN BOARD TRIVIA	2 TELL ALL GAME Visit with the Catawba County Humane Society	3 Singing with Macon PLAY FAMILY FEUD	4 MUSIC WITH THE FEATHERS Play Charades	5 Karaoke with Pancho or Craft Time PLAY BINGO
8 OSCAR TRIVIA OR TRAVEL WITH HAMP Let's Play Bingo	9 Target Practices MEN'S HOUR & IT'S A WOMAN'S WORLD - TALK TIME	10 PET THERAPY Cheerleading Day - Who Has the Best Cheer!!!	11 Balloon Volleyball ACTIVITY WITH GAST TEAM	12 SINGING WITH JEN KARAOKE WITH PANCHO Coffey Break
15 Travel with Hamp Music with Evelyn & friends MUSIC WITH CHRISTIAN & BETHANY INGLE	16 MUSIC W/ THE HIGHLAND JOYMAKERS Devotions with Jerry	17 Acts of Kindness Activity VISIT WITH FAITH TABERNACLE	18 BOWL-ING W/THE Wii Dice Game	19 Visit with Billy & Cheyenne PLAY BINGO
22 TRAVEL WITH HAMP OUT TO EAT Devotions with Pastor Andrew	23 March Madness Tournament Sunroom Activity FUN WITH JANICE	24 PET THERAPY PLAYING CARDS Visit with the Storyteller	25 Let's Make A Deal Game MOVIE WITH MARSHA	26 HANDBELLS WITH SPRINGS OF CATAWBA Music with the Catawba River Boys
29 Travel with Hamp or Sunroom Activity BIRTHDAY GAME	30 THIS WAS THE YEAR Health Update	31 Arianna from Frye Care Speaking on "Health Wellness" CONCERT WITH SALLIE	Happy ALP Anniversary to: Barbara W. - 3/12 (1 year) Evelyn L. - 3/15 (4 years) Anne L. - 3/25 (2 years) Wilma S. - 3/26 (1 year)	
Happy Birthday! Ruth L. - 3/2 Charles D. - 3/3 Sam R. - 3/3 Wilma S. - 3/11 Elaine H. - 3/20 Emma N. - 3/23 Corrine G. - 3/30				



Free visits are available.
 Call Amanda at 324-1313 for more information.