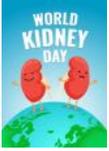


# Maiden Center March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>10:00 Morning Meeting &amp; Motivation 11:00 MM: Daily Wellness 12:15 Music &amp; Movement 1:00 Chair Stretches 2:00 Afternoon Clean Up</p>	<p>3</p> <p>10:00 Morning Meeting &amp; Motivation 11:00 ABE: Math Activity 12:15 Would You Rather 1:00 Strength Training 2:00 Afternoon Clean Up</p> 	<p>4</p> <p>10:00 Morning Meeting &amp; Motivation 11:00 HW: Obesity/Overweight 12:15 BINGO 1:00 Roll the Dice/Let's Get Moving 2:00 Afternoon Clean Up</p>	<p>5</p> <p>10:00 Morning Meeting &amp; Motivation 11:00 Thankful Thursday 11:30 Don's Grill 1:00 Parachute Popcorn 2:00 Afternoon Clean Up</p> 	<p>6</p> <p>10:00 Morning Meeting &amp; Motivation 11:00 ABE: ASL (American Sign Language) 12:15 Full Body stretches 1:00 Strength Training 2:00 Afternoon Clean Up</p>
<p>9</p> <p>10:00 Morning Meeting &amp; Motivation 11:00 MM: Burnout 12:15 Music &amp; Movement 1:00 Chair Yoga 2:00 Afternoon Clean Up</p> 	<p>10</p> <p>10:00 Morning Meeting &amp; Motivation 11:00 ABE: Safety &amp; Hazard Awareness 12:15 Trivia 1:00 Strength Training 2:00 Afternoon Clean Up</p>	<p>11</p> <p><b>World Kidney Day</b></p> <p>10:00 Morning Meeting &amp; Motivation 11:00 HW: Kidney Health 12:15 Family Feud 1:00 News Paper Race 2:00 Afternoon Clean Up</p> 	<p>12</p> <p>10:00 Morning Meeting &amp; Motivation 10:30 Super Stars Bowling 11:30 Silver Stars Choice 1:00 Simon Says 2:00 Afternoon Clean Up</p>	<p>13</p> <p>10:00 Morning Meeting &amp; Motivation 11:00 ABE: ASL (American Sign Language) 12:15 Full Body Stretches 1:00 Strength Training 2:00 Afternoon Deep Clean</p> 
<p>16</p> <p>10:00 Morning Meeting &amp; Motivation 11:00 MM: Suicide Prevention 12:15 Music &amp; Movement 1:00 St. Patrick's Day Craft 2:00 Afternoon Clean Up</p>	<p>17 <b>St. Patrick's Day (Wear Green)</b></p> <p>10:00 Morning Meeting &amp; Motivation 11:00 ABE: Reading Activities 12:15 CC (TBD) 1:00 Art with Icing 2:00 Afternoon Clean Up</p> 	<p>18</p> <p>10:00 Morning Meeting &amp; Motivation 11:00 HW: Flu vs. Cold 12:15 BINGO 1:00 Roll the Dice/Let's Get Moving 2:00 Afternoon Clean Up</p>	<p>19</p> <p>10:00 Morning Meeting &amp; Motivation 11:00 Thankful Thursday 12:15 Trivia 1:00 Walk to the Beat 2:00 Afternoon Clean Up</p> 	<p>20</p> <p>10:00 Morning Meeting &amp; Motivation 11:00 ABE: ASL (American Sign Language) 12:15 Dollar Tree 1:00 Strength Training 2:00 Afternoon Deep Clean</p>
<p>23</p> <p>10:00 Morning Meeting &amp; Motivation 11:00 MM: Schizophrenia 12:15 Music &amp; Movement 1:00 Mediation 2:00 Afternoon Clean Up</p> 	<p>24</p> <p>10:00 Morning Meeting &amp; Motivation 11:00 ABE: Fire Safety 12:15 Craft (TBD) 1:00 Strength Training 2:00 Afternoon Clean Up</p>	<p>25</p> <p>10:00 Morning Meeting &amp; Motivation 11:00 HW: Hormones 12:15 Family Feud 1:00 Musical Chairs 2:00 Afternoon Clean Up</p> 	<p>26</p> <p>10:00 Morning Meeting &amp; Motivation 11:00 Thankful Thursday 12:15 Participant Choice 1:00 Dance (Show Your Moves) 2:00 Afternoon Clean Up</p>	<p>27</p> <p>10:00 Morning Meeting &amp; Motivation 11:00 ABE: ASL (American Sign Language) 12:15 Full Body Stretches 1:00 Strength Training 2:00 Afternoon Deep Clean</p> 
<p>30</p> <p>10:00 Morning Meeting &amp; Motivation 11:00 MM: Long Term Mental Health 12:15 Music &amp; Movement 1:00 Breathing Exercises 2:00 Afternoon Clean Up</p>	<p>24</p> <p>10:00 Morning Meeting &amp; Motivation 11:00 ABE: Writing Activities 12:15 Popcorn &amp; Movie 1:00 Strength Training 2:00 Afternoon Clean Up</p> 	<p><b>Birthdays</b> Polly 13th (Staff) Billy 23rd</p> <p><b>Anniversaries</b> Kevin 18th - 1 yr</p>  	<p><b>Daily Schedule</b></p> <p>8:00 am: Coffee &amp; Conversation 11:30 am: Lunch 1:30 pm: Snack 2:00 pm: Afternoon Clean Up</p> <p>All Activities Subject to Change</p>	<p><b>Key</b></p> <p>ABE: Adult Basic Education MM: Mental Health Monday HW: Health &amp; Wellness CC: Cooking Class V: Video C: Craft</p>