

ADULT LIFE PROGRAMS

Our vision is to be the leading provider of adult day services in NC

Our Mission: To enhance the vitality of participants' lives and support their caregivers by providing quality adult day services designed to keep them connected to and involved in the community.


MARCH 2023

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Day Services Manager

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Daily Schedule

9:30 to 10:00 Breakfast
10:00 to 10:15 Devotions
10:15 to 10:45 Exercise
10:45 to 11:30 Small Groups
11:30 to 12:00 Lunch
12:00 to 12:15 Chores
12:30 to 1:30 Activities
1:30 to 1:45 Snack Time
1:45 to 2:00 Break
2:00 Van Transports
2:15 to 3:15 "Group Time!"
3:30 to 4:30 Individualized Activities

MON	TUES	WED	THURS	FRI
<p>Birthdays: Geneva 26th</p>		<p>1 Exercise: Brain Aerobics</p> <p>Activities: Nail Boutique & St Patrick's Day Bin-</p>	<p>2 10:00 Meals on Wheels</p> <p>Exercise: Let's Sittercize!</p> <p>Activities: 50's & 60's Sing Along</p>	<p>3 Exercise: Chair Yoga to 50's Tunes</p> <p>Activities: Guess 60's TV</p>
<p>6 Exercise: Musical Ball to Dion Belmonts</p> <p>Activities: Let's Find the Leprechauns...</p>	<p>7 Exercise: Let's Sittercize & Guess 60's TV Theme Songs</p> <p>Activities: Let's Paint Shamrocks with Aytala!</p>	<p>8 Exercise: Stretching to The Marcels</p> <p>Activities: Spreading The Word by Pastor Easter</p>	<p>9 Exercise: Clover All Over Day! Let's Pass The Ball</p> <p>Activities: Let's Make Lucky Clover Pins..</p>	<p>10 Exercise: Walking to Hits From Motown</p> <p>Activities: Don't Worry Be Happy Refrigerator Magnet</p>
<p>13 Exercise: Sittercize</p> <p>Activities: Girl Scout Day. Cookie Tasting & Sing Along</p>	<p>14 10:00: Vaya Health Seminar</p> <p>Activities: Baseball Cap Day- Let's take a ride to the Crawdad's Stadium</p>	<p>15 Exercise: Heart & Soul Workout</p> <p>Activities: Name Everything with an M Day Game.. Marvelous Day Bingo!</p>	<p>16 Exercise: Chair Yoga with Cherry</p> <p>Activities: What do Colors Mean Game?</p>	<p>17 St Patrick's Day/ Monthly Birthday party- Wear Green!</p> <p>Cooking Class: Shamrock Poke Cake & Shake</p>
<p>20 Exercise: Walking to Doo Wop</p> <p>Activities: Shamrock Mason Jar Centerpiece- Part 1</p>	<p>21 Exercise: Yoga Moves with Sherry</p> <p>Activities: Dress Wacky Tacky Today! Let's Play Wacky Tacky Race Game..</p>	<p>22 Exercise: Stretching To Chubby Checker's Hits</p> <p>Activities: Spreading the Word by Pastor Easter & Bingo</p>	<p>23 Exercise: Sittercize</p> <p>Activities: Shamrock Mason Jar Centerpiece- Part 2</p>	<p>24 Exercise: Parachute Fun</p> <p>Activities: Wear your clothes Inside out~ Inside Outside Game</p>
<p>27 Exercise: March Spiro Movement</p> <p>Activities: Let's Have Lunch at Dominos Pizza!</p>	<p>28 Exercise: Sittercize to "Walking on Sunshine!"</p> <p>Activities: Shamrock Photo Frame - Part 1</p>	<p>29 Exercise: Walking to Frankie Avalon!</p> <p>Activities: Old People Are Cool</p>	<p>30 Exercise: Seated Disco Work</p> <p>Activities: Shamrock Photo Frame- Part 2</p>	<p>31 Exercise: Table Volleyball</p> <p>Activities: Let's Learn Some Line Dances & Play Dance Trivia</p>

1:1 Activities are subject to change based on the needs of each individual participant