

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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| MON | TUES | WED | THURS | FRI |
|--|---|--|---|---|
| | | | | |
| | | 1 8:30-coffee & current events 10:00-exercise-stretches 10:30-Hoarding w/ VAYA 12:30-Art & Crafts 1:30-Individual Living Skills | 2 8:30-coffee & current events 10:00-exercise-walking 10:30-Reading skills-M 12:30-Spelling 1:30-Individual Living Skills | 3 8:30-coffee & current events 10:00-exercise-stretches 10:30-Participant's Council Meeting 12:30-board games 1:30-Individual Living Skills |
| 6 8:30-coffee & current events Wear something Blue 10:00-exercise-stretches 10:30-MH w/ Kim 12:30-Health Tips-P 1:30-Individual Living Skills | 7 8:30-coffee & current events 10:00-beachball toss 10:30-211-United Way 12:30-Meal Planning-T 1:30-Individual Living Skills | 8 8:30-coffee & current events 10:00-exercise-stretches 10:30-Budget shopping-T 12:30-Golf 1:30-Individual Living Skills | 9 8:30-coffee & current events 10:00-facial exercises 10:30-Chef's Corner-Spaghetti/salad/library 12:30-bingo 1:30-Individual Living Skills | 10 8:30-coffee & current events 10:00-exercise-stretches 10:30-Gem's outing/Anagram 12:30-before/after-M 1:30-Individual Living Skills |
| 13 8:30-coffee & current events 10:00-exercise-stretches 10:30-MH w/Kim 12:30-Spelling-Skills 1:30-Individual Living Skills | 14 8:30-coffee & current events 10:00-exercise-stretches 10:30-singalong/What comes next-math skills 12:30-time w/Judy 1:30-Individual Living Skills | 15 8:30-coffee & current events 10:00-music chairs 10:30-Vol. Opportunity-Meals on Wheels/money management-J 12:30-Air Hockey 1:30-Individual Living | 16 8:30-coffee & current events 10:00-Community outing to the movies 12:30-Patio chat 1:30-Individual Living Skills | 17 8:30-coffee & current events wear something green 10:00-exercise-stretches 10:30-budget shopping-T 12:30-St. Patrick reading-A 1:30-Individual Living Skills |
| 20 8:30-coffee & current events 10:00-exercise-stretches 10:30-Spring Cleaning 12:00-Cookout/patio putt putt/corn hole 1:30-Individual Living | 21 8:30-coffee & current events 10:00-parachute toss 10:30-bowling at Pin Station 12:30-March Madness 1:30-Individual Living | 22 8:30-coffee & current events 10:00-exercise-stretches 10:30-Geography-Spain 12:30-Chef's Corner-churros 1:30-Individual Living Skills | 23 8:30-coffee & current events 10:00-beanbag throw 10:30-Confidence Stories 12:30-Sensory Awaken 1:30-Individual Living Skills | 24 8:30-coffee & current events 10:00-exercise-stretches 10:30-Jeopardy-k 11:30-trip to Train Depot Newton 1:30-Individual Living Skills |
| 27 8:30-coffee & current events 10:00-exercise-stretches 10:30-Gent's outing/anagram 12:30-Deal/No Deal 1:30-Individual Living | 28 8:30-coffee & current events 10:00-beachball toss 10:30-Springtime Bingo 12:30-spelling-word ladder game 1:15-Devotion w/ Pastor Marcus/picture this | 29 8:30-coffee & current events 10:00-facial exercises 10:30-library/Hangman 12:30-math skills 1:30-Individual Living Skills | 30 8:30-coffee & current events 10:00-walking at the Farmer's market 10:30-wacky words 12:30-Color therapy 1:30-Individual Living Skills | 31 8:30-coffee & current events 10:00-hot potato toss 10:30-Brain Games 12:30-ice cream social 1:30-Individual Living Skills |
| Birthday's Sasha-1st Jasmine- 6th | | | | |

**** Activities are subject to change ****

We are an equal Opportunity provider