

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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MON	TUES	WED	THURS	FRI
Bo—3/14(12years) Betty-3/15(1year)	Margie-3/3 Micheie-3/3(staff) Sherry-4/7 Blake-3/12(staff) Ariana-3/17 Viola-3/28(staff)	1 10:00-11:15 Singing & Dancing w/ Macon Spring Into Spring Month 1:00-1:45 Participants Council Meeting Green Month Shamrock Month Color Therapy Month	2 10:00-11:15 Morning Song Fun Exercise/ The Cat in the Hat Day 1:00-1:45 Interactive Card Games/ Small Group Sessions Storytelling Month	3 10:00-11:15 Inspirational Songs Birthday Activity w/ Margie & Michele Employee Appreciation Day 12:30-1:45 Movie Friday/ Individual Activities Pet Therapy w/ Billy & Lakota
6 10:00-11:15 Morning Star/ Quilting Month Guesstures w/ Des 1:00-1:45 Checkers Tournament	7 10:00-11:15 Morning Song Tone It Up Tuesday National Cereal Day Birthday Activity w/ Sherry 1:00-1:45 Singing w/ Jim Coffey	8 10:00-11:15 Select-a-Song Fun Exercise International Women's Day and Working Women's Day 1:00-1:45 Let's Play Bingo	9 10:00-11:15 Moving to the Oldies Choose Your Words Well Day Activity 1:00-1:45 Chip Chat Day Social	10 10:00-11:15 Select-a-Song Fun Move w/ Yoga Group 1:00-1:45 Birthday Activity w/ Blake
13 Select-a-Song Fun Exercise Activity w/ The Doves 1:00-1:45 Brain Awareness Week	14 10:00-11:15 Morning Song Tone It Up Tuesday March Madness Tournament Begins /Cooking Social 1:00-1:45 Baseball Cap Day	15 10:00-11:15 A word w/ Ben Select-a-Song Fun Exercise 1:00-1:45 Baseball w/ Amanda Name Everything "M" Day	16 10:00-11:15 Moving to the Oldies / Activity w/ Hog & Kisses 1:00-1:45 Birthday Activity w/ Ariana	17 10:00-11:15 Morning Song Exercise St Patrick's Fashion Show 12:30-1:45 Movie Friday/ Individual Activities
20 10:00-11:15 Moving to the Oldies Act Happy Week 1:00-1:45 World Story Telling Day w/ Wanda /Glenn	21 10:00-11:15 Morning Song Tone It Up / Ag Day 1:00-2:00 Color Therapy Month	22 10:00-11:15 Select-a-Song Fun Exercise Bubbles in Your Water Day 1:00-1:45 Connect Four	23 10:00-11:15 Moving to the Oldies VAYA Health Training 1:00-1:45 Beading Jewelry w/ Elizabeth	24 10:00-11:15 Inspirational Songs Celebrate Anything Day 12:45-1:45 Make Up a Holiday
27 10:00-11:15 Morning Song Fun Corkscrew Day Activity 12:30-1:45 Price is Right	28 10:00-11:15 Morning Song Tone It Up Tuesday Birthday Activity w/ Viola 1:00-1:45 Sentimental Sing-along; Songs of Road ,River and Rail	29 10:00-11:15 Select-a-Song Fun Exercise / Men Group Meeting Learn Some Spanish Day 1:00--1:45 Craft Activity w/ Carlos	30 10:00-11:15 Moving to the Oldies / 20 Questions 1:00-1:45 Small Group:	31 10:00-11:15 Inspirational Songs Oranges and Lemons Day 1:00-1:45 Bad Boys of Conover

** Activities are subject to change **

This institution is an equal opportunities provider