


March 2023

CIRCLE CENTER ADULT DAY SERVICES
4900 WEST MARSHALL STREET
COZY CORNER CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Activity Domains:</p> <p>Physical (P) Cognitive (C) Outdoor (O) Creative (CR) Reflective (R) Productive (PR) Social (S) Nature (N)</p>	<p>1) 8:00 Coffee and Conversation (R, S) 8:45 Wii Games (C, P) 10:00 Snack 10:30 Chair Exercise (P) 11:00 Word Puzzle (C) 11:30 Music/Coloring (C, P, R, S) 12:00 Lunch 12:45 Montessori (C, S) 1:15 Weight Lifting (P) 2:00 Snack 2:30 Music Appreciation (C, R) 3:00 Cranium Crunches (C)</p>	<p>2) 8:00 Coffee and Conversation (R, S) 8:45 Who, What, When, Where? (C, R) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Tell Me A Story (C, CR, R) 11:30 Wii Games/Music/Coloring (C, P, R, S) 12:00 Lunch 12:45 Montessori (C, S) 1:15 R.O.M. (P) 2:00 Snack 2:30 Memories through Painting (R, PR, CR) 3:00 Cranium Crunches (C)</p>	<p>3) 8:00 Coffee and Conversation (R, S) 8:45 Are We There Yet? (R) 10:00 Snack 10:30 Chair Exercise (P) 11:00 Name 5 (C) 11:30 Wii Games/Music/Coloring (C, P, R, S) 12:00 Lunch 12:45 Montessori (C, S) 1:15 Let's Move! (CR, P) 2:00 Snack 2:30 Nurtured with Nature (N) 3:00 Cranium Crunches (C)</p>
<p>6) 8:00 Coffee and Conversation (R, S) 8:45 Remember When? (C, R) 10:00 Snack 10:30 Chair Exercise (P) 11:00 Junk Drawer Detective (C) 11:30 Wii Games/Music/Coloring (C, P, R, S) 12:00 Lunch 12:45 Montessori (C, S) 1:15 Weight Lifting (P) 2:00 Snack 2:30 This Week in History (C, R) 3:30 Cranium Crunches (C)</p>	<p>7) 8:00 Coffee and Conversation (R, S) 8:45 Game Time Fun (C) 10:00 Snack 10:30 Chair Exercise (P) 11:00 Matching Games (C) 11:30 Wii Games/Music/Coloring (C, P, R, S) 12:00 Lunch 12:45 Montessori (C, S) 1:15 Weight Lifting (P) 2:00 Snack 2:30 What's in the Bag? (C, R) 3:00 Cranium Crunches (C)</p>	<p>8) 8:00 Coffee and Conversation (R, S) 8:45 Wii Games (C, P) 10:00 Snack 10:30 Chair Exercise (P) 11:00 Word Puzzle (C) 11:30 Music/Coloring (C, P, R, S) 12:00 Lunch 12:45 Montessori (C, S) 1:15 Weight Lifting (P) 2:00 Snack 2:30 Music Appreciation (C, R) 3:00 Cranium Crunches (C)</p>	<p>9) 8:00 Coffee and Conversation (R, S) 8:45 Who, What, When, Where? (C, R) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Tell Me A Story (C, CR, R) 11:30 Wii Games/Music/Coloring (C, P, R, S) 12:00 Lunch 12:45 Montessori (C, S) 1:15 R.O.M. (P) 2:00 Snack 2:30 Memories through Painting (R, PR, CR) 3:00 Cranium Crunches (C)</p>	<p>10) 8:00 Coffee and Conversation (R, S) 8:45 Are We There Yet? (R) 10:00 Snack 10:30 Chair Exercise (P) 11:00 Name 5 (C) 11:30 Wii Games/Music/Coloring (C, P, R, S) 12:00 Lunch 12:45 Montessori (C, S) 1:15 Let's Move! (CR, P) 2:00 Snack 2:30 Nurtured with Nature (N) 3:00 Cranium Crunches (C)</p>
<p>13) 8:00 Coffee and Conversation (R, S) 8:45 Remember When? (C, R) 10:00 Snack 10:30 Chair Exercise (P) 11:00 Junk Drawer Detective (C) 11:30 Montessori/Music/Coloring (C, P, R, S) 12:00 Lunch 12:45 Montessori (C, S) 1:15 Weight Lifting (P) 2:00 Snack 2:30 This Week in History (C, R) 3:30 Cranium Crunches (C)</p>	<p>14) 8:00 Coffee and Conversation (R, S) 8:45 Game Time Fun (C) 10:00 Snack 10:30 Chair Exercise (P) 11:00 Matching Games (C) 11:30 Montessori/Music/Coloring (C, P, R, S) 12:00 Lunch 12:45 Montessori (C, S) 1:15 Weight Lifting (P) 2:00 Snack 2:30 What's in the Bag? (C, R) 3:00 Cranium Crunches (C)</p>	<p>15) 8:00 Coffee and Conversation (R, S) 8:45 Wii Games (C, P) 10:00 Snack 10:30 Chair Exercise (P) 11:00 Word Puzzle (C) 11:30 Montessori/Music/Coloring (C, P, R, S) 12:00 Lunch 12:45 Montessori (C, S) 1:15 Weight Lifting (P) 2:00 Snack 2:30 Music Appreciation (C, R) 3:00 Cranium Crunches (C)</p>	<p>16) 8:00 Coffee and Conversation (R, S) 8:45 Who, What, When, Where? (C, R) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Tell Me A Story (C, CR, R) 11:30 Montessori/Music/Coloring (C, P, R, S) 12:00 Lunch 12:45 Montessori (C, S) 1:15 R.O.M. (P) 2:00 Snack 2:30 Memories through Painting (R, PR, CR) 3:00 Cranium Crunches (C)</p>	<p>17) Wear Green for St. Patrick's Day 8:00 Coffee and Conversation (R, S) 8:45 Good Luck Charms Program (R) 9:30 Snack 10:00 St. Patrick's Day Bingo with Genworth 11:30 Montessori/Music/Coloring (C, P, R, S) 12:00 Lunch 12:45 Montessori (C, S) 1:15 Let's Move! (CR, P) 2:00 Snack 2:30 Are We There Yet? Travel to Ireland (R) 3:00 Cranium Crunches (C)</p>

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20) 8:00 Coffee and Conversation (R, S) 8:45 Remember When? (C, R) 10:00 Snack 10:30 Chair Exercise (P) 11:00 Junk Drawer Detective (C) 11:30 Wii Games/Music/Coloring (C, P, R, S) 12:00 Lunch 12:45 Montessori (C, S) 1:15 Weight Lifting (P) 2:00 Snack 2:30 This Week in History (C, R) 3:30 Cranium Crunches (C)	21) 8:00 Coffee and Conversation (R, S) 8:45 Game Time Fun (C) 10:00 Snack 10:30 Chair Exercise (P)/ 10:30 Visit with Fred (S) 11:00 Matching Games (C) 11:30 Wii Games/Music/Coloring (C, P, R, S) 12:00 Lunch 12:45 Montessori (C, S) 1:15 Weight Lifting (P) 2:00 Snack 2:30 What's in the Bag? (C, R) 3:00 Cranium Crunches (C)	22) 8:00 Coffee and Conversation (R, S) 8:45 Wii Games (C, P) 10:00 Snack 10:30 Chair Exercise (P) 11:00 Word Puzzle (C) 11:30 Music/Coloring (C, P, R, S) 12:00 Lunch 12:45 Montessori (C, S) 1:15 Weight Lifting (P) 2:00 Snack 2:30 Music Appreciation (C, R) 3:00 Cranium Crunches (C)	23) 8:00 Coffee and Conversation (R, S) 8:45 Who, What, When, Where? (C, R) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Tell Me A Story (C, CR, R) 11:30 Wii Games/Music/Coloring (C, P, R, S) 12:00 Lunch 12:45 Montessori (C, S) 1:15 R.O.M. (P) 2:00 Snack 2:30 Memories through Painting (R, PR, CR) 3:00 Cranium Crunches (C)	24) 8:00 Coffee and Conversation (R, S) 8:45 Are We There Yet? (R) 10:00 Snack 10:30 Chair Exercise (P) 11:00 Name 5 (C) 11:30 Wii Games/Music/Coloring (C, P, R, S) 12:00 Lunch 12:45 Montessori (C, S) 1:15 Let's Move! (CR, P) 2:00 Snack 2:30 Nurtured with Nature (N) 3:00 Cranium Crunches (C)
27) 8:00 Coffee and Conversation (R, S) 8:45 Remember When? (C, R) 10:00 Snack 10:30 Chair Exercise (P) 11:00 Junk Drawer Detective (C) 11:30 Wii Games/Music/Coloring (C, P, R, S) 12:00 Lunch 12:45 Montessori (C, S) 1:15 Weight Lifting (P) 2:00 Snack 2:30 This Week in History (C, R) 3:30 Cranium Crunches (C)	28) 8:00 Coffee and Conversation (R, S) 8:45 Game Time Fun (C) 10:00 Snack 10:30 Chair Exercise (P) 11:00 Matching Games (C) 11:30 Wii Games/Music/Coloring (C, P, R, S) 12:00 Lunch 12:45 Montessori (C, S) 1:15 Weight Lifting (P) 2:00 Snack 2:30 What's in the Bag? (C, R) 3:00 Cranium Crunches (C)			

NON-DISCRIMINATION STATEMENT: In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Wellness Schedule: M-F 10:00 am-11:30 am *Times of class subject to change*

- Monday: Exercise**
- Tuesday: Games**
- Wednesday: Music**
- Thursday: Art**
- Friday: Drumming Exercise**

Participants are encouraged to choose recreational programs of interest, consistent with their plan of care, and make suggestions of other activities they would enjoy. Activities are subject to change and changes will be posted.

*One to One activities are also available and include the following: Reading, Montessori, puzzles, conversation, walking, coloring, iPad activities, games/cards, gardening and patio time, and spiritual/devotional activities.

*One to One time scheduled with volunteers Eric, Kimberly, Laurie, and Marian weekly.

Art Volunteer, Charlotte, scheduled on Thursdays at 1:00 weekly to assist with Art Program

Highlighted Activities are programs provided by volunteers from the community