


March 2023

CIRCLE CENTER ADULT DAY SERVICES
4900 WEST MARSHALL STREET
LARGE ACTIVITY ROOM 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)</p> <p>8:00 Coffee and Conversation (R, S) 8:45 Word Puzzles (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Participant Support Group (R, S) 12:00 Lunch 1:00 Music Appreciation (C, R) 2:00 Snack 2:30 Weight Lifting (P) 3:15 Cranium Crunches (C)</p>	<p>2)</p> <p>8:00 Relax and Create (R, PR, CR) 8:45 Who What, Where, & When (C, R) 9:00 Snack 9:30 Master Gardeners (N, CR, C) 10:30 Tell Me A Story (C, CR, R) 12:00 Lunch 1:00 Memories through Painting (R, PR, CR) 2:00 Snack 2:30 R.O.M. (P) 3:15 Cranium Crunches (C)</p>	<p>3)</p> <p>8:00 Coffee and Conversation (R, S) 8:45 Name 5 (C) 9:30 Chair Exercise 10:00 Snack 10:30 Are We There Yet? (R) 12:00 Lunch 1:00 Nurtured with Nature (N) 2:00 Snack 2:30 Weight Lifting (P) 3:15 Cranium Crunches (C)</p>
<p>6)</p> <p>8:00 Coffee and Conversation (R, S) 8:45 Junk Drawer Detective (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Remember When? (C, R) 12:00 Lunch 1:00 This Week in History (C, R) 2:00 Snack 2:30 Weight Lifting (P) 3:15 Cranium Crunches (C)</p>	<p>7)</p> <p>8:00 Coffee and Conversation (R, S) 8:45 Matching Games (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Game Time Fun (C) 12:00 Lunch 1:00 What's in the Bag (C, R) 2:00 Snack 2:30 R.O.M. (P) 3:15 Cranium Crunches (C)</p>	<p>8)</p> <p>8:00 Coffee and Conversation (R, S) 8:45 Word Puzzles (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Participant Support Group (R, S) 12:00 Lunch 1:00 Music Appreciation (C, R) 2:00 Snack 2:30 Weight Lifting (P) 3:15 Cranium Crunches (C)</p>	<p>9)</p> <p>8:00 Relax and Create (R, PR, CR) 8:45 Who What, Where, & When (C, R) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Tell Me A Story (C, CR, R) 12:00 Lunch 1:00 Memories through Painting (R, PR, CR) 2:00 Snack 2:30 R.O.M. (P) 3:15 Cranium Crunches (C)</p>	<p>10)</p> <p>8:00 Coffee and Conversation (R, S) 8:45 Name 5 (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Are We There Yet? (R) 12:00 Lunch 1:00 Nurtured with Nature (N) 2:00 Snack 2:00 Dear Abby with Rachel (S) 3:15 Cranium Crunches (C)</p>
<p>13)</p> <p>8:00 Coffee and Conversation (R, S) 8:45 Junk Drawer Detective (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Remember When? (C, R) 12:00 Lunch 1:00 This Week in History (C, R) 2:00 Snack 2:30 Weight Lifting (P) 3:15 Cranium Crunches (C)</p>	<p>14)</p> <p>8:00 Coffee and Conversation (R, S) 8:45 Matching Games (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Game Time Fun (C) 12:00 Lunch 1:00 What's in the Bag (C, R) 2:00 Snack 2:00 Dear Abby with Rachel (S) 3:15 Cranium Crunches (C)</p>	<p>15)</p> <p>8:00 Coffee and Conversation (R, S) 8:45 Word Puzzles (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Participant Support Group (R, S) 12:00 Lunch 1:00 Music Appreciation (C, R) 2:00 Snack 2:30 Weight Lifting (P) 3:15 Cranium Crunches (C)</p>	<p>16)</p> <p>8:00 Relax and Create (R, PR, CR) 8:45 Who What, Where, & When (C, R) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Tell Me A Story (C, CR, R) 12:00 Lunch 1:00 Memories through Painting (R, PR, CR) 2:00 Snack 2:30 R.O.M. (P) 3:15 Cranium Crunches (C)</p>	<p>17) Wear Green for St. Patrick's Day</p> <p>8:00 Coffee and Conversation (R, S) 8:45 Good Luck Charms Program (C) 9:30 Snack 10:00 St. Patrick's Day Bingo with Genworth 12:00 Lunch 1:00 Are We There Yet? Travel to Ireland (R) 2:00 Snack 2:30 Weight Lifting (P) 3:15 Cranium Crunches (C)</p>

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20) 8:00 Coffee and Conversation (R, S) 8:45 Junk Drawer Detective (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Remember When? (C, R) 12:00 Lunch 1:00 This Week in History (C, R) 2:00 Snack 2:30 Weight Lifting (P) 3:15 Cranium Crunches (C)	21) 8:00 Coffee and Conversation (R, S) 8:45 Matching Games (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Visit with Fred (S) 10:30 Game Time Fun (C) 12:00 Lunch 1:00 What's in the Bag (C, R) 2:00 Snack 2:30 R.O.M. (P) 3:15 Cranium Crunches (C)	22) 8:00 Coffee and Conversation (R, S) 8:45 Word Puzzles (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Participant Support Group (R, S) 12:00 Lunch 1:00 Music Appreciation (C, R) 2:00 Snack 2:30 Weight Lifting (P) 3:15 Cranium Crunches (C)	23) 8:00 Relax and Create (R, PR, CR) 8:45 Who What, Where, & When (C, R) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Tell Me A Story (C, CR, R) 12:00 Lunch 1:00 Memories through Painting (R, PR, CR) 2:00 Snack 2:30 R.O.M. (P) 3:15 Cranium Crunches (C)	24) 8:00 Coffee and Conversation (R, S) 8:45 Name 5 (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Are We There Yet? (R) 12:00 Lunch 1:00 Nurtured with Nature (N) 2:00 Snack 2:00 Dear Abby with Rachel (S) 3:15 Cranium Crunches (C)
27) 8:00 Coffee and Conversation (R, S) 8:45 Junk Drawer Detective (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Remember When? (C, R) 12:00 Lunch 1:00 This Week in History (C, R) 2:00 Snack 2:30 Weight Lifting (P) 3:15 Cranium Crunches (C)	28) 8:00 Coffee and Conversation (R, S) 8:45 Matching Games (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Game Time Fun (C) 12:00 Lunch 1:00 What's in the Bag (C, R) 2:00 Snack 2:00 Dear Abby with Rachel (S) 3:15 Cranium Crunches (C)	29) 8:00 Coffee and Conversation (R, S) 8:45 Word Puzzles (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Participant Support Group (R, S) 12:00 Lunch 1:00 Music Appreciation (C, R) 2:00 Snack 2:30 Weight Lifting (P) 3:15 Cranium Crunches (C)	30) 8:00 Relax and Create (R, PR, CR) 8:45 Who What, Where, & When (C, R) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Tell Me A Story (C, CR, R) 12:00 Lunch 1:00 Memories through Painting (R, PR, CR) 2:00 Snack 2:30 R.O.M. (P) 3:15 Cranium Crunches (C)	31) 8:00 Coffee and Conversation (R, S) 8:45 Name 5 (C) 9:30 Chair Exercise 10:00 Snack 10:30 Are We There Yet? (R) 12:00 Lunch 1:00 Nurtured with Nature (N) 2:00 Snack 2:30 Weight Lifting (P) 3:15 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