


March 2023

CIRCLE CENTER ADULT DAY SERVICES
4900 WEST MARSHALL STREET
SMALL ACTIVITY ROOM CALENDAR

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

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Monday	Tuesday	Wednesday	Thursday	Friday
20) 8:00 Coffee and Conversation (R, S) 8:30 Junk Drawer Detective (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 This Week in History (C, R) 11:30 Lunch 12:30 Weight Lifting (P) 1:30 Snack 2:00 Remember When? (C, R) 3:00 Cranium Crunches (C)	21) 8:00 Coffee and Conversation (R, S) 8:30 Matching Games (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 What's in the Bag? (C, R) 10:30 Visit with Fred (S) 11:30 Lunch 12:30 R.O. M. (P) 1:30 Snack 2:00 Game Time Fun (C) 3:00 Cranium Crunches (C)	22) 8:00 Coffee and Conversation (R, S) 8:30 Word Puzzles (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Music Appreciation (C, R) 11:30 Lunch 12:30 Participant Support Group (R, S) 1:30 Snack 2:00 Weight Lifting (P) 3:00 Cranium Crunches (C)	23) 8:00 Coffee and Conversation (R, S) 8:30 Who What, Where, & When (C, R) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Memories through Painting (R, PR, CR) 11:30 Lunch 12:30 R.O.M. (P) 1:30 Snack 2:00 Tell Me A Story (C, CR, R) 3:00 Cranium Crunches (C)	24) 8:00 Coffee and Conversation (R, S) 8:30 Name 5 (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Nurtured with Nature (N) 11:30 Lunch 12:30 Let's Move! (CR, P) 1:30 Snack 2:00 Are We There Yet? (R) 3:00 Cranium Crunches (C)
27) 8:00 Coffee and Conversation (R, S) 8:30 Junk Drawer Detective (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 This Week in History (C, R) 11:30 Lunch 12:30 Weight Lifting (P) 1:30 Snack 2:00 Remember When? (C, R) 3:00 Cranium Crunches (C)	28) 8:00 Coffee and Conversation (R, S) 8:30 Matching Games (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 What's in the Bag? (C, R) 11:30 Lunch 12:30 R.O. M. (P) 1:30 Snack 2:00 Game Time Fun (C) 3:00 Cranium Crunches (C)	29) 8:00 Coffee and Conversation (R, S) 8:30 Word Puzzles (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Music Appreciation (C, R) 11:30 Lunch 12:30 Participant Support Group (R, S) 1:30 Snack 2:00 Weight Lifting (P) 3:00 Cranium Crunches (C)	30) 8:00 Coffee and Conversation (R, S) 8:30 Who What, Where, & When (C, R) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Memories through Painting (R, PR, CR) 11:30 Lunch 12:30 R.O.M. (P) 1:30 Snack 2:00 Tell Me A Story (C, CR, R) 3:00 Cranium Crunches (C)	31) 8:00 Coffee and Conversation (R, S) 8:30 Name 5 (C) 9:00 Chair Exercise (P) 9:30 Snack 10:00 Nurtured with Nature (N) 11:30 Lunch 12:30 Let's Move! (CR, P) 1:30 Snack 2:00 Are We There Yet? (R) 3:00 Cranium Crunches (C)

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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