

March

2023

ADULT DAY CARE ACTIVITIES CALENDAR- DELRAY



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Morning Celebration 10- Stretch & Flex 11- Coffee Shoppe Club 1- Current Events w/Eric 2- Reminiscence Activity 3- White Board Games 4- Trivia Time 5- Open Game Play	Morning Celebration 10- Chair Exercise 11- Trivia or Art Class 1- Jeopardy 2- Live Entertainment 3- Word Wheel 4- Reminiscence Activity 5- Relaxation Music	Morning Celebration 10- Move Your Body! 11- Men's/Women's Club 1- TAI CHI 2- Movie Time 3- Play Ball! 4- Nature Walk 5- Open Art
6	7	8	9	10
Morning Celebration 10- Music in the Morning 11- Exercise w/Blanca 1- Bingo 2- Live Entertainment 3- Reminiscence Activity 4- Afternoon Stretches 5- Open Art	Morning Celebration 10- This Day in History 11- Lady's Spa/ Men's Club 1- Travel Talk 2- Table Games/Social Time 3- Afternoon Stretches 4- Nature Talk 5- Open Music	Morning Celebration 10- Stretch & Flex 11- Coffee Shoppe Club 1- Current Events w/Eric 2- Brain Games 3- White Board Games 4- Word Wheel 5- Open Game Play	Morning Celebration 10- Guided Meditation 11- Trivia or Art Class 1- Jeopardy 2- Live Entertainment 3- Beading Craft 4- Chat Pack 5- Relaxation Music	Morning Celebration 10- Move Your Body! 11- Men's/Women's Club 1- TAI CHI 2- Movie Time 3- Nature Walk 4- Game Battles 5- Open Art
13	14	15	16	17
Morning Celebration 10- Music in the Morning 11- Exercise w/Blanca 1- Bingo 2- Live Entertainment 3- You Be the Judge 4- Word Wheel 5- Open Art	Morning Celebration 10- Morning News 11- Lady's Spa/ Men's Club 1- Travel Talk 2- Table Games/Social Time 3- Afternoon Stretches 4- Trivia Time 5- Open Game Play	Morning Celebration 10- Stretch & Flex 11- Coffee Shoppe Club 1- Current Events w/Eric 2- Reminiscence Activity 3- White Board Games 4- Nature Talk 5- Relaxation Music	Morning Celebration 10- Guided Meditation 11- Trivia or Art Class 1- Jeopardy 2- St. Patty's Day Party! 3- Beading Craft 4- Chat Pack 5- Relaxation Music	Morning Celebration 10- Move Your Body! 11- Men's/Women's Club 1- TAI CHI 2- Movie Time 3- Play Ball! 4- Nature Walk 5- Open Art
20	21	22	23	24
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27	28	29	30	31
Morning Celebration 10- Music in the Morning 11- Exercise w/Blanca 1- Bingo 2- Live Entertainment 3- You Be the Judge 4- Word Wheel 5- Open Art	Morning Celebration 10- Current Events 11- Lady's Spa/ Men's Club 1- Travel Talk 2- Table Games/Social Time 3- Let's Learn! 4- Nature Talk 5- Open Music Time	Morning Celebration 10- Stretch & Flex 11- Coffee Shoppe Club 1- Current Events w/Eric 2- Brain Games 3- White Board Games 4- Word Wheel 5- Open Game Play	Morning Celebration 10- Guided Meditation 11- Trivia or Art Class 1- Jeopardy 2- Live Entertainment 3- Beading Craft 4- Chat Pack 5- Relaxation Music	Morning Celebration 10- Virtual Museum-JFK LIBRARY and MUSEUM- BOSTON, MA 11- Men's/Women's Club 1- TAI CHI 2- Movie Time 3- Nature Walk 4- Game Battles 5- Open Art

