



ADULT DAY PROGRAM

MARCH 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Celebrating Holi/Happy Purim 9:45-Fitness-Full Body Fit 10:45-Rhyme Away 1:00-Tower Toss 2:00-Holi Celebration/Holi Sand Art	3. Happy Holi/Happy Purim 9:45- NEW Art Therapy with Zainab 10:45-Active Game-Stack Tower Toss Game 1:00-Gentle Motion & Mobility 2:00-Doll Festival Japan	4. Happy Holi/Happy Purim 9:45-Lucky Coin Tabletop Slide 10:45-Art Time-Watercolor 1:00-Gentle Motion & Mobility 2:00-Leisure Lounge	5. 9:45-Gentle Breathing 10:15-Seated Boxing with Terrance 10:45-Music Memories-Remember When... 1:00-Body Break 1:15- NEW Art Therapy with Zainab /Team Grab and Go 2:00-Leisure Lounge	6. Celebrating International Women's Day 9:45- NEW Art Therapy with Zainab 10:45-Fitness-Full Body 1:00-International Women's Day Celebration 1:00-Boys in the Back cards 2:00-Leisure Lounge
9. Lucky Gold Coin Guess 9:45-Active Game-Team Clothespin Tower Game 10:45-Best Gest Trivia 1:00-Fitness-Gentle Motion & Mobility 2:00-Leisure Lounge	10. Lucky Gold Coin Guess 9:45- NEW Art Therapy with Zainab 10:45-Fitness-Body Fit 1:00-Cup Stack Challenge 2:00-Leisure Lounge	11. Lucky Gold Coin Guess 9:45-Balloon Pickleball 10:45-Brain Games-Sudoku 1:00-Fitness-Scarf Sway 2:00-Leisure Lounge	12. Lucky Gold Coin Guess 9:45-Current Events 10:45-Fitness-Get Up and Go 1:00-Body Break 1:15- NEW Art Therapy with Zainab /Team Dice and Cup Game 2:00-Leisure Lounge	13. Lucky Gold Coin Guess 9:45- NEW Art Therapy with Zainab 10:45-Fitness-Arms & Chest 1:00-Floor Game-Twister Rainbow Match 2:00-Leisure Lounge
16. Celebrating Harmony Day 9:45-Fitness-Wake Up the Body 10:45-Travelogue-Ireland 1:00-Active Game-Tower Toss 2:00-Postcards of Love and Forgiveness	17. Happy St Patrick's Day 9:45- NEW Art Therapy with Zainab 10:45-Fitness-Full Body 1:00-St Patrick's Celebration 2:00-Lucky Lime Jello Cart Treat/Truth or Blarney Word Game	18. 9:45- No-Bake Mini Fruit Tarts/Boys in the Back (Kings Corner) 10:45-Fitness-Full Body 1:00-Sit Stand Musical Ball 2:00-Together Time & Connections	19. 9:45-Morning Moves 10:15-Seated Boxing with Terrance 10:45-Grounded Moments of Reflection 1:00-Cranium Crunchers (Jumble Word Game) 1:15- NEW Art Therapy with Zainab /Watercolor 2:00-Leisure Lounge	20. Spring Equinox 9:45- NEW Art Therapy with Zainab 10:45-Spring Equinox Education /Discussion 1:00-Spring Dance Moves/Spring Fling Celebration 2:00-Spring Frozen Yogurt Pops/Spring Bingo

<p>23. 9:45-Fitness-Full Body 10:45-Rhyming in Teams 1:00-Tower Toss with a Twist 2:00-NEW Getting to Know You</p>	<p>24. 9:45-NEW Art Therapy with Zainab 10:45-Hoop 'n' Score 1:00-Fitness-Cardio Fit 2:00-Leisure Lounge</p>	<p>25. 9:45-Circle Hoop Noodle Pass 10:45-Travel to the Beach 1:00-Fitness-Spring SLOT Moves 2:00-Leisure Lounge</p>	<p>26. Rama Navami 9:45-Toss & Remember 10:45-Bob Marley: A Music Appreciation Moment 1:00-Body Break 1:15-NEW Art Therapy with Zainab/Cooperative Games 2:00-Leisure Lounge</p>	<p>27. Rama Navami 9:45-NEW Art Therapy with Zainab 10:45-March Voices & Views 1:00-Fitness-Full Body 2:00-Leisure Lounge</p>
<p>30. 9:45-Discussion Group-Looking Forward to May 10:45-Fitness-Mixed Movement 1:00-Bocce Ball 2:00-Travelouge-Scenic Drives & Road Trip</p>	<p>31. Mahavir Jayanti 9:45-NEW Art Therapy with Zainab 10:45- Active Game-Clothespin Tower Game 1:00-Fitness-Full Body 2:00-Beautiful Garden Travel Tour</p>			

DAILY OFFERINGS:

8:30-9:30 am – Caffeine Social – Creates a therapeutic gathering sot for clients to experience a rich array of psychological, emotional, and cognitive benefits, reinforcing the mission of the Adult Day Program to nurture the whole person through dignity, connection, and joy.

12:00-1:00 pm – Lunch - Clients experience a thoughtful menu capturing cultural cuisines and a palate that supports the nutritional needs of our seniors

2:15-3:00 pm – Sensible Snack & Client Leisure time – Client leisure time plays a crucial role in the holistic care of seniors within our Adult Day Program. Unlike structured group sessions, free-time invites participants to engage in activities of their own pace, within a supportive and stimulating environment. This approach nurtures autonomy and encourages self-expression.