



Adult Day Center

March

Connecting • Caring • Creating Together

MONDAY – Mind & Memory

- Brain Games & Memory Activities
- Journaling & Reflection
- Pokeno Fun
- Community Conversations

TUESDAY – Creative Day

- Arts & Crafts
- Tote Bag Crafting
- Movie & Snack Social

WEDNESDAY – Wellness Wednesday

- Chair Yoga & Gentle Movement
- Self-Care & Relaxation
- Music & Calm Activities

THURSDAY – Social & Skills

- Breakout Rooms (Games, Crafts, Chats)
- Group Games
- Creative Studio

FRIDAY – Fun Friday

- Music & Movement
- Celebrations & Social Time
- Special Treats & Fun Activities

Meals & Refreshments Breakfast, lunch, and snacks are served daily. Open Coffee Bar available.



Activities are designed to encourage socialization, creativity, wellness, and joy.