

Sunday

Monday

Tuesday

Wednesday






Thursday

Friday

Saturday

# March 2019

## Accord Adult Day Health Center

								<p>9:15 Strength Training <b>1</b></p> <p>9:45 Current Events</p> <p>10:30 P, C, Lucky 7's, Horseshoes, <b>Spring Garden Planning</b></p> <p>12:45 Stretches &amp; Trivia</p> <p>1:15 P, C, Bunco, Darts, <b>Bowling</b></p> <p>2:30 Social Gathering</p>		<p><b>2</b></p> <p>9:15 Large Muscle Stretches</p> <p>9:45 Local News &amp; Events</p> <p>10:30 Basketball</p> <p>12:45 Gentle Stretches</p> <p>1:15 Bean Bag Toss</p> <p>2:30 Social Gathering</p>			
<p><b>3</b></p> 		<p><b>4</b></p> <p>9:15 Let's Get Fit</p> <p>9:45 This Day in History</p> <p>10:30 P, C,R, Bowling Dice, Target Toss, Rummy Royal</p> <p>12:45 Gentle Stretches</p> <p>1:00 Brain Teasers</p> <p>1:15 Pitch, Crib, <b>Bowling</b>, Farkle, Go Gator</p> <p>2:30 Social Gathering</p>		<p><b>5</b></p> <p>9:15 Strength Training</p> <p>9:45 Daily Chronicle</p> <p>12:45 Gentle Stretches</p> <p>10:30 P,C, R, Make a Gem Fleur-de-Lis, Bunco, Darts</p> <p>1:00 You Be The Judge</p> <p>1:15 P,C,R, <b>Bingo</b>, Mystery Box, Horseshoes</p> <p>2:30 Social Gathering</p> <p style="text-align: center;"><small>Mardi Gras</small></p>		<p><b>6</b></p> <p>9:15 Chair Stretches</p> <p>9:45 News &amp; Reviews</p> <p>10:30 P, C, Pokeno, Penny Ante, Bocce</p> <p>12:45 Stretches &amp; Trivia</p> <p>1:15 P, C, Uno</p> <p><b>1:30 Mass with Father Roy</b></p> <p>2:30 Social Gathering</p> <p style="text-align: center;"><small>Ash Wednesday</small></p>		<p><b>7</b></p> <p>9:15 Let's Get Fit</p> <p>9:45 Historic Facts</p> <p>10:30 P,C, R, Toss It Up, Noodle Hockey, <b>Bowling</b></p> <p>12:45 Gentle Stretches</p> <p>1:00 Trivia Challenge</p> <p>1:15 P,C R, LRC, Rummy Royal, Twister</p> <p>2:30 Social Gathering</p>		<p><b>8</b></p> <p>9:15 Strength Training</p> <p>9:45 Local News &amp; Events</p> <p>10:30 P,C, <b>Manicures</b>, Toss It Up, Go Gator</p> <p>12:45 Gentle Stretches</p> <p>1:00 Name 10</p> <p>1:15 P, C, <b>Travelogue - Ireland</b>, Twister, Bunco</p> <p>2:30 Social Gathering</p>		<p><b>9</b></p> <p>9:15 Let's Get Fit</p> <p>9:45 Daily Chronicle</p> <p>10:30 Twister</p> <p>12:45 Gentle Stretches</p> <p>1:15 Big Farkle</p> <p>2:30 Social Gathering</p>	
<p><b>10</b></p>  <p style="text-align: center;"><small>Daylight Saving Time Begins</small></p>		<p><b>11</b></p> <p>9:15 Strength Training</p> <p>9:45 Daily Chronicle</p> <p>10:30 P, C,R, <b>Baking Group</b>, Yahtzee, Big Dice</p> <p>12:45 Gentle Stretches</p> <p>1:00 Trivia Challenge</p> <p>1:15 P, C, R, LRC, Target Toss, Crazy 8's</p> <p>2:30 Social Gathering</p>		<p><b>12</b></p> <p>9:15 Chair Chi &amp; Stretch</p> <p>9:45 This Day in History</p> <p>10:30 P, C, R, Ring Toss, Bunco, <b>Bowling</b></p> <p>12:45 Gentle Stretches</p> <p>1:00 Name 10</p> <p>1:15 P, C, R, Bocce, Penny Ante, Crazy 8's</p> <p>2:30 Social Gathering</p>		<p><b>13</b></p> <p>9:15 Sit &amp; Get Fit</p> <p>9:45 Daily Chronicle</p> <p>10:30 Pitch, Crib, <b>Bowling</b>, Gone Fishing, Target Toss</p> <p>12:45 Gentle Stretches</p> <p>1:00 Cranium Crunches</p> <p><b>1:30 Musical Guest - Alexandria Bianco</b></p> <p>2:30 Social Gathering</p>		<p><b>14</b></p> <p>9:15 Seated Exercises</p> <p>9:45 Current Events</p> <p>10:30 P,C,R,Yolf, Fish Bait, Make Centerpieces</p> <p>12:45 Gentle Stretches</p> <p>1:00 Word Games</p> <p>1:15 P,C,R, <b>Bingo</b></p> <p>LCR, Go Gator</p> <p>2:30 Social Gathering</p>		<p><b>15</b></p> <p>9:15 Leaping Leprechaun</p> <p>9:45 Leprechaun Names</p> <p>10:30 Gold Coin Toss, Irish Mystery Box, Make aWreath</p> <p>12:45 Shamrock Shuffling</p> <p>1:00 Everything Green</p> <p>1:15 Hats O' Green, Lucky Toss, LCR</p> <p>2:30 O'Friends Social</p>		<p><b>16</b></p> <p>9:15 Stretch It Out</p> <p>9:45 This Day in History</p> <p>10:30 Bocce</p> <p>12:45 Gentle Stretches</p> <p>1:15 Noodle Hockey</p> <p>2:30 Social Gathering</p>	
<p><b>17</b></p>  <p style="text-align: center;"><small>St. Patrick's Day</small></p>		<p><b>18</b></p> <p>9:15 Chair Stretches</p> <p><b>Thimble Pleasures Quilt Guild</b></p> <p>9:45 Current Events</p> <p>10:30 P,C,R, LRC, BB Toss</p> <p>12:45 Stretches &amp; Name 10</p> <p>1:15 P C,R, Bowling, Darts, Yahtzee</p> <p>2:30 Social Gathering</p>		<p><b>19</b></p> <p>9:15 Sit &amp; Get Fit</p> <p>9:45 Local News &amp; Events</p> <p>10:30 P, C, R, Lucky 7's, Toss It Up, Twister</p> <p>12:45 Gentle Stretches</p> <p>1:00 Cranium Crunches</p> <p>1:15 P, C, R, Poker, LCR, <b>Seated Yoga</b></p> <p>2:30 Social Gathering</p>		<p><b>20</b></p> <p>9:15 Stretch It Out</p> <p>9:45 Current Events</p> <p>10:30 P, C, <b>Bowling</b>, Farkle Ring Toss</p> <p>12:45 Stretches &amp; Trivia</p> <p>1:15 P, C, Uno</p> <p><b>1:30 Mass with Father Roy</b></p> <p>2:30 Social Gathering</p> <p style="text-align: center;"><small>Spring Begins</small></p>		<p><b>21</b></p> <p>9:15 Strength Training</p> <p>9:45 Daily Chronicle</p> <p>10:30 P,C,R, Hold Your Horses, <b>Manicures</b>, Darts</p> <p>12:45 Gentle Stretches</p> <p>1:00 Brain Games</p> <p>1:15 P, C, R, Whoopee, Bullseye, Yahtzee</p> <p>2:30 Social Gathering</p> <p style="text-align: center;"><small>Purim</small></p>		<p><b>22</b></p> <p>9:15 Let's Get Fit</p> <p>9:45 Historical Facts</p> <p>10:30 P, C, <b>Coffee Social</b>, Penny Ante, Big Dice</p> <p>12:45 Gentle Stretches</p> <p>1:00 Brain Games</p> <p>1:15 P, C, Black Jack, Hold Your Horses, Corn Hole</p> <p>2:30 Social Gathering</p>		<p><b>23</b></p> <p>9:15 Let's Get Fit</p> <p>9:45 Local News</p> <p>10:15 Basketball Hoops</p> <p>12:45 Gentle Stretches</p> <p>1:15 Go Gator</p> <p>2:30 Social Gathering</p>	
<p><b>24</b></p> 		<p><b>25</b></p> <p>9:15 Strength Training</p> <p>9:45 Local News &amp; Events</p> <p>10:30 P,C,R,Acey Ducey</p> <p>Farkle, Noodle Hockey</p> <p>12:45 Gentle Stretches</p> <p>1:00 Brain Teasers</p> <p>1:15 Pitch, Crib, Mystery Box, <b>Bingo</b></p> <p>2:30 Social Gathering</p>		<p><b>26</b></p> <p>9:15 Let's Get Fit</p> <p>9:45 Current Events</p> <p>10:30 P, C, R, Crazy 8's, Hold Your Horses, Darts</p> <p>12:45 Gentle Stretches</p> <p>1:00 Name 10</p> <p>1:15 P, C, R, Uno, Bowling Dice, Bullseye</p> <p>2:30 Social Gathering</p>		<p><b>27</b></p> <p>9:15 Seated Chair Stretches</p> <p>9:45 Daily Chronicle</p> <p>10:30 P, C, Lucky 7's, Bean Bag Toss, <b>Manicures</b></p> <p>12:45 Stretches &amp; Trivia</p> <p>1:15 P, C, Sequence</p> <p>Bowling Dice, Horseshoes</p> <p>2:30 Social Gathering</p>		<p><b>28</b></p> <p>9:15 Stretch It Out</p> <p>9:45 This Day in History</p> <p>10:30 P, C, R, <b>Bowling</b>, Farkle, Twister</p> <p>12:45 Gentle Stretches</p> <p>1:00 Cranium Crunches</p> <p>1:15 P, C, R, Black Jack, Yahtzee, Big Dice</p> <p>2:30 Social Gathering</p>		<p><b>29</b></p> <p>9:15 Sittercise</p> <p>9:45 Daily Chronicle</p> <p>10:30 P, C, Rummy Royal, Bowling Dice, Bocce</p> <p>12:45 Gentle Stretches</p> <p>1:00 Word Games</p> <p>1:15 P, C, <b>Bingo</b>, <b>Bowling League Winners</b>, Darts</p> <p>2:30 Social Gathering</p>		<p><b>30</b></p> <p>9:15 Sit &amp; Stretch</p> <p>9:45 Daily Chronicle</p> <p>10:15 Big Dice</p> <p>12:45 Gentle Stretches</p> <p>1:15 Yolf</p> <p>2:30 Social Gathering</p>	
<p><b>31</b></p> 		<p><b>Key Code</b></p> <p>P- Pitch</p> <p>C – Cribbage</p> <p>R – Rummy</p> <p>BB Toss – Bean Bag Toss</p>											

