

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p><b>DON'T FORGET!</b></p> <p><b>DAYLIGHT SAVING TIME BEGINS ON SUNDAY, MARCH 10TH (set clocks ahead one hour)</b></p>	<p><b>PEER SUPPORT</b> - Mondays, Tuesdays, and Fridays</p> <p><b>SPANISH LANGUAGE PROGRAM</b> - Mondays, Wednesdays, and Thursdays</p> <p><b>PROGRAMS MARKED WITH AN ASTERISK (*)</b> are also offered via Zoom! Please reach out if you would like the link!</p>			<p><b>1</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Time Slips 12:00 Lunch 12:30 Trivia - True or False? 1:00 GUITAR WITH DEBBY* 2:00 Afternoon Snack and Stretch 2:30 Jukebox</p>
<p><b>4</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 What's That Symbol? 12:00 Lunch 12:30 What Would You Do? 1:00 Name that Tune! 2:00 Afternoon Snack and Stretch 2:30 Jukebox</p>	<p><b>5</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 PERCUSSION WITH DAVID 12:00 Lunch 12:30 Art Activity - Fuzzy Posters 1:00 Table Games and Puzzles 2:00 Afternoon Snack and Stretch 2:30 Jukebox</p>	<p><b>6</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Reminiscing 12:00 Lunch 12:30 Trivia - Finish the Phrase 1:00 BINGO 2:00 Afternoon Snack and Stretch 2:30 Jukebox</p>	<p><b>7</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Name 10 If We Can 12:00 Lunch 12:30 Would You Rather? 1:00 Art Activity - Wood Painting 2:00 Afternoon Snack and Stretch 2:30 Jukebox</p>	<p><b>8</b> <i>Int'l. Women's Day</i></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Faces - Women in History 12:00 Lunch 12:30 Poetry Appreciation - Women Authors 1:00 GUITAR WITH DEBBY* 2:00 Afternoon Snack and Stretch 2:30 Jukebox</p>
<p><b>11</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 ART WORKSHOP WITH THE INTREPID MUSEUM 12:00 Lunch 12:30 You Be The Judge 1:00 Karaoke - Women in Music 2:00 Afternoon Snack and Stretch 2:30 Jukebox</p>	<p><b>12</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Ball Toss 12:00 Lunch 12:30 Conversation Cards 1:00 Table Games and Puzzles 2:00 Afternoon Snack and Stretch 2:30 Jukebox</p>	<p><b>13</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Word Grid 12:00 Lunch 12:30 Percussion Circle 1:00 ACCORDION WITH ISMAIL 2:00 Afternoon Snack and Stretch 2:30 Jukebox</p>	<p><b>14</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Creative Storytelling 12:00 Lunch 12:30 A to Z 1:00 Bowling 2:00 Afternoon Snack and Stretch 2:30 Jukebox</p>	<p><b>15</b> <i>St. Patrick's Day (17th)</i></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Irish Music Appreciation 12:00 Lunch 12:30 Trivia - St. Patrick's Day 1:00 Art Activity - Lucky Clovers and Leprechauns 2:00 Afternoon Snack and Stretch 2:30 Jukebox</p>
<p><b>18</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Armchair Travel - Where Is It? 12:00 Lunch 12:30 20 Questions 1:00 GUITAR WITH DEBBY* 2:00 Afternoon Snack and Stretch 2:30 Jukebox</p>	<p><b>19</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Sing-Along with "The Sound of Music" (1965) 12:00 Lunch 12:30 Would You Rather? 1:00 Art Activity - My Favorite Things Collage 2:00 Afternoon Snack and Stretch 2:30 Jukebox</p>	<p><b>20</b> <i>First Day of Spring</i></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Poetry Appreciation - Springtime 12:00 Lunch 12:30 Trivia - Common Threads 1:00 Art Activity - Flower Painting 2:00 Afternoon Snack and Stretch 2:30 Jukebox</p>	<p><b>21</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Reminiscing 12:00 Lunch 12:30 Bean Bag Toss 1:00 ACCORDION WITH ISMAIL 2:00 Afternoon Snack and Stretch 2:30 Jukebox</p>	<p><b>22</b> <i>Purim (23rd)</i></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Art Activity - Purim Masks 12:00 Lunch 12:30 Rhyme Time 1:00 Sing Along - Folk Favorites 2:00 Afternoon Snack and Stretch 2:30 Jukebox</p>
<p><b>25</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 ART WORKSHOP WITH THE INTREPID MUSEUM 12:00 Lunch 12:30 MARCH BIRTHDAY PARTY! 1:00 Karaoke - Motown Classics 2:00 Afternoon Snack and Stretch 2:30 Jukebox</p>	<p><b>26</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 PERCUSSION WITH DAVID 12:00 Lunch 12:30 Conversation Cards 1:00 MEET AND GREET WITH COLUMBIA O.T. 2:00 Afternoon Snack and Stretch 2:30 Jukebox</p>	<p><b>27</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Creative Storytelling 12:00 Lunch 12:30 Fill in the Blank / Hangman 1:00 ACCORDION WITH ISMAIL 2:00 Afternoon Snack and Stretch 2:30 Jukebox</p>	<p><b>28</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Faces - Musicians 12:00 Lunch 12:30 Charades 1:00 BINGO 2:00 Afternoon Snack and Stretch 2:30 Jukebox</p>	<p><b>29</b> <i>Good Friday / Easter (31st)</i></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Name 10 If We Can 12:00 Lunch 12:30 What Would You Do? 1:00 PROGRAM WITH COLUMBIA O.T. 2:00 Afternoon Snack and Stretch 2:30 Jukebox</p>

