



March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">Visits from Therapy dogs and mini horse</p> 	<p style="text-align: center;">Caregivers Support Group 3/14 & 3/28</p>  <p style="text-align: center; font-size: small;">© CanStockPhoto.com</p>	<p>9:30 Exercise & Yoga breath 1</p> <p>10:30 Purim Celebration</p> <p>1:00 Bonnie's Stories</p> <p>2:00 Stretch and Movement</p> <p>2:45 Coffee Klatch</p> <p>3:00 Andrea's Antics</p>	<p>9:30 Exercise and Guided Meditation 2</p> <p>10:30 Slogans</p> <p>1:00 Better Together with Vivian</p> <p>2:00 PM Stretch</p> <p>2:45 Coffee & Snack</p> <p>3:00 Vivian's Escapades</p>	<p>9:30 Exercise & Yoga Breath 3</p> <p>10:30 Mad Ad's</p> <p>11:30 Shabbat</p> <p>1:00 Drink it, Read it Wear it</p> <p>2:00 PM Stretch</p> <p>2:45 Coffee Social</p> <p>3:00 Movie/ Games</p>
<p>9:30 Exercise & Meditation 6</p> <p>10:30 Taste Trivia</p> <p>1:00 Better Together with Vivian</p> <p>2:00 PM Stretch</p> <p>2:45 Coffee Klatch</p> <p>3:00 Vivian's Escapades</p>	<p>9:30 Music Therapy 7</p> <p>10:30 Where do they Live?</p> <p>1:00 Right or Left Brain?</p> <p>2:00 Stretch and Balance</p> <p>2:45 Coffee & Snack</p> <p>3:00 Andrea's Antics</p>	<p>9:30 Exercise & Yoga Breath 8</p> <p>10:30 Getting to Know You Puns & Jokes</p> <p>1:00 Bonnie's Stories</p> <p>2:00 Chair Yoga</p> <p>2:45 Coffee Klatch</p> <p>3:00 Andrea's Antics</p>	<p>9:30 Exercise & Meditation 9</p> <p>10:30 Our Cars</p> <p>1:00 Bingo</p> <p>2:00 Afternoon Stretch</p> <p>2:45 Coffee and Snack</p> <p>3:00 Vivian's Escapades</p>	<p>9:30 Exercise & Positive Affirmation 10</p> <p>10:30 Books and Authors</p> <p>11:30 Shabbat</p> <p>1:00 Boggle</p> <p>2:00 PM Stretch</p> <p>2:45 Coffee Klatch</p> <p>3:00 Movie/ Games</p>
<p>9:30 Exercise & Meditation 13</p> <p>10:30 We Love Chocolate</p> <p>1:00 Better Together with Vivian</p> <p>2:00 Yoga Stretch</p> <p>2:45 Coffee Social</p> <p>3:00 Vivian's Escapades</p>	<p>9:30 Music Therapy 14</p> <p>10:30 Money Around the World</p> <p>1:00 Name the States</p> <p>2:00 PM Stretch Class</p> <p>2:45 Coffee & Snack</p> <p>3:00 Andrea's Antics</p>	<p>9:30 Exercise & Breathing 15</p> <p>10:30 Getting to Know You Puns & Jokes</p> <p>1:00 Bonnie's Stories</p> <p>2:00 PM Stretch</p> <p>2:45 Coffee Klatch</p> <p>3:00 Andrea's Antics</p>	<p>9:30 Exercise & Guided Meditation 16</p> <p>10:30 Desserts</p> <p>1:00 Better Together with Vivian</p> <p>2:00 Yoga Stretch</p> <p>2:45 Coffee & Snack</p> <p>3:00 Vivian's Escapades</p>	<p>9:30 Exercise & Positive Thoughts 17</p> <p>10:30 Condiments Discussion</p> <p>11:30 Shabbat</p> <p>1:00 Word Work</p> <p>2:00 Afternoon Stretch</p> <p>2:45 Coffee Social</p> <p>3:00 Movie/Games</p>
<p>9:30 Exercise & Meditation 20</p> <p>10:30 Famous Movie Lines</p> <p>1:00 Better Together with Vivian</p> <p>2:00 PM Stretch Class</p> <p>2:45 Coffee Klatch</p> <p>3:00 Vivian's Escapades</p>	<p>9:30 Music Therapy 21</p> <p>10:30 Famous Families</p> <p>1:00 Ready, Set Remember</p> <p>2:00 Stretch and Balance</p> <p>2:45 Coffee & Snack</p> <p>3:00 Andrea's Antics</p>	<p>9:30 Exercise & Guided Breath 22</p> <p>10:30 Getting to Know You Puns & Jokes</p> <p>1:00 Bonnie's Stories</p> <p>2:00 Stretch Time</p> <p>2:45 Coffee Social</p> <p>3:00 Andrea's Antics</p>	<p>9:30 Exercise and Meditation 23</p> <p>10:30 Found in Fours</p> <p>1:00 Better Together with Vivian</p> <p>2:00 Stretch/ Balance</p> <p>2:45 Coffee Klatch</p> <p>3:00 Vivian's Escapades</p>	<p>9:30 Exercise & Positivity 24</p> <p>10:30 Childhood Games</p> <p>11:30 Shabbat</p> <p>1:00 Fill it In</p> <p>2:00 PM Exercise</p> <p>2:45 Coffee & Snack</p> <p>3:00 Movie/ Games</p>
<p>9:30 Exercise & Meditation 27</p> <p>10:30 I Scream, You Scream</p> <p>1:00 Better Together with Vivian</p> <p>2:00 Stretch class</p> <p>2:45 Coffee Social</p> <p>3:00 Vivian's Escapades</p>	<p>9:30 Music Therapy 28</p> <p>10:30 World Foods</p> <p>1:00 Genius Math</p> <p>2:00 Chair Yoga</p> <p>2:45 Coffee Klatch</p> <p>3:00 Andrea's Antics</p>	<p>9:30 Exercise & Guided Breath 29</p> <p>10:30 Getting to Know You Puns & Jokes</p> <p>1:00 Bonnie's Stories</p> <p>2:00 Yoga Stretch</p> <p>2:45 Coffee & Snack</p> <p>3:00 Andrea's Antics</p>	<p>9:30 Exercise & Meditation 30</p> <p>10:30 Foreign Phrases</p> <p>1:00 Better Together with Vivian</p> <p>2:00 PM Stretch</p> <p>2:45 Coffee Social</p> <p>3:00 Vivian's Escapades</p>	<p>9:30 Exercise & Yoga Breathing 31</p> <p>10:30 Water, Lakes and Rivers</p> <p>11:30 Shabbat</p> <p>1:00 Snap to It</p> <p>2:00 Afternoon Stretch</p> <p>2:45 Coffee & Snack</p> <p>3:00 Movie/ Games</p>



Curt & Alice Walter Adult Day Care and Alzheimer's Pavilion
Daniel D. Cantor Senior Center

954- 742-2299

Fax 954 749-0081

