

Wilder Adult Day Health Program | Day Room
March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 07:30 Individualized Activities 09:00 Social Café: Daily Chronicle 10:30 Tai Chi/ Exercise 11:00 A-Z Occupations/ MOW Craft 11:45 Lunch 12:34 Nine Square 01:15 Family Feud 02:00 World Compliment Day 02:40 Social Café 03:30 - 05:00 Individualized Activities	3 07:30 Individualized Activities 09:00 Social Café: Daily Chronicle 10:15 Exercise with Weights 10:45 Advisory council 11:45 Lunch 12:45 Balloon volleyball 01:15 Flower Arranging/ Glen Millers Greatest Hists 02:00 Wilder Jingo 02:40 Social Café 03:30 - 05:00 Individualized Activities	4 07:30 Individualized Activities 09:00 Social Café: Daily Chronicle 10:30 Tai Chi/ Exercise 11:00 Book Club/ Famous Women in History 11:45 Lunch 12:45 Twister 01:15 Game of Outburst 02:00 Person, Place, or Thing 02:40 Social Café 03:30 - 05:00 Individualized Activities	5 07:30 Individualized Activities 09:00 Social Café: Daily Chronicle 10:30 Exercise 11:00 Mystery book Club/ Chicago 11:45 Lunch 12:45 Tribond 01:30 Wilder Choir Concert 02:15 Reception 03:30 - 05:00 Individualized Activities	6 07:30 Individualized Activities 09:00 Social Café: Daily Chronicle 10:00 Men's Group/ Art with Vicki 10:15 Annie Oakley 11:00 Vacation Bean Bag Toss 11:45 Lunch 12:45 Exercise 01:15 Word Challenge 02:00 Songs from your Favorite Musicals 02:40 Social Café 03:30 - 05:00 Individualized Activities
9 07:30 Individualized Activities 09:00 Social Café: Daily Chronicle 10:30 Tai Chi/ Exercise 11:00 Holi Spring Festival/ Craft 11:45 Lunch 12:45 Bouquet Toss 01:15 Elizabeth Barret Browning 02:00 History of the Barbie 02:40 Social Café 03:30 - 05:00 Individualized Activities	10 07:30 Individualized Activities 09:00 Social Café: Daily Chronicle 10:30 Exercise 11:00 Scattergories 11:45 Lunch 12:45 Chicken in a Bucket 01:15 Flower Arranging/ Ghana 02:00 Harriet Tubman Day 02:40 Social Café 03:30 - 05:00 Individualized Activities	11 07:30 Individualized Activities 09:00 Social Café: Daily Chronicle 10:30 Tai Chi/ Exercise 11:00 Book Club/Health Talk 11:45 Lunch 12:45 Let's Go Fishing 01:15 Happy Birthday Lawrence Welk 02:00 Bingo 02:40 Social Café 03:30 - 05:00 Individualized Activities	12 07:30 Individualized Activities 09:00 Social Café: Daily Chronicle 10:30 Exercise/ Support Group 11:00 Bob Hope & Bing Crosby 11:45 Lunch 12:45 Velcro Ball 01:15 Music with Charlie Maquire 02:15 Taste Test: Malts/ Shakes 02:40 Social Café 03:30 - 05:00 Individualized Activities	13 07:30 Individualized Activities 09:00 Social Café: Daily Chronicle 10:00 Men's Group/ Art with Vickie 10:15 Superstitions 11:00 Charades/ KFC Outing 11:45 Lunch 12:45 Exercise 01:15 Jeopardy 02:00 History Corner 02:40 Social Café 03:30 - 05:00 Individualized Activities
16 07:30 Individualized Activities 09:00 Social Café: Daily Chronicle 10:30 Tai Chi/ Exercise 11:00 St. Patricks Day Craft/ Travel to Ireland 11:45 Lunch 12:45 Leprechaun Race 01:15 National Panda Day 02:00 Bingo 02:40 Social Café 03:30 - 05:00 Individualized Activities	17 07:30 Individualized Activities 09:00 Social Café: Daily Chronicle 10:30 Exercise 11:00 Things that are Green 11:45 Lunch 12:45 Leprechaun Bowling 01:15 Flower Arranging 01:30 Compas Meet and Greet 02:40 Social Café 03:30 - 05:00 Individualized Activities Wear Green Today	18 07:30 Individualized Activities 09:00 Social Café: Daily Chronicle 10:30 Tai Chi/ Exercise/ Baking with Precious 11:00 Book Club/ Nat King Cole 11:45 Lunch 12:45 Movie of the Month 02:40 Social Café 03:30 - 05:00 Individualized Activities	19 07:30 Individualized Activities 09:00 Social Café: Daily Chronicle 10:30 Exercise 11:00 Mystery book Club/ Swallows Return to Capistrum 11:45 Lunch 12:45 Nine square 01:15 Wilder Choir/ St. Patricks Game 02:15 Hidden Pictures 02:40 Social Café 03:30 - 05:00 Individualized Activities	20 07:30 Individualized Activities 09:00 Social Café: Daily Chronicle 10:00 Men's Group/ Art with Vickie 10:15 Sound of Ireland 11:00 Spring Grid 11:45 Lunch 12:45 Exercise 01:15 Won't you be my Neighbor? 02:00 Jokes and Riddles 02:40 Social Café 03:30 - 05:00 Individualized Activities
23 07:30 Individualized Activities 09:00 Social Café: Daily Chronicle 10:30 Tai Chi/ Exercise 11:00 Jeopardy 11:45 Lunch 12:45 Charades 01:15 Sing Along with Janine 02:15 Word Puzzles/ Hidden Pictures 02:40 Social Café 03:30 - 05:00 Individualized Activities	24 07:30 Individualized Activities 09:00 Social Café: Daily Chronicle 10:00 Legacy Writing/ Como Outing 10:30 Exercise 11:00 5 Ways to Listen Better 11:45 Lunch 12:45 Golf 01:00 Compas: Beverly Cottman 01:15 Flower Arranging/ Scattergories 02:00 Current Events 02:40 Social Café	25 07:30 Individualized Activities 09:00 Social Café: Daily Chronicle 10:30 Tai Chi/ Exercise 11:00 Book club/ Rock the Park 11:45 Lunch 12:45 Balloon Volleyball 01:15 Celebrating Aretha Franklin 02:00 Buzzword 02:40 Social Café 03:30 - 05:00 Individualized Activities	26 07:30 Individualized Activities 09:00 Social Café: Daily Chronicle 10:30 HFC/ Support Group 11:00 Craft 11:45 Lunch 12:45 Horseshoes 01:15 Wilder Choir/ Balloon Volleyball 02:15 Taste Test: Girl Scout Cookies 02:40 Social Café 03:30 - 05:00 Individualized Activities	27 07:30 Individualized Activities 09:00 Social Café: Daily Chronicle 10:00 Men's Group/ Art with Vickie 10:15 Only in Minnesota 11:00 Quirky Country Music Song Titles 11:45 Lunch 12:45 Exercise 01:15 Pictionary 02:00 Bingo 02:40 Social Café 03:30 - 05:00 Individualized Activities
30 07:30 Individualized Activities 09:00 Social Café: Daily Chronicle 10:00 Legacy Writing 10:30 Tai Chi/ Exercise 11:00 World Records 11:45 Lunch 12:45 Corn Hole 01:15 Giant Crossword 02:00 Tidbits 02:40 Social Café 03:30 - 05:00 Individualized Activities	31 07:30 Individualized Activities 09:00 Social Café: Daily Chronicle 10:30 Exercise/ Baking with Precious 11:00 Humorous Women 11:45 Lunch 12:45 Velcro Toss 01:00 Compas: Beverly Cottman 01:15 Flower Arranging/ Spell Up and Down 02:00 March Birthday Quiz 02:40 Social Café 03:30 - 05:00 Individualized Activities	Wear Green on March 17th		