Wed Thu Fri Mon Tue

eliminating racism empowering women Bethlehem

## March 2024

Adult Day Services Center 3893 Adler Place Building B, Suite 180 Bethlehem, PA 18017 (610)867-4669



1

**March Trivia** 

**Table Ball Game** 

4

Sound of Music Trivia

Cover the number game

Art with **Michael** 

6

**Women who** changed the World

**Ball Game** 



Wildlife Day

Music by Lorrie Woodward



8

**Daylight Saving Trivia** 

**Knock The cups** over

DAILY

7DAILY 7:30-9:00 Arrival-Free Socialization

8:00-9:30 Breakfast

9:30-10:00 Current Events & Catch-up

10:00-10:45 Daily walk and Chair Exercise

11:30-12:30 Lunch

12:00-12:45 Relaxation & Socialization

2:00-2:30 PM Snack

2:30-3:00 Table activities or Active game

3:30-5:00 Trivia/Story time /Games or Independent Activity