

Maxville Manor **Adult Day Program** Calendar – **March 2020** – Margaret Lobb (613) 527-2170 ext. 237

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2.</p> 	<p>3. 9:30 Morning Welcome 10:30 Friendship Circle 11:00 Exercise and Mental Aerobics 11:30 Walk then lunch 12:30 Rest & Individual Activities 1:15 Hill Billy Golf 2:30 Coffee Shop & 2:30 Departure</p>	<p>4. 9:30 Morning Welcome 10:00 Sand Bags 11:00 Exercise & Mental Aerobics 11:30 Walk then lunch 12:30 Rest and Individual Activities 1:00 Movie-Comedy 2:15 Coffee Shop & 2:30 Departure</p>	<p>5.</p> <p>Foot Care is available to Day Clients on their Day Program Day. Please contact Margaret for more information.</p>	<p>6. 9:30 Sing Song 10:15 Morning Welcome 11:00 Social Circle- It's About Time 11:30 Walk then Lunch 12:30 Rest & Individual Activities 1:00 Hill Billy Golf 2:15 Coffee Shop & 2:30 Departure</p>
<p>9.</p>  <p>Day Light Saving- Sunday March 8th</p>	<p>10. 9:30 Morning Welcome 10:00 Flip Bingo (Phrases) 10:30 Friendship Circle 11:30 Walk then Lunch 12:30 Rest & Individual Activities 1:00 Baking 2:15 Coffee Shop & 2:30 Departure</p>	<p>11. 9:30 Morning Welcome 10:00 Bowling 🎳 11:00 Exercise & Mental Aerobics 11:30 Walk then lunch 12:30 Rest and Individual Activities 1:00 St. Paddy's Millionaire 2:15 Coffee Shop & 2:30 Departure</p>	<p>12. Education with Joan on the 10th, 11th & 13th.</p> 	<p>13. 9:30 Morning Welcome 10:00 St. Patrick's Day Social Circle 11:00 Exercise & Mental Aerobics 11:30 Walk then Lunch 12:30 Rest & Individual Activities 1:00 Bowling 2:15 Coffee Shop & 2:30 Departure</p>
<p>16.</p> 	<p>17. 9:30 Morning Welcome 10:30 Friendship Circle 11:00 Exercise & St. Paddy's Trivia 11:30 Walk then Lunch 12:30 Rest & Individual Activities 1:00 Keno 2:15 Coffee Shop & 2:30 Departure</p>	<p>18. 9:30 Morning Welcome 10:00 Horseshoes 11:00 Exercise & Mental Aerobics 11:30 Walk then Lunch 12:30 Rest and Individual Activities 1:00 Games Hour 2:15 Coffee Shop & 2:30 Departure</p>	<p>19.</p> 	<p>20. 9:30 Sing Song 10:15 Morning Welcome 10:30 Spring Millionaire 11:30 Walk then Lunch 12:30 Rest & Individual Activities 1:00 Sand Bags 2:15 Coffee Shop & 2:30 Departure</p>
<p>23.</p> <p>Social Circles Topics this month may include:</p> <ul style="list-style-type: none"> • St. Patrick's Day • Spring • Maple Syrup Season 	<p>24. 9:30 Morning Welcome 10:30 Friendship Circle 11:00 Exercise & Mental Aerobics 11:30 Walk then Lunch 12:30 Rest & Individual Activities 1:00 Java Music 2:15 Coffee Shop & 2:30 Departure</p>	<p>25. 9:30 Morning Welcome 10:00 Curling 🏏 11:00 Exercise & Mental Aerobics 11:30 Walk then lunch 12:30 Rest and Individual Activities 1:00 SPECIAL EVENT 2:15 Coffee Shop & 2:30 Departure</p>	<p>26.</p> <p>Meals on Wheels Monday-Wednesday-Friday Call Phyllis to make arrangements (613) 527-2170 x228</p>	<p>27.</p> <p>Day Program is Cancelled Today! Staff Educational Day</p>
<p>30.</p> <p>Please share your thoughts on suggested Activities, Outing and Programs!</p>	<p>31. 9:30 Morning Welcome 10:30 Friendship Circle 11:00 Exercise & Mental Aerobics 11:30 Walk then Lunch 12:30 Rest & Individual Activities 1:00 Bowling 2:15 Coffee Shop & 2:30 Departure</p>	<p>Need Transportation? Call Phyllis to schedule drives for your medical and social appointments. (613) 527-2170 x228</p>	<p>Ongoing programs may include:</p> <ul style="list-style-type: none"> *mental aerobics *reminiscing *current events *1-1 programming 	<p>March Birthdays</p> <p>Ernest</p>

