



2020

Mindful Care Adult Day Services, 615-542- 4371
 Day Program For Persons Ages 55 +
www.Mindful-Care.org
mindfulcareorg@gmail.com

<p>2 Monday 8:00-9 Coffee & Snacks 9-10 Weekend Recap 10:15-10:30 Chair Stretches 10:30-10:45 Quote of the Day 11:00-12:00 Ask Away Card Game 12:15-2:00 Lunch/Dessert 2—2:45 Card Trivia 3-4 Exercise / Ring-toss 4:15-5 Participants Choice</p>	<p>3 Tuesday 8:00—9 Coffee & Snacks 9-9:15 Winter Fun/Card Games 10-10:30 Chair Stretches 10:45-11 Quote of the Day 11-12 Mardi-Gras Mask Craft 12:15-2:00 Lunch 2:15-3:00 Mardi Gras Bingo 3-3:45 Exercise/ Basketball 4-5 Participants Choice</p>	<p>4 Wednesday 8:00—9 Coffee & Snacks 9:15-10 Morning Inspiration 10:15-10:30 Quote of the Day 10:45 -12 Make Your Point Trivia Game 12:00-2:30 Lunch / Dessert 2:45-3:30 March Word Pictures 3:30-4 Exercise/ Ringtoss 4:15 -5 Participants Choice</p>	<p>5 Thursday 8:00—9 Coffee & Snacks 9:15-9:45 Winter Fun/Word Teasers 10:00-10:15 Chair Stretches 10:30-10:45 Quote of the Day 10:50-11:45 Mardi Gras Sun-Catcher Craft 12:00-1:45 Lunch 2:00-3:00 The Price Is Right 3- 3:45 Exercise/ Horseshoes 4-5 Table Games</p>	<p>6 Friday 8—9 Coffee & Snacks 9:15—9:30 Table /Card Games 9:45-10:15 Stretches 10:15-10:30 Quote of the Day 10:30-11 20 Minute Trivia 11—12:00 Candy Dice Game 12:15-2:30 Friday Lunch 3-3:45 Remembering the Lyrics Game 4-5 Participants Choice</p>
<p>9 Monday 8:00-9 Coffee & Snacks 9-10 Weekend Recap 10-10:30 Chair Stretches 10:30-10:45 Quote of the Day 11:00-12 :00 Urban Myth Game 12:15-2:00 Lunch/Dessert 2—2:45 Preferences Game 3-4 Exercise/Ladderball 4:15-5 Participants Choice</p>	<p>10 Tuesday 8:00—9 Coffee & Snacks 9:15-9:45 March Madness Color Pages 10-10:30 Chair Stretches 10:30-10:45 Quote of the Day 11-12 Basketball Tissue Paper Craft 12:15-2:00 Lunch 2:15-3 Basketball Bingo 3-3:45 Exercise / Ringtoss 4-5 Participants Choice</p>	<p>11 Wednesday 8:00—9 Coffee & Snacks 9:15-10 Morning Inspiration 10:15-10:30 Quote of the Day 10:45—11:45 Family Feud 12:00-2:30 Lunch / Dessert 2:45-3:30 Trivia 3:30-4 Exercise/ Basketball 4:15 -5 Participants Choice</p>	<p>12 Thursday 8:00—9 Coffee & Snacks 9:15-9:45 March Madness Color Pages 10:00-10:15 Chair Stretches 10:30-10:45 Quote of the Day 10:45-11:45 Social Bingo 12:00-1:45 Lunch 2-3 Shamrock Mosaic Craft 3- 3:45 Exercise/ Horseshoes 4-5 Table Games</p>	<p>13 Friday 8—9 Coffee & Snacks 9:15—10:00 Table /Card Games 10:30-10:45 Stretches 10:50-11:00 Quote of the Day 11-12 St. Patrick's Day Wreath Craft 12:15-2:30 Lunch/Dessert 3:00-3:45 Rhyming Puzzle Game 4-5 Participants Choice</p>
<p>16 Monday 8:00-9 Coffee & Snacks 9-10 5 Sec Rule 10:15-10:30 Quote of the Day 10:45-11:00 Chair Stretches 11:00-12 :00 20 Min. Trivia Book 12:15-2:00 Lunch/Dessert 2—2:45 Old Wives Tales 3-4 Exercise/Ladderball 4:15-5 Participants Choice</p>	<p>17 Tuesday 8:00—9 Coffee & Snacks 9:15-9:30 St. Patrick's Day Color Pages/Card Trivia 10:15 -10:30 Stretches 10:45-11 Quote of the Day 11:00-12:00 Fork Painted Leprechaun Craft 12:00 -2:00 Lunch 2:30-3 Marshmallow (Shamrock) Stamping Craft 3:30-3:45 Exercise/ Ring Toss 4-5 Participants Choice</p>	<p>18 Wednesday 8:00—9 Coffee and Snacks 9-9:45 5 Second Rule 10:00-10:15 Stretches 10:30-10:45 Quote of the Day 11:00-12:00 Jeopardy 12:15-2:15 Lunch & Movie 2:30-3:15 March Trivia 3:30-4 Exercise / Balloon Ball 4:15-5 Participants Choice</p>	<p>19 Thursday 8:00-9 Coffee & Snacks 9—9:30 St. Patrick's Day Color Pages / Card Games 9:45—10:15 Stretches 10:30-10:45 Quote of the Day 11—12:00 Shamrock Sun-Catcher Craft 12:00-2:00 Lunch 2:15—2:45 Sing a Long Fun 3-15-3:45 Exercise / Ladder-Ball 4-5 Table Games</p>	<p>20 Friday 8:00 -9 Coffee & Snacks 9:15-9:30 Table/Card Games 9:45-10 Stretches 10:15-10:30 Quote of the Day 10:45-12 ALL thing GREEN Magazine Collage Craft 12:30-2:00 Friday Lunch 2:15-3:45 Shake Loose Memories Game 4- 5:00 Participants Choice</p>
<p>23 Monday 8:00-9 Coffee & Snacks 9-10 5 Sec Rule 10:15-10:30 Quote of the Day 10:45-11:00 Chair Stretches 11:00-12 :00 Memories Game 12:15-2:00 Lunch/Dessert 2—2:45 MARCH Trivia 3-4 Exercise/Ladderball 4:15-5 Participants Choice</p>	<p>24 Tuesday 8:00—9 Coffee & Snacks 9:15-9:30 March Color Pages 10:15 -10:30 Quote of the Day 10:30-11:45 Music for Seniors Singing with Ashlie Jewell 12:00 -2:00 Lunch 2:30-3:15 Shamrock Tissue Paper Craft 3:30-3:45 Exercise/ Ring Toss 4-5 Participants Choice</p>	<p>25 Wednesday 8:00—9 Coffee and Snacks 9-10 Table Games/Discussion 10:00—10:15 Stretches 10:15-10:30 Quote of the Day 10:45-11:45 Giant Crossword Puzzle 12:00-2:15 Lunch & Movie 2:30-3:15 Shake Loose Memories Game 3:30-4 Exercise / Balloon Ball 4:15-5 Participants Choice</p>	<p>26 Thursday 8:00-9:00 Coffee & Snacks 9:15-9:30 March Color Pages 9:45-10 Stretches 10:15-10:30 Quote of the Day 10:30-11:45 St. Patty's Day Tree Craft with Mid-Cumberland Parents 12:15-2:00 Lunch 2-2:45 Find Someone Who Bingo 3-3:45 Exercise/Bean Bag Toss 4-5 Participants Choice</p>	<p>27 Friday 8:00 -9 Coffee & Snacks 9:15-9:30 Table/Card Games 9:45-10:15 Stretches 10:30-10:45 Quote of the Day 10:45-12 Family Feud 12:30-2:00 Friday Lunch 2:30-3:45 The Price Is Right 4- 5:00 Participants Choice</p>
<p>30 Monday 8:00-9 Coffee & Snacks 9-10 5 Sec Rule 10:15-10:30 Quote of the Day 10:45-11:00 Chair Stretches 11:00-12 :00 Bingo / Jingo 12:15-2:00 Lunch/Dessert 2—2:45 Name 5 3-4 Exercise/Ladderball 4:15-5 Participants Choice</p>	<p>31 Tuesday 8:00—9 Coffee & Snacks 9:15-9:30 March Color Pages /Trivia Cards 10:15 -10:30 Quote of the Day 10:45-11:45 Shake Loose Memories Game 12:00 -2:00 Lunch 2:30-3:15 Rhyme Bingo/ Bingo 3:30-3:45 Exercise/ Ring Toss 4-5 Participants Choice</p>	<p>Spring Begins March 19th</p> 	<p>Birthdays March 16th Thessalonian Coney March 17th St. Patrick's Day</p>	<p>All activities are subject to change</p> <p>Mindful Care offers a "resting area" for participants during time at ADS, if needed.</p>