



	<p>Everyday Activities</p> <p>Welcome Hour Balance and Flex Exercises Crafts , Painting, Beads Singing and Dancing</p> <p>Quiet Time Board Games , Puzzles, Cards Musical Entertainment 3pm Tea Time Snacks</p>		<p>Third Wednesday Caregiver Support Group Noon-1pm NEWPORT</p>		<p>1— 8:30 Welcome Hour 10 am Adam LCHHS Counselor 11 am Al on Guitar Salad, Tuna Casserole w/ Broccoli 12:30 pm Al on Guitar 1:30 pm Mel on Guitar 2:30 pm Yahtzee 3 pm Tea Time—jc/fs</p>	<p>2—</p> <p style="color: red; text-align: center;">Fridays are SHIBA Info Days</p>
<p>3—</p>	<p>4—8:30 am Welcome Hour 11 am Noodles & Balloons Breakfast for Lunch: Eggs w/ Sausage & Jose’s Pancakes 1 pm Set up for Music/dance 1:30 pm Mystery Music 3 pm Tea Time—jmf</p>	<p>5—</p>	<p>6—8:30 am Welcome Hour 11 am Bean Bag Toss Salad, Cheese Manicotti w/Fr. Bread 1:30 pm Mel on Guitar 2:30 pm Bingo 3:pm Tea Time 3:15 Hangman—fs/jc</p>	<p>7—</p>	<p>8—8:30 am Welcome Hour 10:30 EIEIO w/ Matthew 11 am Al on Guitar Salad, Baked Tilapia w/Squash 12:30 pm Al on Guitar 1:30 Healing Touch/Reiki w/ Gwen 3:15 pm Tea Time—jc/l</p>	<p>9—</p> <p style="text-align: center;">E—Elder I—Information E—Education I—Involving O—Others 2nd & 4th Friday 10:30 am</p>
<p>10— Daylight Savings Time. Set your clocks forward 1 hour</p>	<p>11—8:30 am Welcome Hour 11 am Ring Toss Salad, Chicken or Bean Enchilada Casserole 1 pm Set-up for Music/dance 1:30 pm Al & Mel on Guitar 2:30 pm Bean Bag Toss 3 pm Tea Time—fs/jc</p>	<p>12—</p> <p style="text-align: center;">2nd Tuesday MS Support Group 11:00 m—12:30 pm</p>	<p>13—8:30 am Welcome Hour 11 am Noodles & Balloons Salad, Veggie or Ham Quiche w/ Fruit Cup 12:30 pm Card Games 1:30 pm Mel on Guitar 2 :30 Bingo 3:pm Tea Time—ls/fs</p>	<p>14—</p>	<p>15—8:30 am Welcome Hour 10 am Adam LCHHS Counselor 11 am Al on Guitar Salad, Corn Beef & Cabbage 12:30 pm Al on Guitar 1:30 pm Mel on Guitar 3 pm Tea Time—Team 3:15 Hangman </p>	
<p>17—</p> <p style="text-align: center;"> Happy St. Patrick's Day!</p>	<p>18—8:30 am Welcome Hour 11 am In Door Bowling Lentil Soup, Veggie or Beef Burger w/ Sweet Potato Fries 1:30 pm Mystery Music 2:30 Ring Toss 3:pm Tea Time—jmf</p>	<p>19—</p> <p style="text-align: center;">First Day of Spring 3/20</p> <p style="text-align: center;"></p>	<p>20—8:30 am Welcome Hour 11 am Flex & Balance Red Pepper Soup, Subway Sandwiches w/ Chips 12: Austin Lunch & Guitar 1:30 pm Mel on Guitar 2 :30 Bingo 3:pm Tea Time—Team</p>	<p>21—</p> <p style="text-align: center;">Third Thursday Caregiver Support Group Noon-1pm Odd Fellows Hall Bring a sack lunch</p>	<p>22—8:30 am Welcome Hour 10:30 am EIEIO w/ Matthew 11 am Al on Guitar Salad, Clam Chowder w/ Biscuits 1:pm Birthday Calendar Project 1:30 Healing Touch w/ Gwen 2:30 pm Bean Bag Toss 3 pm Tea Time—jc/l</p>	<p>23—</p> <p style="text-align: center;"></p>
<p>24—</p> <p style="text-align: center;">31—</p>	<p>25— 8:30 am Welcome Hour 11 am Flex & Balance Salad, Meatloaf w/roasted potatoes & Tarragon Carrots 1 pm Set up for Song & dance 1:30 pm Al & Mel on Guitar 2:30 pm “Did you Know” 3 pm Tea Time—fs/jc</p>	<p>26—</p>	<p>27— 8:30 am Welcome Hour 11 am Ring Toss Egg Flower Soup Chinese Take Out 1pm Poetry & Prose 2:30 Bingo (if time permits) 3:00 Tea Time-jmf 3:15 pm Dice Game</p>	<p>28—</p>	<p>29—8:30 am Welcome Hour 11 am Al on Guitar Salad, Salmon Patties w/ Mashed Sweet Potatoes 12:30 pm Al on Guitar 1:30 Mel on Guitar 2:30 pm Yahtzee 3 pm Tea Time—ls/fs</p>	<p>30—</p>