

Monday	Tuesday	Wednesday	Thursday	Friday
MARCH 2018	IRISH AMERICAN MONTH	RED CROSS MONTH	1 8-10 Breakfast 10:30 BINGO 11:30 Lunch 1:00 Exercise 1:15 Peanut butter day 2:30 Snack	2 8-10 Breakfast 10:30 World Day of Prayer 11:30 Lunch 1:00 Exercise 1:15 Old Stuff Day 2:30 Snack
5 8-10 Breakfast 10:30 Card Games 11:30 Lunch 1:00 Chair Volleyball 2:30 Snack	6 8-10 Breakfast 10:30 BINGO 11:30 Lunch 1:00 Exercise 1:15 Spa Day 2:30 Snack	7 8-10 Breakfast 10:00 Maple Syrup Talk 11:30 Lunch 1:00 Exercise 1:15 Craft 2:30 Snack	8 8-10 Breakfast 10:30 BINGO 11:30 Lunch 1:00 Exercise 1:15 Seed Starting/Garden 2:30 Snack	9 8-10 Breakfast 10:30 Card Games 11:30 Lunch 1:00 Exercise 1:15 Red Cross 2:30 Snack
12 8-10 Breakfast 10:30 Plant a flower Day 11:30 Lunch 1:00 Chair Volleyball 2:30 Snack	13 8-10 Breakfast 10:30 BINGO 11:30 Lunch 1:00 Exercise 1:15 Jewel Day 2:30 Snack	14 8-10 Breakfast 10:30 Butterflies Day 11:30 Lunch 1:00 What is Blue Zone 1:15 Craft 2:30 Snack	15 8-10 Breakfast 10:30 BINGO 11:30 Lunch 1:00 A Bit of Irish Party 1:15 Ides of March 2:30 Snack	16 8-10 Breakfast 10:30 Ball Toss 11:30 Lunch 1:00 Exercise 1:15 Freedom of Info Day 2:30 Snack
19 8-10 Breakfast 10:30 Poultry Day 11:30 Lunch 1:00 Chair Volleyball 2:30 Snack	20 8-10 Breakfast 10:30 BINGO 11:30 Lunch 1:00 Get techy on Cell 1:15 Aroma Therapy 2:30 Snack	21 8-10 Breakfast 10:30 Gene Perine 11:30 Lunch 1:00 Exercise 1:15 Craft 2:30 Snack	22 8-10 Breakfast 10:30 BINGO 11:30 Lunch 1:00 Exercise 1:15 Goof off Day 2:30 Snack	23 8-10 Breakfast 10:30 Card Games 11:30 Friday Fling 1:00 Exercise 1:15 Nat'l Puppy Day 2:30 Snack
26 8-10 Breakfast 10:30 Nat'l Spinach Day 11:30 Lunch 1:00 Chair Volleyball 2:30 Snack	27 8-10 Breakfast 10:30 BINGO 11:30 Lunch 1:00 Disaster Prepared -ness day 2:30 Snack	28 8-10 Breakfast 10:30 Craft 11:30 Lunch 1:00 Exercise 1:15 Craft 2:30 Snack	29 8-10 Breakfast 10:30 BINGO 11:30 Lunch 1:00 Exercise 1:15 Mom /Pop Business 2:30 Snack	30 8-10 Breakfast 10:30 Good Friday 11:30 Lunch 1:00 Exercise 1:15 Passover 2:30 Snack

Heritage Hall Adult Day Center ◊ A Program of The Licking County Aging Program ◊ 1058 E Main Street ◊ Newark, OH 43055 ◊ 740-345-0821