

Sun

Mon

Tue

Wed

Thu

Fri

Sat

# March 2019

Sagepoint Senior Living Services - Adult Day Services - Special Needs Unit  
10200 La Plata Road  
La Plata, Maryland 20646  
301.934.1900

**1**  
10:00 5 Alive  
12:45 Hand Rubs  
1:30 Lights and Sounds

**2**  
10:00 B-I-N-G-O  
12:45 Sit & Be Fit  
1:30 Dr. Seuss Day Facts

**David S. Birthday**  
**Birthstone**  
**Aquamarine**  
**Flower**  
**Daffodil**

**4**  
10:00 5 Alive  
12:45 Manicures  
1:30 Laughter is the Best RX

**5**  
**Kenneth B. Birthday**  
**Mardi Gras**  
10:00 Bible Study  
12:45 5 Alive  
1:30 Parachute Exercise

**6**  
**Ash Wednesday**  
10:30 Clown Toss  
12:45 Short Stories  
1:30 Colors and Sounds

**7**  
**Crystal C. Birthday**  
10:00 Warm Towel Hot Potato  
12:45 Grace Lutheran  
1:30 Sing Along Tunes

**8**  
10:00 5 Alive  
12:30 Short Stories  
1:30 Balloon Touch

**9**  
10:00 B-I-N-G-O  
12:45 Sit & Be Fit  
1:30 Proverbs Trivia

**Daily Events:**  
9:00 Breakfast  
11:00 Lunch  
12:00 News Review  
2:00 Snack  
2:30 Relaxation  
3:00 Departure

**11**  
10:00 Hand over Hand Basket Toss  
12:45 Manicures  
**1:30 United Praise Team**

**12**  
**Carolyn L. Birthday**  
10:00 Bible Study  
12:45 Music Mayhem  
1:30 Beach Ball Brawl

**13**  
10:00 5 Alive  
12:45 Familiar Notes  
1:30 Aromatherapy

**14**  
10:00 Categories  
12:45 Tactile Textures  
1:30 Favorite Pastimes

**15**  
**Felice M. Birthday**  
10:00 5 Alive  
12:45 Over/Under  
1:00 Ribbon Dance

**16**  
10:00 B-I-N-G-O  
12:45 Sit & Be Fit  
1:30 Opposites Trivia

**Astrological Signs**  
**Pisces**  
20 Feb - 20 March  
**Aries**  
21 March - 19 April

**18**  
10:00 Port Tobacco Players (R)  
12:45 Manicures  
1:15 Belly Laughs

**19**  
**John S. & Raymond R. Birthdays**  
10:00 Bible Study  
12:45 5 Alive  
1:30 Parachute Exercise

**20**  
**1st Day of Spring**  
10:00 Clown Toss  
12:45 Short Stories  
1:30 Name that Tune

**21**  
**Purim**  
10:00 Greeting the Day  
12:45 Grace Lutheran  
1:30 5 Alive

**22**  
**Cathy S. Birthday**  
10:00 5 Alive  
12:45 Balloon Swat  
1:30 Tactile Textures

**23**  
10:00 Jaycees Bingo (D)  
12:45 Sit & Be Fit  
1:30 Fact or Fiction?

**Red Room (R) Events and Locations are Subject to Change**  
**Volunteers Visit Daily**

**25**  
10:00 Hand over Hand Basket Toss  
12:45 Manicures  
**1:30 United Praise Team**

**26**  
**Michael S. Birthday**  
10:00 Bible Study  
12:45 Twisting Tunes  
1:30 Lights and Sounds

**27**  
10:00 5 Alive  
12:45 My Favorites Sing Along  
1:30 Follow Your Nose

**28**  
**Florentina M. Birthday**  
10:00 Greeting the Day  
12:45 Hand over Hand  
1:30 Familiar Melodies

**29**  
10:00 5 Alive  
12:45 Short Stories  
1:30 Hand over Hand Ball Pass

**30**  
10:00 B-I-N-G-O  
12:45 Sit & Be Fit  
1:30 Doctor Appreciation Discussion