

# Adult Day Center of Somerset Hills

Friday

# MARCH 2019

Monday

Tuesday

Wednesday

Thursday

**1**  
10:45 YMCA Movin' to the Music  
  
1:15 Museum of Early Trades & Crafts: "Hail to the Chief"

**4**  
10:45 YMCA Fluid Stretch  
  
1:15 Read Across America: Dr. Seuss Day

**5**   
10:45 Chair Yoga  
  
1:15 Celebrating Mardi Gras!  
**Hair Salon**

**6**  
10:45 Finish the Phrase Target Game  
11:30 Exercise  
  
1:15 Crafting with Brandywine Living


**7**  
10:45 Country Singing with Pastor Ted  
11:30 Exercise  
  
1:15 Music Therapy

**8**  
10:45 Hot Potato Trivia  
11:30 Exercise  
  
1:15 Crafting with the Peacock & Christman Families

**11**  
10:45 Pet Therapy with Hazel & Nikki  
11:30 Exercise  
  
1:15 Morris Museum Travel Series 2019 "Ireland"

**12**  
10:45 Chair Yoga  
  
1:15 Piano and Singing with Ilene

**13**  
10:45 Singing with Caitlyn of Foothill Acres  
11:30 Exercise  
  
1:15 Kathleen B. Presents: St. Patrick's Day

**14**   
1:15 Baking with Barbara : "Grandma's Irish Soda Bread"  
11:30 Exercise  
1:15 Music Therapy  
St. Patrick's Day Trivia Game

**15**  
10:45 YMCA Movin' to the Music  
  
1:15 Center for Contemporary Art Project

**18**  
10:45 YMCA Fluid Stretch  
  
1:15 Museum of Early Trades& Crafts: "Through the Glass Brightly"

**19**  
10:45 Chair Yoga  
  
1:15 Singing with Clifford Seay!

**20**  
10:45 Pet Therapy with Bright & Beautiful  
11:30 Exercise  
  
1:15 Envir Center "Backyard Bears"

**21**  
10:45 Celebrating Holi  
11:30 Exercise  
  
1:15 Music Therapy

**22**  
10:45 Hot Potato Trivia  
11:30 Exercise  
  
1:15 At the Movies!  
**Hair Salon**

**25**  
10:45 Pet Therapy with Hazel & Nikki  
11:30 Exercise  
1:15 Rose City Songsters  
**Caregiver Support Group**

**26**  
10:45 Chair Yoga  
  
1:15 Piano and Singing with Ilene

**27**   
10:45 Travel to Hawaii  
11:30 Exercise  
1:15 Hawaiian Luau

**28**  
10:45 Wacky Wordies  
11:30 Exercise  
1:15 Music Therapy

**29**  
10:45 YMCA Movin' to the Music  
  
1:15 BINGO!

**Center :**  
908-766-6164 x 270  
Please place names in all outerwear.  
  
For inclement weather call 908- 766-6164 x-262 starting at 7:00 a.m.

**Daily Activities**  
  
8 - Open Meet & Greet  
10 - Coffee & Tea  
11:30 - Exercise  
12 - Lunch  
2:15 - Afternoon Snack  
3 - Pick up begins  
4:30 - Center Closes