

ADULT DAY CENTER at SOMERSET HILLS



| Mon | Tue | Wed | Thu | Fri |
|--|---|--|---|--|
|  |  | | 1 10:45 Celebrating Dr. Seuss 11:30 Weight Bearing Exercise 1:15 Music Therapy 3:00 Reading, Chat | 2 10:45 Horticulture with Amanda 11:30 Chairside Exercise 1:15 Wacky Wordies 3:00 Socializing |
| 5 10:45 Hazel and Therapy Dogs 11:30 Chairside Exercise 1:15 Scategories 3:00 Puzzles, Reading, Activity | 6 10:45 Chair Yoga with Marthe 1:15 Morris Museum Musical Instruments 3:00 Puzzles, Reading, Chat | 7 10:45 BINGO FUN! 11:30 Core Exercise 1:15 Day at the Movies Finians Rainbow 3:00 Independent Activities | 8 10:45 Helene & Irene Pianists 11:30 Stretch for the Stars 1:15 Music Therapy 3:00 Puzzles, Reading, Chat | 9 10:45 Move to the Music with YMCA 11:30 Core Exercise 1:15 Center for Contemporary Art - Mixed Media 3:00 Puzzles, Reading, |
| 12 10:45 Finish the Phrase 11:30 Core Fitness 1:15 St. Patty's Day Decorating 3:00 Independent Activities | 13 10:45 Chair Yoga with Marthe 1:15 Singing the Oldies with Sal DiBianca 3:00 Puzzles, Reading, Chatting Hair Salon Podiatrist | 14 10:45 Cranium Crunches 11:30 Chairside Exercise 1:15 "Show and Tell" with Rulene 3:00 Puzzles, Activities, Chat Podiatrist | 15 10:45 Linda & Ollie the Therapy Dog 11:30 Hand Weights 1:15 Music Therapy 3:00 Puzzles, Reading, Chat | 16 10:45 Wacky Word Fun 11:30 Chairside Exercise 1:15 Ilene Weiner-Piano & Singing 3:00 Independent Activities |
| 19 10:45 Reminiscing and Trivia 11:30 Weight Bearing Exercise 1:15 Chair Volleyball 3:00 Independent Activities | 20 10:45 Chair Yoga with Marthe 11:30 Weight Bearing Exercise 1:15 Museum of Early Trades & Crafts – Decoding the Past 3:00 Puzzles, Reading | 21 10:45 Finish the Drawing 11:30 Strengthening Exercise 1:15 Jerry Happ – Easter Cards 3:00 Independent Activities | 22 10:45 Crossword Fun 11:30 Flex and Stretch 115 Music Therapy 3:00 Puzzles, Activities, Chat | 23 10:45 Move to the Music with YMCA 11:30 Stretch for the Stars 1:15 At the Movies 3:00 Independent Activities |
| 26 10:45 Finish the Phrase 11:30 Flex and Stretch 1:15 Jeopardy 3:00 Independent Activity The Support Group | 27 10:45 Chair Yoga with Marthe 11:30 Stretch for the Stars 1:15 Environmental Center- Vital Vernalis 3:00 Puzzles, Reading, | 28 10:45 Trace and Place 11:30 Weight Bearing Exercise 1:15 Baking Fun 3:00 Chatting, Activities | 29 10:45 Spring Art Project 11:30 Chairside Exercise 1:15 Music Therapy 3:00 Relaxing and Socializing | 30 10:45 Discuss and Recall 11:30 Music 'n Motion 1:15 Ilene Weiner-Piano & Singing 3:00 Independent Activities |

Daily Activities

- 8:00** Meet and Greet
- 10:00** Morning coffee and socializing
- 12:00** Lunch
- 2:30** Afternoon Snack
- 4:30** Center Closes

Center: (908) 766-6164 x 270

Please place names in all outerwear to avoid confusion.

For inclement weather call (908) 766-6164, then extension 262 starting at 6:30 a.m.