

ADHS ACTIVITY CALENDAR MARCH 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				7:00 Coffee & Current Events 1 9:00 Card BINGO 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**
7:00 Coffee & Current Events 4 9:00 Yahtzee 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**	7:00 Coffee & Current Events 5 9:00 Prize BINGO 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**	7:00 Coffee & Current Events 6 9:00 Shamrock Craft 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**	7:00 Coffee & Current Events 7 9:00 Bowling Dice 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**	7:00 Coffee & Current Events 8 9:00 UNO/Cards 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**
7:00 Coffee & Current Events 11 9:00 Truth Or Dare 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**	7:00 Coffee & Current Events 12 9:00 Card BINGO 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**	7:00 Coffee & Current Events 13 9:00 Prize BINGO 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**	7:00 Coffee & Current Events 14 9:00 Chip-In 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**	7:00 Coffee & Current Events 15 9:00 Leprechaun Craft 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**
7:00 Coffee & Current Events 18 9:00 Card BINGO 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**	7:00 Coffee & Current Events 19 9:00 Kite Craft 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**	7:00 Coffee & Current Events 20 9:00 UNO/Cards 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**	7:00 Coffee & Current Events 21 9:00 Prize BINGO 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**	7:00 Coffee & Current Events 22 9:00 Don't You Forget It 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**
7:00 Coffee & Current Events 25 9:00 UNO/Cards 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**	7:00 Coffee & Current Events 26 9:00 Bowling Dice 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**	7:00 Coffee & Current Events 27 9:00 Craft 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**	7:00 Coffee & Current Events 28 9:00 Truth Or Dare 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**	7:00 Coffee & Current Events 29 9:00 Prize BINGO 10:30 Personal Care/Toileting 11:00 Exercise 12:00 Lunch, Toileting 1:00 Mental Stimulation 1:30 Active Games 3:00 Snack 3:15 - 6:00 Individual Interest**

Mental Stimulation Games are typically between 9:00 - 11:00 each day.

Participants may choose to do alternate activities.

***Individual interests may include but are not limited to:*

*small group card games, board games,
crafts, word puzzles, jigsaw puzzles,
special projects, reading, relaxing,
and social interaction*