

Syracuse Daybreak

**161 Intrepid Lane
Syracuse, New York**

**March 2019
Recreation Calendar**



March Birthdays

**1st Dorothy K. 1st Sonja Williams
19th Candace L. 22nd Electa M. 23rd Julie C.
27th Sharyn Brown**

Community Outings/In house Lunch/Gift shop:

3/12 11:00 Gift Shop

3/29 11:00 Gift Shop

Birthstone: Bloodstone

Flower: Jonquil

Colors: White

DAYBREAK: 498-4405

NOTE: An * represents a program specifically requested by clients in either their Participant Council Meeting or the monthly Program Planning Meeting.

Friday, March 1st

- 9:30-10:00 All about March**
10:00-11:00 Program Planning meeting/calendar review
11:00-11:30 Fantastic Fitness
1:30-2:30 *Card club
2:30-3:00 Walking Program
3:00-4:00 *Individual activities/small groups

Sunday, March 3rd

~National Anthem Day~

- 9:30-10:00 News and coffee**
10:00-11:00 Patriotic craft
11:00-11:30 What are the words to the National Anthem? Fun facts
1:30-2:30 Participant choice
2:30-3:00 Walking Program
3:00-4:00 *Individual activities/small groups

Monday, March 4th

~SU Day, Wear Orange~

- 9:30-10:00 News, views, horoscopes and Dear Abby**
10:30-11:15 Health Education with Kathy
11:15-11:30 Horseshoes
1:30-2:30 Mardi Gras Mask making craft
2:30-3:00 Walking Program
3:00-4:00 *Individual activities/small groups

Tuesday, March 5th

~Mardi Gras~

- 9:30-10:00** All about Mardi Gras
10:00-11:00 Mardi Gras Celebration with
Entertainment by Paul Taylor
11:00-11:30 Mardi Gras neckless toss
1:30-2:30 **Pet visits with Willow and Bentley**
2:30-3:00 Walking Program
3:00-4:00 *Individual activities/small groups

Wednesday, March 6th

~Ash Wednesday, Lent Begins~

- 9:30-10:00** All about Lent
10:00-11:00 Bingo
11:00-11:30 Ladder ball
1:30-2:30 Hangman
2:30-3:00 Walking Program
3:00-4:00 *Individual activities/small groups

Thursday, March 7th

~National Cereal Day~

- 9:30-10:00** What are your favorite cereals? Name
cereals with the alphabet
10:00-11:00 Cereal craft
11:00-11:30 Cereal toss
1:30-2:30 Cereal Characters Quiz and discussion
2:30-3:00 Walking Program
3:00-4:00 *Individual activities/small groups

Friday, March 8th

- 9:30-10:00** Scavenger hunt, find the 10 noodle pictures
10:00-11:00 Noodle Month Word Puzzle
11:00-11:30 Ring toss
1:30-2:30 Afternoon game
2:30-3:00 Walking Program
3:00-4:00 *Individual activities/small groups

Sunday, March 10th

~Daylight Savings, Spring Forward~

- 9:30-10:00** News and coffee
10:00-11:00 Plant a flower day planting
11:00-11:30 Walk and talk
1:30-2:30 Wii games
2:30-3:00 Walking Program
3:00-4:00 *Individual activities/small groups

Monday, March 11th

- 9:30-10:00** Nap day discussions/benefits of sleep
10:00-11:00 Kick ball
11:00-11:30 Drafty Crafty word game
1:30-2:30 Higher or lower
2:30-3:00 Walking Program
3:00-4:00 *Individual activities/small groups

Tuesday, March 12th

- 9:30-10:00** News Horoscopes and Dear Abby
10:00-11:00 Pictionary with teams
11:00 Gift shop visits with Chris
11:00-11:30 Terrific Tuesday Exercises
1:30-2:30 Dice games
2:30-3:00 Walking Program
3:00-4:00 *Individual activities/small groups

Wednesday, March 13th

~National Registered Dietician Day~

- 9:30-10:00** Make cards to thank Vicki-RD
10:00-11:00 Jewel Day craft
11:00-11:30 Jewel Day spelling bee
1:30-2:30 Afternoon sports game
2:30-3:00 Walking Program
3:00-4:00 *Individual activities/small groups

Thursday, March 14th

~National Potato Chip Day~

- 9:30-10:00** Morning movement
10:00-11:00 Bingo
11:00-11:30 EEE word game
1:30-2:30 Hot Potato
2:30-3:00 Walking Program
3:00-4:00 *Individual activities/small groups

Friday, March 15th

~ Ides of March ~

- 9:30-10:00** Making Shamrocks
10:00-11:00 **Johnson School of Irish Dancers**
11:00-11:30 Irish Quiz/It's All Irish
1:30-2:30 Shamrock Concentration
2:30-3:00 Walking Program
3:00-4:00 *Individual activities/small groups

Sunday, March 17th

~Happy St. Patrick's Day~

- 9:30-10:00** News and "Irish" coffee
10:00-11:00 St. Patrick's Day Party
11:00-11:30 St. Pats craft
1:30-2:30 Hallmark Movie
2:30-3:00 Walking Program
3:00-4:00 *Individual activities/small groups

Monday, March 18th

~National Oatmeal Cookie Day~

- 9:30-10:00** News, views, horoscopes and dear Abby
10:00-11:00 Leprechaun Treasure Hunt
11:00-11:30 Birthday recognition for March
12:00 Oatmeal Cookie birthday goodies
1:30-2:30 Card shuffle
2:30-3:00 Walking Program
3:00-4:00 *Individual activities/small groups

Tuesday, March 19th

- 9:30-10:00** National Poultry Day fun facts
10:00-11:00 Bingo
11:00-11:30 Horseracing
1:30-2:30 Bulletin Board Trivia
2:30-3:00 Walking Program
3:00-4:00 *Individual activities/small groups

Wednesday, March 20th

~First day of Spring~

- 9:30-10:00** All about Spring
10:00-11:00 Garden club starting seeds
11:00-11:30 Wacky Wednesday Workout
1:30-2:30 Conversation dice
2:30-3:00 Walking Program
3:00-4:00 *Individual activities/small groups

Thursday, March 21nd

~Purim~

- 9:30-10:00** All about Purim
10:00-11:00 Council meeting with Chris
11:00-11:30 Work it out
1:30-2:30 Logo Game
2:30-3:00 Walking Program
3:00-4:00 *Individual activities/small groups

Friday, March 22nd

~Annual American Crossword Tournament~

- 9:30-10:00** I spy
10:00-11:00 Volleyball tournament
11:00-11:30 Group Crosswords
1:30-2:30 Wheel of fortune game
2:30-3:00 Walking Program
3:00-4:00 *Individual activities/small groups

Sunday, March 24th

- 9:30-10:00** News chats and coffee
10:00-11:00 March Madness Pennant craft
11:00-11:30 Basketball trivia
1:30-2:30 Basketball toss
2:30-3:00 Walking Program
3:00-4:00 *Individual activities/small groups

Monday, March 25th

- 9:30-10:00** Women's History Month
10:00-11:00 Alphabet Famous Women in History
11:00-11:30 Monday movements
1:30-2:30 20 Questions game
2:30-3:00 Walking Program
3:00-4:00 *Individual activities/small groups

Tuesday, March 26th

~Wear Purple for Epilepsy Awareness~

- 9:30-10:00 All about Epilepsy**
10:00-11:00 Team Scattegories
11:00-11:30 Stretch and reach
1:30-2:30 List all things that are purple
2:30-3:00 Walking Program
3:00-4:00 *Individual activities/small groups

Wednesday, March 27th

- 9:30-10:00 News, views, horoscopes and Dear Abby**
10:00-11:00 Bingo
11:00-11:30 Mindful mediation and breathing
1:30-2:30 Afternoon trivia
2:30-3:00 Walking Program
3:00-4:00 *Individual activities/small groups

Thursday, March 28th

~Opening Day Major League Baseball~

- 9:30-10:00 Baseball trivia**
10:00-11:00 Who is the best slugger? Baseball hits
11:00-11:30 Word pictures
1:30-2:30 Baseball dice game
2:30-3:00 Walking Program
3:00-4:00 *Individual activities/small groups

Friday, March 29th

- | | |
|--------------------|--|
| 9:30-10:00 | Just joking |
| 10:00-11:00 | Craft |
| 11:00 | Gift shop visits with Chris |
| 11:00-11:30 | Bean Bag Baggo |
| 1:30-2:30 | *Participant's choice |
| 2:30-3:00 | Walking Program |
| 3:00-4:00 | *Individual activities/small groups |

Sunday, March 31th

~National Crayon Day~

- | | |
|--------------------|--|
| 9:30-10:00 | News, horoscopes and Dear Abby |
| 10:00-11:00 | Velvet Art with Crayons |
| 11:00-11:30 | Sunday stretches |
| 1:30-2:30 | Table games |
| 2:30-3:00 | Walking Program |
| 3:00-4:00 | *Individual activities/small groups |