Syracuse Daybreak
700 E. Brighton Ave.
Syracuse, New York

March 2020
Recreation Calendar

March Birthdays
Dorothy K. -1\textsuperscript{st}
Barbara W. -9\textsuperscript{th}
Julie C. -23\textsuperscript{rd}
Sue G. -28\textsuperscript{th}
Sonja W. -1\textsuperscript{st}
Electa M. -22\textsuperscript{nd}
Sharyn B. -27\textsuperscript{th}

Community Outings:
26\textsuperscript{th} – Lunch Outing @ Tully’s

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.
In addition to scheduled programs, Daybreak participants may choose from the following:

- **Leisure Resource Center**
  - Books and Magazines
  - Board Games
  - Cards
  - Puzzles
  - Word Searches
  - Adult Coloring

- **Alternative Activities** (available upon request)
  - Craft supplies
  - Wii
  - iPad

**Additional activity materials may be available upon request. Please talk with staff about acquiring any items not listed above.**
Sunday, March 1st

9:00 – Coffee Hour
10:00 – Strawberry Shortcake
11:00 – Irish Craft
11:30 – Stretch it out
1:30 – Participant’s Choice
2:30 – *Individual Activities/Small Groups

Monday, March 2nd

9:00 – Morning Meet and Greet
9:45 – March Madness
10:15 – Calendar Review and Program Planning
11:00 – Walking Program
1:30 – Day Room Decorating/Group Painting
2:30 – *Individual Activities/Small Groups

Tuesday, March 3rd

9:00 – Morning Meet and Greet
9:45 – Have you heard…. about ear care?
10:15 – BINGO with Sharon
11:00 – Walking Program
1:30 – Afternoon Matinee
2:30 – *Individual Activities/Small Groups
Wednesday, March 4th

9:00 – Morning Meet and Greet
9:45 – Celebrate Your Name Week
10:15 – Name Based Craft
11:00 – Walking Program
1:30 – Is that Grammatically Correct?
2:30 – *Individual Activities/Small Groups

Thursday, March 5th

9:00 – Morning Meet and Greet
9:45 – Cheese Doodle Make-a-Word
10:15 – Card Shuffle
11:00 – Walking Program
1:30 – Guess the Year
2:30 – *Individual Activities/Small Groups

Friday, March 6th

9:00 – Morning Meet and Greet
9:45 – Dental Trivia for National Dentist Day
10:15 – Friday Fitness
11:00 – Walking Program
1:30 – Humor for the Week
2:30 – *Individual Activities/Small Groups
Sunday, March 8th

9:00 – Morning Meet and Greet
9:45 – Dear Abbey
10:15 – Password
11:00 – Walking Program
1:30 – Group Crossword
2:30 – *Individual Activities/Small Groups

Monday, March 9th

9:00 – Morning Meet and Greet
9:45 – Dear Abbey and Horoscopes
10:00 – Council Meeting with Chris
11:00 – Walking Program
1:30 – Barbie’s Birthday
2:30 – *Individual Activities/Small Groups

Tuesday, March 10th

9:00 – Morning Meet and Greet
9:45 – Indian Holiday: Holi
10:15 – Balloon Volleyball
11:00 – Walking Program
1:30 – Jewish Holiday: Purim
2:30 – *Individual Activities/Small Groups
Wednesday, March 11th
~Registered Dietitian Nutritionist Day~

9:00 – Morning Meet and Greet
9:45 – National Crochet Week Facts
10:15 – Crochet Club with Alice
11:00 – Walking Program
Noon – Extra Dessert for Birthday Social – Thanks Vicki!
1:30 – Thank You Cards and Pet Visits
2:30 – *Individual Activities/Small Groups

Thursday, March 12th

9:00 – Morning Meet and Greet
9:45 – World News Check In
10:15 – Bulletin Board Trivia
11:00 – Walking Program
1:30 – Baggo
2:30 – *Individual Activities/Small Groups

Friday, March 13th

9:00 – Morning Meet and Greet
9:45 – What do you do for good luck?
10:15 – Lucky Charms
11:00 – Walking Program
1:30 – Free Time Friday
2:30 – *Individual Activities/Small Groups
Sunday, March 15th

9:00 – Morning Meet and Greet
10:00 – Leisure with Laura
11:00 – Walking Program
1:30 – Card Club
2:30 – *Individual Activities/Small Groups

Monday, March 16th

9:00 – Morning Meet and Greet
9:45 – Ireland Trivia
10:15 – St. Patrick’s Day Craft
11:00 – Walking Program
1:30 – Monday Movement
2:30 – *Individual Activities/Small Groups

Tuesday, March 17th

9:00 – Morning Meet and Greet
9:45 – Happy St Patrick’s Day
10:00 – Entertainment from the Johnston School of Dance
11:00 – Walking Program
1:30 – Irish Words
2:30 – *Individual Activities/Small Groups
Wednesday, March 18th

9:00 – Morning Meet and Greet
9:45 – Laughable Limericks
10:30 – Health Talk with Kathy
11:00 – Walking Program
1:30 – Ladder Ball
2:30 – *Individual Activities/Small Groups

Thursday, March 19th

9:00 – Morning Meet and Greet
9:45 – Spring Begins – You know it is spring when…
10:15 – BINGO with Barb
11:00 – Walking Program
1:30 – When the Chips are Down … Certified Nurses’ Day
2:30 – *Individual Activities/Small Groups

Friday, March 20th

9:00 – Morning Meet and Greet
9:45 – March Madness Review
10:15 – Poetry Recital for World Poetry Day
11:00 – Walking Program
1:30 – What are healthy fats? – alphabet game
2:30 – *Individual Activities/Small Groups
Sunday, March 22\textsuperscript{nd}

9:00 – News and Views  
10:00 – BINGO  
11:00 – Walking Program  
1:30 – Table Games  
2:30 – *Individual Activities/Small Groups

Monday, March 23\textsuperscript{rd}

9:00 – Morning Meet and Greet  
9:45 – I Spy  
10:15 – Pictionary  
11:00 – Walking Program  
1:30 – National Puppy Day Facts and Trivia  
2:30 – *Individual Activities/Small Groups

Tuesday, March 24\textsuperscript{th}

9:00 – Morning Meet and Greet  
9:45 – What do you know about  
10:15 – Scattergories  
11:00 – Walking Program  
1:30 – Tuesday Toe Touch  
2:30 – *Individual Activities/Small Groups
Wednesday, March 25th

9:00 – Morning Meet and Greet
9:45 – Medal of Honor Remembrance
10:15 – Mindful Collage Journaling
11:00 – Walking Program
1:30 – Mindful Meditation
2:30 – *Individual Activities/Small Groups

Thursday, March 26th

9:00 – Morning Meet and Greet
9:45 – Current Event Catch-Up
10:00 – Lunch Outing to Tully’s
10:15 – Rainbow Craft
11:00 – Walking Program
1:30 – Make Up Your Own Holiday Day
2:30 – *Individual Activities/Small Groups

Friday, March 27th

9:00 – Morning Meet and Greet
9:45 – National Joe Day
10:15 – BINGO
11:00 – Walking Program
1:30 – Free Time Friday
2:30 – *Individual Activities/Small Groups
Sunday, March 29th

9:00 – Morning Meet and Greet
10:00 – Easter Egg Craft
11:00 – Walking Program
1:30 – Wii Bowling
2:30 – *Individual Activities/Small Groups

Monday, March 30th

9:00 – Morning Meet and Greet
9:45 – Anniversary of Jeopardy!
10:15 – Monday Movement
11:00 – Walking Program
1:30 – Logo Game
2:30 – *Individual Activities/Small Groups

Tuesday, March 31st

9:00 – Morning Meet and Greet
9:45 – Eiffel Tower Facts and Trivia
10:15 – Balloon Volleyball
11:00 – Walking Program
1:30 – Just Joking
2:30 – *Individual Activities/Small Groups