

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

March 2020
Recreation Calendar



March Birthdays

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

Community Outings:
26th – 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 22nd

9:00 – News and Views

10:00 – BINGO

11:00 – Walking Program

1:30 – Table Games

2:30 – *Individual Activities/Small Groups

Monday, March 23rd

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 24th

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**