


The Hughes Center Activities March 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Andy Griffith Show at 8-9:45 am and 2pm daily</p> <p>Let's Make A Deal Game Show 2pm daily</p> <p>Newspapers-Morning Hours</p>	<p>(1) 10:00 Snack/Hydration 10:15 Devotion/Exercise/Spring's Mad Lib Cognitive Stimulation Activity/Patio/Walk 1:00 Activities in the Binder or Activities Cart/Music Therapy 2:00 Snack Time & Hydration/ Rhyme with Green Cognitive Stimulation 4:00 Balloon/Beach Volleyball and Music Therapy /Large Picture Painting 4:30 Trivia 6:30 Music Therapy and Relaxation</p>	<p>(2) 10:00 Snack/ Hydration 10:15 Devotion/Exercise Ball/Word Search Puzzle/Dice Name Me Game/March Art Therapy 1:00 Activities in the Binder or Activities Cart/Music Therapy 2:15 Snack Time & Hydration/ Paint by Number 4:00 St. Patrick's Hall Decoration 4:30 Upper Limbs Extremities Exercises/Music Therapy 6:30 TV Westerns</p>	<p>(3) 9:50 Devotion/Exercise 10:00 Snack/ Hydration 10:15 Bingo/Dance, Art, and Music Therapy 1:00 Activities in the Binder or Activities Cart/Music Therapy 2:15 Snack Time & Hydration/ 24/48 Jigsaw Puzzles 4:00 March's Birthday Party on the Wings/ Things that Goes Together/Patio Hour 4:30 1:1 Therapy 6:30 Music Therapy and Relaxation</p>	<p>(4) 10:00 Snack/ Hydration 10:15 Devotion/Exercise/ Talk Ball Therapy 1:00 Activities in the Binder or Activities Cart/Music Therapy 2:15 Snack Time & Hydration/Spelling SPRING Cognitive Stimulation 4:00 Hand and Nail Care/Mediation (15 minutes) with soft music 4:30 Lower Limbs Extremities Exercises/ Music Therapy/Dice Trivia 6:30 Wheel of Fortune</p>	<p>(5) 9:50 Devotion/Exercise 10:00 Snack /Hydration 10:15 Spiritual Movie/Popcorn/Route 66 Item Locator Cognitive Stimulation Worksheet 1:00 Activities in the Binder or Activities Cart/Music Therapy 2:00 Snack Time & Hydration/ Spring Art Therapy 4:00 Relaxing Foot Care 4:30 Lets Walk (Aerobic Exercise, Atrium)/ Trivia 6:30 Family Feud</p>	<p>(6) 10:00 -11:30 Devotion/ Snack/Hydration/ Exercise/ Cognitive -Trivia and Table Games 1:00 TV Sports / Rest & Relaxation 2:00 Magazine Scavenger Hunt 4:00 Bingo 4:30 Stretching Exercises 7:00 Lawrence Welk Social</p>
<p>(7) 9:00 Worship Service on the Television 10:00 Snack Time/Hydration 10:15-11:00 Flexibility Exercise/ Current Events/Readings (Activities Closet) 2:00 Popcorn and TV</p>	<p>(8) 9:50 Devotion/Exercise 10:00 Snack/Hydration 10:15 Balloon/Beach Volleyball and Music Therapy/Art Therapy/Darts/Board Games (Connect Four & UNO) 1:00 Activities in the Binder or Activities Cart/Music Therapy 2:00 Snack Time &</p>	<p>(9) 10:00 Snack/ Hydration 10:15 Devotion/Exercise Ball/Mediation (15 Minutes) Dear Abby/ The Monthly Gazette/Patio Hour 1:00 Activities in the Binder or</p>	<p>(10) 9:50 Devotion/Exercise 10:00 Snack/ Hydration 10:15 Bible Jingo/Hymns/Item Locator/Odd or Even Numbers 1:00 Activities in the Binder or Activities Cart/Music Therapy 2:15 Snack Time & Hydration/ Art Therapy 4:00 Chair Exercise (DVD)/ Board Games (Connect Four &</p>	<p>(11) 9:50 Devotion/Exercise 10:00 Snack/ Hydration 10:15 Name Poem /Name Categories/Odd or Even 1:00 Activities in the Binder or Activities Cart/Music Therapy 2:15 Snack Time & Hydration</p>	<p>(12) 10:00 Snack /Hydration 10:15 Devotion/Exercise/Spelling Rainbow and Rainbow Craft 1:00 Activities in the Binder or Activities Cart/Music Therapy 2:15 Snack Time & Hydration/Item Locator/</p>	<p>(13) 10:00 Snack Time/Hydration 10:15-11:00 Devotion/ Exercise/ Reminiscence 1:00 Rest and Relaxation 2:00 Popcorn Social 3:00 Bible Story 4:00 Stretching</p>

<p>Oldies 3:00 1:1 Therapy 6:00 Music Therapy</p>	<p>Hydration/ March's Cross Off the Word 4:00 March's Shamrock Art and Craft Project 4:30 Trivia 6:30 Music Therapy and Relaxation</p>	<p>Activities Cart/Music Therapy 2:15 Snack Time & Hydration/ Hand Massage Therapy 4:00 Plant a Flower (Clay Pot and Raise Garden Bed) Craft 4:30 Upper Limbs Extremities Exercises/Music Therapy 6:30 TV Westerns</p>	<p>UNO) 4:30 1:1 Therapy 6:30 Music Therapy and Relaxation</p>	<p>4:00 Hand and Nail Care 4:30 Lower Limbs Extremities Exercises/ Music Therapy 6:30 TV Westerns</p>	<p>TV Oldies Hour 4:00 Relaxing Foot Care 4:30 Lets Walk (Aerobic Exercise)/ Trivia 6:00 Music Therapy and Relaxation</p>	<p>Exercises 6:30 TV Westerns</p>
<p>(14) 9:00 Worship Service on the Television 10:00 Snack Time/Hydration 10:15-11:00 Flexibility Exercise/ Current Events 2:00 Popcorn and TV Oldies/Rest Time 3:00 1:1 Therapy 6:00 Music Therapy DAYLIGHT SAVING TIME</p>	<p>(15) 10:00 Snack/ Hydration 10:15 Devotion/Exercise/ Wind Categories/Large Picture Painting 1:00 Activities in the Binder or Activities Cart/Music Therapy 2:15 Snack Time & Hydration/ March's Art Therapy/March's Word Search Puzzle 4:00 Ice Cream Social/Patio 4:30 1:1 Therapy 6:30 Music Therapy and Relaxation</p>	<p>(16) 10:00 Snack/Hydration 10:15 Devotion/Exercise/Patio Hour/Walk/The Mystery Knitter (Reading and Discussion) 1:00 Activities in the Binder or Activities Cart/Music Therapy 2:15 Snack Time/ Paint by Number 4:00 The Gaither's Musical/Cross Off the Word/ Spring's Suncatchers Art and Craft/Music Therapy 4:30 Upper Limbs Extremities Exercises/Music Therapy 6:30 TV Westerns</p>	<p>(17) 9:50 Devotion/Exercise 10:15 ST. PATRICK'S DAY PARTY ON THE WING/ ST. PATRICK'S DAY FACTS AND TRIVIA/Art Therapy 1:00 Activities in the Binder or Activities Cart/Music Therapy 2:15 Snack Time/ 24/48 Pieces Jigsaw Puzzles/Connect Four 4:00 Zentangle Shamrock Art Therapy/Cross Off the Words/Word Search Puzzle/Art Therapy 4:30 1:1 Therapy 6:30 Music Therapy and Relaxation</p> 	<p>(18) 10:00 Snack/Hydration 10:15 Devotion/Exercise Item Locator/ UNO Sort by Colors and Numbers 1:00 Activities in the Binder or Activities Cart/Music Therapy 2:15 Snack Time/ Magazine Scavenger Hunt 4:00 Hands and Nails Care/ Easy Does It Trivia/This AND That Cognitive Stimulation 4:30 Music Therapy 6:30 TV Westerns</p>	<p>(19) 10:00 Snack/Hydration 10:15 Devotion/Exercise/Spring Time Cross Off the Word/ABC's Spring Words 1:00 Activities in the Binder or Activities Cart/Music Therapy 2:15 Snack Time/ TV Oldies Hour 4:00 Relaxing Foot Care 4:30 Trivia 6:00 Music Therapy and Relaxation</p>	<p>(20) 10:00 Snack Time/Hydration 10:15-11:00 Devotion/ Exercise/ Reminiscence 1:00 Rest and Relaxation 2:00 Popcorn Social 3:00 Bible Story 4:00 Stretching Exercises 6:30 TV Westerns</p> 

<p>(21) 9:00 Worship Service on the Television 10:00 Snack Time/Hydration 10:15-11:00 Flexibility Exercise/ Current Events 2:00 Popcorn and TV Oldies 3:00 1:1 Therapy (reading, etc.) 6:00 Music Therapy</p>	<p>(22) 10:00 Snack/Hydration 10:15 Devotion/Exercise/ Lets Go Walking (Patio)/The Mighty Winds of March (Reading and Discussion) 1:00 Activities in the Binder or Activities Cart/Music Therapy 2:15 Snack Time/Paint by Number 4:00 Balloon Toss and Music/Dance Therapy 4:30 1:1 Therapy 6:30 Music Therapy and Relaxation</p>	<p>(23) 10:00 Snack/ Hydration 10:15 Devotion/Exercise/Name Poems/March Categories 10:30 Men’s Social (Art and Craft Room 1:00 Activities in the Binder or Activities Cart/Music Therapy 2:15 Snack Time/ Hand Massage Therapy 3:00 Chair Exercise (DVD)/ Art Therapy/Patio Hour 4:30 Upper Limbs Extremities Exercises/Music Therapy/ Trivia 6:30 TV Westerns</p>	<p>(24) 10:00 Snack/ Hydration 10:15 Devotion/Exercise/Rainbow Craft/Patio 1:00 Activities in the Binder or Activities Cart/Music Therapy 2:15 Snack Time/ Odd Word Cognitive Stimulation Activities 3:00 Flower Mart Adventure (Reading and Discussion)/March Madness Item Locator 4:30 1:1 Therapy 6:30 Music Therapy and Relaxation</p>	<p>(25) 9:50 Devotion/Exercise 10:00 Snack/Hydration 10:15 Devotion/Exercise/Fill in the Numbers/Count to 100 forward and backwards Cognitive Stimulation Activities 1:00 Activities in the Binder or Activities Cart/Music Therapy 2:15 Snack Time/ Music Therapy/Root Beer Float 4:00 Hands and Nails Care/Meditation (15 Minutes) with soft music 4:30 Lower Limbs Extremities Exercises/ Music Therapy 6:30 TV Westerns</p>	<p>(26) 9:50 Devotion/Exercise 10:00 Snacks/Hydration 10:15 Spiritual Movie & Popcorn/Patio Hour 1:00 Activities in the Binder or Activities Cart/Music Therapy 2:15 Snack Time/Rest and Relaxation/TV Oldies 4:00 Relaxing Foot Care 4:30 Trivia 6:00 Music Therapy and Relaxation</p>	<p>(27) 10:00 Snack Time/Hydration 10:15-11:00 Devotion/ Exercise/ Sorting the Cards (colors and numbers) 1:00 Rest and Relaxation 2:00 Popcorn Social 3:00 Bible Story 4:00 Stretching Exercises 6:30 TV Westerns</p>
<p>(28) 9:00 Worship Service on the Television 10:00 Snack Time/Hydration 10:15-11:00 Flexibility Exercise/ Current Events 2:00 Popcorn and TV Oldies 3:00 1:1 Therapy 6:00 Music Therapy</p>	<p>(29) 10:00 Snack/Hydration 10:15 Devotion, Exercise/ Balloon Toss and Music therapy/Dance Therapy 1:00 Activities in the Binder or Activities Cart/Music Therapy 2:15 Snack Time/Paint by Number 4:00 Last Flower in Toronto (Reading and Discussion)/ Talk Ball Therapy 4:30 1:1 Therapy 6:30 Music Therapy and Relaxation</p>	<p>(30) 10:00 Snack/ Hydration 10:15 Devotion/Exercise/Bible Trivia/ Bible Art Therapy/Meditation (15 Minutes) 1:00 Activities in the Binder or Activities Cart/Music Therapy 2:15 Snack Time/ Hand Massage Therapy 4:00 The Gaither’s Musical</p>	<p>(31) 10:00 Snack/ Hydration 10:15 Devotion/Exercise/Bingo 1:00 Activities in the Binder or Activities Cart/Music Therapy 2:15 Snack Time/ Rest and Relaxation 4:00 Bingo/Hymns/Art Therapy 4:30 1:1 Therapy 6:30 Music Therapy and Relaxation</p>	<p>Happy Birthday to all March’s Residents, Family Members, & Employees</p>	<p>! Each year March ! and June end ! on the same ! day of the ! week. ! It is the time of year when</p>	<p>MARCH MADNESS</p> 

		Performance (DVD), Cross Off the 4:30 Upper Limbs Extremities Exercises/Music Therapy/ Trivia 6:30 TV Westerns			<p>animals start to wake up from hibernation.</p> <p>March was named for war!!</p>	

*** Our schedule is flexible and subject to change. Therefore, activities may occasionally be different than those scheduled.