

March 2019 The Hughes Center Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					(1) 9:45 Devotion 10:00 The Quilting Club (Lindsey Leggett, Kindred Hospice) 2:00 Snack Time/ TV Oldies 3:00 Relaxing Foot Care 4:00 Lets Walk (Aerobic Exercise)/ Bible Trivia 6:30 Music Therapy and Relaxation	(2) 10:00 Devotion/ Unit Games 11:00 Lets Walk 1:00 Rest and Relaxation 2:00 Popcorn Social 3:00 Bingo 4:00 Stretching Exercises 6:30 TV Westerns
(3) 10:00 TV Church 10:30 Family Worship Service (Atrium) 11:00 Lg. Group: Flexibility Exercises/ Current Events 2:00 Snack Time 3:00 Unit Games 4:00 Aerobic Exercises 6:00 TV News DAYLIGHT SAVING TIME	(4) 10:00 Devotion 10:15 Balloon Volleyball/Music Therapy 2:00 Snack Time/ An Unlikely Alpine Reunion Reading Club/Discussion 3:00 Zentangle Shamrock Art Therapy 4:00 Lets Walk (Aerobic Exercise) 6:30 Music Therapy and Relaxation	(5) 10:15 Devotion Exercise Ball/ Dear Abby/ The Monthly Gazette 11:00 Hymns with Nancy and Friends(Vickie Hightower, Sitters LLC) 2:00 Snack Time/ Hand Massage Therapy/ Mardi Gras Puzzles 3:00 Worship Service/Book of Genesis Chapter 13 Bible Discussion 4:00 Upper Limbs Extremities Exercises/Music Therapy/ Trivia 6:30 TV Westerns	(6) 9:45 Devotion 10:15 Bingo (Andrea Lorenz, Compassus Hospice and Palliative Care) 2:00 Snack Time/ 24 Pieces Jigsaw Puzzle 3:00 Parachute/Kickball/Ball Toss 4:00 Chair Exercises (DVD)/ Lets Walk/ Trivia 6:30 Music Therapy and Relaxation ASH WEDNESDAY	(7) Destination Stations 10:15 Devotion/Exercise/ Puttering in the Rose Garden (Reading)/ Let's Go Walking 11:00 – 11:30 Pet Therapy with Bella 2:00 Snack Time/ Item Locator/ TV Westerns 3:00 Hands and Nails Care (Kathy Briner, Compassus Hospice and Palliative Care) 4:00 Lower Limbs Extremities Exercises/ Music Therapy 6:30 TV Westerns	(8) 9:45 Devotion 10:15 Spiritual Movie and Popcorn 2:00 Snack Time/Words Related to the Month of March /TV Oldies Hour 3:00 Relaxing Foot Care 4:00 Lets Walk (Aerobic Exercise)/ Trivia 6:30 Music Therapy and Relaxation	(9) 10:00 Devotion/ Unit Games 11:00 Lets Walk 1:00 Rest and Relaxation 2:00 Popcorn Social 3:00 Reminiscence Activity 4:00 Stretching Exercises 6:30 TV Westerns

		MARDI GRAS FAT TUESDAY				
<p>(10) 10:00 TV Church 10:30 Family Worship Service (Atrium) 11:00 Lg. Group: Flexibility Exercises/ Current Events 2:00 Snack Time 3:00 Unit Games/Art Therapy 4:00 Aerobic Exercises 6:00 TV News</p>	<p>(11) 10:00 Devotion 10:15 Sun catcher Art and Craft 2:00 Cooking with Cathi 3:00 Balloon Volleyball and Music Therapy 4:00 Lets Walk (Aerobic Exercise) 6:30 Music Therapy and Relaxation</p>	<p>(12) 10:15 Devotion/ Exercise Ball/Cross Off the Word/ March's Art Therapy 11:00 Hymns with Nancy and Friends (Vickie Hightower, Sitters LLC) 2:00 Snack Time/Paint By Number 3:00 Gaither's Musical (DVD) 4:00 Upper Limbs Extremities Exercises/Music Therapy/ Trivia 6:30 TV Westerns</p>	<p>(13) 9:45 Devotion 10:00 Master's Gardener Program 10:30 Chair Exercise (DVD) 2:00 Snack Time/ Spring Garden Mad Lib Cognitive Stimulation Activities 3:00 Bingo 4:00 Lets Walk (Aerobic Exercise) 6:30 Music Therapy and Relaxation</p>	<p>(14) 10:00 Devotion 10:15 Cooking with Sharon 2:00 Snack Time/ The Andy Griffith Show 3:00 Hands and Nails Care 4:00 Lower Limbs Extremities Exercises/ Music Therapy 6:30 TV Westerns</p>	<p>(15) 10:00 Devotion 10:15 Creativity Activities Day (On the Wing) 2:00 Snack Time/Easy Does It Trivia 3:00 Relaxing Foot Care 4:00 Lower Limbs Extremities Exercises/ Music Therapy 6:30 TV Westerns</p>	<p>(16) 10:00 Devotion/ Unit Games 11:00 Lets Walk 1:00 Rest and Relaxation 2:00 Popcorn Social 3:00 Bingo 4:00 Stretching Exercises 6:30 TV Westerns</p>
<p>(17) 10:00 TV Church 10:30 Family Worship Service (Atrium) 11:00 Lg. Group: Flexibility Exercises/ Current Events 2:00 Snack Time 3:00 Unit Games 4:00 Aerobic Exercises 6:00 TV News</p> <p>ST. PATRICK DAY</p>	<p>(18) 10:00 Devotion 10:15 Balloon Volleyball and Music Therapy 2:00 Garden Party with Mrs. Sue Berry 3:00 Flower Craft 4:00 Lets Walk (Aerobic Exercise) 6:30 Music Therapy and Relaxation</p>	<p>(19) 10:15 Devotion/ Exercise Ball/ Word Search Puzzle Item Locator 11:00 Hymns with Nancy and Friends 2:00 Snack Time/ Hand Massage Therapy 3:00 Worship Service/Book of Genesis Chapter 14 Bible Discussion 4:00 Upper Limbs Extremities Exercises/Music Therapy/ Trivia 6:30 TV Westerns</p>	<p>(20) 10:00 Devotion 10:15 Bingo (Andrea Lorenz, Compassus Hospice and Palliative Care) 2:00 Snack Time/24 Pieces Jigsaw Puzzle 3:00 Hymn CD and Hymns Books (Sing along, on the wing) 4:00 Chair Exercises (DVD)/Lets Walk 6:30 Music Therapy and Relaxation</p>	<p>(21) 10:00 Devotion 10:15 Fun Fitness with Assistance (On the Wing) 2:00 Snack Time/ TV Westerns 3:00 Hands and Nails Care (Kathy Briner, Compassus Hospice and Palliative Care) 4:00 Lower Limbs Extremities Exercises/ Music Therapy 6:30 TV Westerns</p>	<p>(22) 10:00 Devotion 10:15 Spiritual Movie and Popcorn 2:00 Snack Time/ TV Oldies Hour 3:00 Relaxing Foot Care 4:00 Lets Walk (Aerobic Exercise)/ Trivia 6:30 Music Therapy and Relaxation</p>	<p>(23) 10-11:30 Devotion / Cognitive- Trivia and Table Games 1:00 TV Sports/ Rest & Relaxation 2:00 Reminiscence Activity 3:00 Bible Jingo 4:00 Stretching Exercises 6:30 TV Westerns</p>

<p>(24) 10:00 TV Church 10:30 Family Worship Service (Atrium) 11:00 Lg. Group: Flexibility Exercises/ Current Events 2:00 Snack Time 3:00 Unit Games 4:00 Aerobic Exercises 6:00 TV News</p>	<p>(25) 9:45 Devotion 10:00 Chaminade's Musical Performance 2:00 Snack Time/ Reading Club/Discussion 3:00 Balloon Volleyball/Music Therapy 4:00 Lets Walk (Aerobic Exercise) 6:30 Music Therapy and Relaxation</p>	<p>(26) 10:15 Devotion/ Exercise Ball/Item Locator 11:00 Hymns with Nancy and Friends(Vickie Hightower, Sitters LLC) 2:00 Snack Time/ Paint by Number 3:00 Gaither's Musical (DVD) 4:00 Upper Limbs Extremities Exercises/Music Therapy/ Trivia 6:30 TV Westerns</p>	<p>(27) 10:00 Devotion 10:15 March's Residents Birthday Party(Bridget Rochelle, Home Instead Senior Care) 2:00 Snack Time/ Cross Off the Word 3:00 Bingo 4:00 Chair Exercises (DVD)/Lets Walk 6:30 Music Therapy and Relaxation</p>	<p>(28) 10:00 Devotion 10:15 Ice Cream Social/ Patio Hour 2:00 Snack Time/ The Andy Griffith Show 3:00 Hands and Nails Care 4:00 Lower Limbs Extremities Exercises/ Music Therapy 6:30 TV Westerns</p>	<p>(29) 10:00 Devotion 10:15 March Categories/Spring's Item Locator 2:00 Snack Time/ TV Oldies Hour 3:00 Relaxing Foot Care 4:00 Lets Walk (Aerobic Exercise)/ Trivia 6:30 Music Therapy and Relaxation</p>	<p>(30) 10:00 Devotion/ Unit Games 11:00 Lets Walk 1:00 Rest and Relaxation 2:00 Popcorn Social 3:00 Bingo 4:00 Stretching Exercises 6:30 TV Westerns</p>
<p>(31) 10:00 TV Church 10:30 Family Worship Service (Atrium) 11:00 Lg. Group: Flexibility Exercises/ Current Events 2:00 Snack Time 3:00 Unit Games 4:00 Aerobic Exercises 6:00 TV News</p>						

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