

March 2020 The Hughes Center Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>(1) 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>(2) 10:00 Devotion 10:15 Balloon Volleyball and Music Therapy 2:00 Snack Time/ The Lost Letter (Reading Club/ Discussion) 3:00 Dotty Name Art 4:00 Lets Walk (Aerobic Exercise) 6:30 Music Therapy and Relaxation</p>	<p>(3) 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/Art Therapy 3:00 Worship Service/Book of Genesis Chapter 38 4:00 Upper Limbs Extremities Exercises/Music Therapy/ Trivia 6:30 TV Westerns</p>	<p>(4) 10:00 Devotion/ Exercise 10:15 Bingo 2:00 Snack Time/ 24 Pieces Jigsaw Puzzle 3:00 THC Resident's 102 Birthday Celebration 4:00 Chair Exercises (DVD)/ Lets Walk (Aerobic Exercise)/ Trivia 6:30 Music Therapy and Relaxation</p>	<p>(5) Destination Stations: 10:15 Devotion/ Exercise/ Weather or Not, Here I Come (Reading)/ Which Word Does Not Belong/Lets Go Walking 11:00 – 11:30 Pet Therapy with Bella 2:00 Snack Time/ Item Locator/TV Westerns or TV Oldies Hour 3:00 Hands and Nails Care 4:00 Lower Limbs Extremities Exercises/ Music Therapy 6:30 TV Westerns</p>	<p>(6) 9:45 Devotion 10:00 The Quilting Club (Lindsey Leggett, Kindred Hospice) 2:00 Snack Time/ Words Related to Month of March// Deal or No Deal Game Show 3:00 Relaxing Foot Care 4:00 Lets Walk (Aerobic Exercise)/ Trivia 6:30 Music Therapy and Relaxation</p>	<p>(7) 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</p>

<p>(8) 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>(9) 9:45 Devotion 10:00 Chaminade's Musical Performance 2:00 Cooking with Cathi 3:00 Patio Hour/ Reading and Discussion 4:00 Lets Walk (Aerobic Exercise) 6:30 Music Therapy and Relaxation</p>	<p>(10) 10:15 Devotion/ Exercise Ball/Cross Off the Word/Dot to Dot 11:00 Hymns with Nancy and Friends (Vickie Hightower, Sitters LLC) 2:00 Snack Time/ Paint by Number 3:00 The Gaither's Musical (DVD) 4:00 Upper Limbs Extremities Exercises/Music Therapy/ Trivia 6:30 TV Westerns</p>	<p>(11) 9:45 Devotion 10:00 Master's Gardener Program 10:30 Chair Exercise (DVD) 2:00 Snack Time/ Spring Garden Mad Lib Cognitive Stimulation 3:00 Bingo 4:00 Chair Exercises (DVD)/Lets Walk (Aerobic Exercise) Trivia 6:30 Music Therapy and Relaxation</p>	<p>(12) 10:00 Devotion/Exercise 10:15 Cooking with Sharon 2:00 Snack Time/ Name Categories 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>(13) 10:00 Devotion/ Exercise 10:15 Spiritual Movie and Popcorn 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>(14) 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>(15) 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>(16) 10:00 Devotion / Exercise 10:15 Zentangle Shamrock Art Therapy 2:00 Garden Party with Mrs. Sue Berry 3:00 Balloon Toss and Music Therapy/ ABCs of Spring Words (ON THE WING) 4:00 Lets Walk (Aerobic Exercise) 6:30 Music Therapy and Relaxation</p>	<p>(17) 9:45 Devotion 10:00 St. Patty Day Party 11:00 Hymns with Nancy and Friends 2:00 Snack Time/ Hand Massage Therapy 3:00 Worship Service/Book of Genesis Chapter 39 Bible Discussion 4:00 Upper Limbs Extremities Exercises/Music Therapy/ Trivia 6:30 TV Westerns ST. PATRICK DAY</p>	<p>(18) 10:00 Devotion 10:15 Parachute/Kick Ball/Ball Toss 2:00 Snack Time/24 Pieces Jigsaw Puzzle 3:00 Domino's Pizza Month Celebration 4:00 Chair Exercises (DVD)/Lets Walk (Aerobic Exercise) Trivia 6:30 Music Therapy and Relaxation</p>	<p>(19) 10:00 Devotion 10:15 Fun Fitness with Terry 2:00 Snack Time/ TV Western or TV Oldies Hour/ Spring Art Therapy 3:00 Hands and Nails Care 4:00 Lower Limbs Extremities Exercises/ Music Therapy 6:30 TV Westerns FIRST DAY OF SPRING</p>	<p>(20) 10:00 Devotion/ Exercise 10:15 Hello My Name is: Door Décor Art and Craft Men Social (Art and Craft Room) 2:00 Snack Time/ Deal or No Deal Game Show 3:00 Relaxing Foot Care 4:00 Lets Walk (Aerobic Exercise)/ Trivia 6:30 Music Therapy and Relaxation</p>	<p>(21) 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>(22) 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>(23) 10:00 Devotion/ Exercise 10:15 Name Art: Art and Craft 2:00 Snack Time/ Flagged (Reading and Discussion) 3:00 Ice Cream Sandwiches Social/ Patio Hour 4:00 Lets Walk (Aerobic Exercise) 6:30 Music Therapy and Relaxation</p>	<p>(24) 10:15 Devotion/ Exercise Ball/ Spring Verb 11:00 Hymns with Nancy and Friends (Vickie Hightower, Sitters LLC) 2:00 Snack Time/ Paint by Number 3:00 The Gaither's Musical (DVD) 4:00 Upper Limbs Extremities Exercises/Music Therapy/ Trivia 6:30 TV Westerns</p>	<p>(25) 10:00 Devotion 10:15 March's Residents Birthday Party (Bridget Rochelle, Home Instead Senior Care) 2:00 Snack Time/ Legacy Play (Reading and Discussion) 3:00 Bingo 4:00 Chair Exercises (DVD)/Lets Walk (Aerobic Exercise) Trivia 6:30 Music Therapy and Relaxation</p>	<p>(26) 10:00 Devotion/Exercise 10:15 Ice Cream Social/ Patio Hour 2:00 Snack Time/ Bible Verse Coloring Sheet 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>(27) 10:00 Devotion/ Exercise 10:15 Spiritual Movie and Popcorn 2:00 Snack Time/ Rhyme with Green Cognitive Worksheet 3:00 Relaxing Foot Care 4:00 Lets Walk (Aerobic Exercise)/ Trivia 6:00 Ballet Magnificat</p>	<p>(28) 10-11:30 Devotion / Cognitive- Trivia and Table Games 1:00 TV Sports/ Rest & Relaxation 2:00 Popcorn Social 3:00 Bingo 4:00 Stretching Exercises 6:30 TV Westerns</p>
<p>(29) 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>(30) 10:00 Devotion/ Exercise 10:15 Balloon Volleyball and Music Therapy 2:00 Snack Time/ Springtime Cross Off the Word 3:00 Patio Hour/ Opposite Words List Cognitive Stimulation 4:00 Lets Walk (Aerobic Exercise) 6:30 Music Therapy and Relaxation Birthday: W. Looney</p>	<p>(31) 10:15 Devotion/ Exercise Ball/ March Categories Cognitive Stimulation Activities 11:00 Hymns with Nancy and Friends (Vickie Hightower, Sitters LLC) 2:00 Snack Time/ Springtime Cross off the Word 3:00 Worship Service/Book of Genesis Chapter 40 Bible Discussion 4:00 Upper Limbs Extremities Exercises/Music Therapy/ Trivia 6:30 TV Westerns</p>			<p>Residents' Monthly Birthday Party March 25th at 10:15 am in the Atrium</p>	<p>The Andy Griffith Show 8:00 am daily</p> <p>Newspaper – Morning Hours</p> <p>Coffee during Breakfast Meals</p>

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