




# March 2018

**Northshore  
Adult Day Health & Wellness Center**  
Monday-Friday 10-3:00 pm  
(425)488-4821



Mon	Tue	Wed	Thu	Fri
<p>All activities subject to change</p>  <p>“The USDA prohibits discrimination in all it’s activities on the basis of race, color, national origins, gender, age or disability”</p>				
<p>4 Coffee Social/Fine motor</p> <p>10:00 Reminiscing w/Bruce 11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance exercise 1:15 Music Therapy w/John A.</p>	<p>5 Coffee social/Fine motor</p> <p>11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance exercise 1:15 Active games</p>	<p>6 Coffee social/Fine motor</p> <p>10:00 Art group 11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance exercise 1:15 Piano w/Ken</p>	<p>Monthly fire drills</p> <p>7 Coffee social/Fine motor</p> <p>11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance exercise 1:15 Karaoke/Video bowling</p>	<p>1 <u>Coffee social/Fine motor</u></p> <p>11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance exercise 1:15 Favorites w/Shannon</p>
<p>11 Coffee social/Fine motor</p> <p>10:00 Reminiscing w/Bruce 11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance exercise 1:15 12 String guitar w/Lee</p>	<p>12 Coffee social/Fine motor</p> <p>11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance exercise 1:15 Jazz w/Josh</p>	<p>13 Coffee social/Fine motor</p> <p>10:00 Art group 11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance exercise 1:30 Rockin w/Jon P.</p>	<p>14 Coffee social/Fine motor</p> <p>11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance exercise 1:15 B.I.N.G.O.</p>	<p>15 Coffee social/Fine motor</p> <p>11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance exercise 1:15 Saxophone w/ Bill B. St.Patrick’s day Facts &amp; Trivia</p>
<p>18 Coffee social/Fine motor</p> <p>10:00 Reminiscing w/Bruce 11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance exercise 1:15 SINGALONG</p>	<p>19 Coffee social/Fine motor</p> <p>11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance exercise 1:15 Favorites w/Shannon</p>	<p>20 Coffee social/Fine motor</p> <p>10:00 Art group 11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance exercise 1:15 Duo Lyle &amp; Berd</p>	<p>21 Coffee social/Fine motor</p> <p>11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance exercise 1:15 Keyboard w/Ted Y.</p>	<p>22 Coffee social/Fine motor</p> <p>11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance exercise 1:15 Guitar w/David A.</p>
<p>25 Coffee social/Fine motor</p> <p>10:00 Reminiscing w/Bruce 11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance exercise 1:15 Classic rock w/Steven</p>	<p>26 Coffee social/Fine motor</p> <p>11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance exercise 1:15 Piano w/Jennifer</p>	<p>27 Coffee social/Fine motor</p> <p>10:00 Art group 11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance exercise 1:15 Accordion w/David L.</p>	<p>28 Coffee social/Fine motor</p> <p>11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance exercise 1:15 Games &amp; Comedy hour</p>	<p>29 Coffee social/Fine motor</p> <p><b>Welcome Overlake School</b> 11:00 Upper body exercise 11:15 Body conditioning 11:45 Balance exercise 1:15 B.I.N.G.O.</p>