



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



Don't forget to move  
 your clocks forward  
 March 11th  
 Daylight Savings

Mon

Tue

Wed

Thu

Fri



# MARCH 2018



\*All activities subject to change  
 \*Monthly fire drills

“The USDA prohibits discrimination in all it’s programs and activities on the basis of race, color, national origins, gender age or disability”

<p>5          10:00 Coffee social/Fine motor          11:00 Upper body conditioning          11:15 Body conditioning          11:45 Current events          1:15 Activity hour</p>	<p>6          10:00 Coffee social/Fine motor          11:00 Upper body conditioning          11:15 Body conditioning          11:45 Current events          1:15 Neill Diamomd w/Ted P.</p>	<p>7          10:00 Coffee social/Fine motor          10:00 Art Group          11:00 Upper body conditioning          11:15 Body conditioning          11:45 Current events          1:30 Bingo /Reminiscing</p>	<p>8          10:00 Coffee social/Fine motor          11:00 Upper body conditioning          11:15 Body conditioning          11:45 Current events          1:15 Piano w/RoseMarie</p>	<p>9          10:00 Coffee social/Fine motor          11:00 Upper body conditioning          11:15 Body conditioning          11:45 Current events          1:30 Rockin w/Jon P.</p>
<p>12          10:00 Coffee social/Fine motor          11:00 Upper body conditioning          11:15 Body conditioning          11:45 Current events          1:15 Music therapy w/John A.</p>	<p>13          10:00 Coffee social/Fine motor          11:00 Upper body conditioning          11:15 Body conditioning          11:45 Current events          1:15 12 Strings w/Lee Howard</p>	<p>14          10:00 Coffee social/Fine motor          10:00 Art Group          11:00 Upper body conditioning          11:15 Body conditioning          11:45 Current events          1:15 Saxophone w/Bill B.</p>	<p>15          10:00 Coffee social/Fine motor          11:00 Upper body conditioning          11:15 Body conditioning          11:45 Current events          1:15 Variety w/Ted Y.</p>	<p>16 <b>St. Patty's Day Trivia</b>          10:00 Coffee social/Fine motor          11:00 Upper body conditioning          11:15 Body conditioning          11:45 Current events          1:30 Guitar w/Dave H.</p>
<p>19          10:00 Coffee social/Fine motor          11:00 Upper body conditioning          11:15 Body conditioning          11:45 Current events          1:15 Songs w/Joe</p>	<p>20          10:00 Coffee social/Fine motor          11:00 Upper body conditioning          11:15 Body conditioning          11:45 Current events          1:15 Accordion w/David L.</p>	<p>21          10:00 Coffee social/Fine motor          10:00 Art Group          11:00 Upper body conditioning          11:15 Body conditioning          11:45 Current events          1:15 Piano w/Rosemarie</p>	<p>22          10:00 Coffee social/Fine motor          11:00 Upper body conditioning          11:15 Body conditioning          11:45 Current events          1:15 Music therapy w/John A.</p>	<p>23          10:00 Coffee social/Fine motor          11:00 Upper body conditioning          11:15 Body conditioning          11:45 Current events          1:15 Sing along w/Kathy</p>
<p>26          10:00 Coffee social/Fine motor          11:00 Upper body conditioning          11:15 Body conditioning          11:45 Current events          1:15 Sing along/Karaoke</p>	<p>27          10:00 Coffee social/Fine motor          11:00 Upper body conditioning          11:15 Body conditioning          11:45 Current events          1:30 Rockin w/John</p>	<p>28          10:00 Coffee social/Fine motor          10:00 Art Group/Bling your ride          11:00 Upper body conditioning          11:15 Body conditioning          11:45 Current events          1:15 The Harborettes</p>	<p>29          10:00 Coffee social/Fine motor          11:00 Upper body conditioning          11:15 Body conditioning          11:45 Current events          1:15 Music w/Phil Slater</p>	<p>30 <b>Easter Hunt</b>          10:00 Coffee social/Fine motor          11:00 Upper body conditioning          11:15 Body conditioning          11:45 Current events          1:15 Music w/David A.</p>