

# Milestones Adult Day Health Center

1725 O Avenue NW, Cedar Rapids Iowa 52405 • Phone 319-398-3647

- 6:45 - 9:45 AM Breakfast / Preparation for day
- 10:00-10:30 AM Current News
- 10:20-10:45 AM Exercise
- 10:45-11:45 AM Scheduled programming
- 12:00-1:00 PM Lunch
- 1:00-2:00 PM Scheduled programming
- 2:00-3:00 PM Recap the day, LIFTS Pick-up
- 3:00-3:30 PM Tea Time
- 3:30-4:30 PM Scheduled programming
- 4:30-5:30 PM Individual programming



- Carli W. 4
- Marlene B. 5
- Dorothy A. 10
- Winston L. 23
- Eunice D. 30

## March 2019 Program Calendar

				1 Client Council Meeting ZUMBA w/ Tara & Beth OT Kirkwood Students Open Arts Studio Table Games w/Laith <b>MIM Bookstore Outing</b>  THE LONG LIST Wii / Puzzle Frolics <b>Employee Appreciation Day</b> TEA TIME/CHOICE
4 PENTE ANTE Open Arts Studio	5 ELDRED "101" B-DAY PIANO GREATS <b>Art Studio with Joyce</b> <b>Bell Choir</b> <b>Mardi Gras</b>	6 PET THERAPY with Pete and Gunnar Table Games w/Laith Open Arts Studio <b>Reminiscing with Alla</b>	7 MUSIC THERAPY <b>Humanities Group</b> Uno Players	8 BALLOONBALL TRIVIA OT Kirkwood Students Open Arts Studio Table Games w/Laith   Wii / Puzzle Frolics <b>Daylight Savings 10th</b> TEA TIME/CHOICE
POKEENO Table Games Wii/ Puzzle Power TEA TIME/CHOICE	FAT TUESDAY IRISH CRAFT with Shari <b>Milestones Singers</b> Kings Korner TEA TIME/CHOICE	REFELCTIONS FAST AND FEAST Open Arts Studio <b>Ash Wednesday</b> TEA TIME/CHOICE	TRAVEL TO IRELAND Open Arts Studio Kings Korner TEA TIME/CHOICE	
11 TEAM CATTEGORY FUN Open Arts Studio	12 LUCK OF THE IRISH <b>Art Studio with Joyce</b> <b>Bell Choir</b>	13 LUCK OF THE DRAW Table Games w/Laith Open Arts Studio	14 MUSIC THERAPY <b>Humanities Group</b> Uno Players <b>Red Barn Market Outing</b>  	15 WHEEL OF FORTUNE OT Kirkwood Students Open Arts Studio Table Games w/Laith  WELCOME THE COUNTRY STEPPERS Manicures w/ Students Wii / Puzzle Frolics <b>St Patrick's Day 17th</b> TEA TIME/CHOICE
HEADS UP CHARADES Table Games Wii/ Puzzle Power TEA TIME/CHOICE	WELCOME: Wild Bill <b>Milestones Singers</b> Kings Korner TEA TIME/CHOICE	REFLECTIONS with Doc Uno Players TEA TIME/CHOICE	Open Arts Studio Kings Korner TEA TIME/CHOICE	
18 ALASKA with Alla Open Arts Studio	19 BALDERDASH <b>Art Studio with Joyce</b> <b>Bell Choir</b>	20 MUSICAL LIFESTORIES Table Games w/Laith Open Arts Studio	21 MUSIC THERAPY <b>Humanities Group</b> Uno Players	22 BATTLE OF THE SEXES Open Arts Studio Table Games w/Laith
 Table Games Wii/ Puzzle Power TEA TIME/CHOICE	HEALTH & NUTRITION UPDATE - LUCKY MIX <b>Milestones Singers</b> Kings Korner <b>March Madness</b> TEA TIME/CHOICE	TEAM SUPPORT Uno Players <b>Spring Begins</b> TEA TIME/CHOICE	WOMENS HISTORY MONTH Open Arts Studio Kings Korner TEA TIME/CHOICE	THE DIXIE NOTES Wii / Puzzle Frolics TEA TIME/CHOICE
25 DO YOU HEAR WHAT I HEAR? Open Arts Studio	26 RESIDENT ROTATION Dr. Bora <b>Art Studio with Joyce</b> <b>Bell Choir</b>	27  Table Games w/Laith Open Arts Studio	28 MUSIC THERAPY <b>Humanities Group</b> Uno Players	29 KARAOKEE with Maggie & Kirkwood OT Open Arts Studio Table Games w/Laith
PYRAIMID TEAM GAME Table Games Wii/ Puzzle Power TEA TIME/CHOICE	POKEENO <b>Milestones Singers</b> Kings Korner TEA TIME/CHOICE	REFLECTIONS with Doc Open Arts Studio Uno Players TEA TIME/CHOICE	HEALTH & NUTRITION CAN BE FUN!!!!!! DOCTORS DAY QUIZ Open Arts Studio Kings Korner TEA TIME/CHOICE	THE PRICE IS RIGHT Wii / Puzzle Frolics TEA TIME/CHOICE

\* All programs are subject to change