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<th>Sun</th>
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<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
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<tbody>
<tr>
<td>1</td>
<td>10a - News Events &amp; 11a - Lunch &amp; Learn 2p - Sing-Along 3p - Around the World</td>
<td>2</td>
<td>9a - Dave’s Book Club 10a - Signature Topic 2p - Nutrition Class 3p - Art Club</td>
<td>3</td>
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<td>10a - Storytellers 11a - Lunch &amp; Learn 2p - Sing-Along 3p - Around the World</td>
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<td>14</td>
<td>Daylight Saving Time Begins - Turn Clocks Forward</td>
<td>15</td>
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<td>21</td>
<td>Poetry Day</td>
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<td>28</td>
<td>Palm Sunday</td>
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**Easter Seals Cardinal Hill Adult Day Health**

[https://zoom.us/join](https://zoom.us/join)

Please alert Melissa Ames if you need technical assistance OR if you need resending of the private meeting ID & password.

**What’s a tornado’s favorite game to play?**

**TWISTER!**
**Group Titles & Objectives**

**Newspaper Events & Beverage - Monday**
- Orientation to date, time, and current events
- Fluid intake

**Lunch & Learn - Monday**
- Practicing mindfulness and positive coping skills
- Meal intake

**Sing-Along - Monday**
- Building group harmony
- Following directives and sharing musical expression

**Around the World - Monday**
- Orientation to different culture, symbols, and geography
- Cognitive stimulation

**Dave’s Book Club - Tuesday & Friday**

**Storytellers - Every 2nd Monday**
- Audible stories
- Memory recall and listening skills

**Signature Topic - Tuesday & Thursday**
- Bizarre holiday ideas, alphabet, numbers, money, etc.
- Cognitive stimulation

**Nutrition Class - Tuesday**
- Identifying food pyramid groups
- Encouraging healthy food choices

**Art Club - Tuesday**
- Drawing and crafting projects
- Fine motor skills
Group Titles & Objectives

What About Me? - Wednesday
- Discovering human anatomy
- Developing self-awareness and confidence

Fine Arts & Musical Appreciation - Wednesday
- Building self-expression through fine arts and musicals
- Following directives and sharing artistic expression

Bible Study - Wednesday
- Reviewing scriptures and lessons
- Memory recall and group participation skills

Trivia Games & Brain Teasers - Wednesday & Thursday
- Playing cognitive games
- Problem solving

All About KY - Thursday
- Orientation to local culture, symbols, and geography
- Cognitive stimulation

Chair Exercising - Thursday
- Stretching arm and leg joints
- Coordinating movements

Happy Social (1.5) Hours - Friday
- End the week with positive thoughts
- Sharing preferred topics and playing cognitive games

Friday Night Flick - Every 4th Friday
- End the month with a treat related to a previous class

* All classes provide socialization/communication with peers and staff to prevent isolation