















March 2021 - Virtual Café

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1 10a - News Events &  11a - Lunch & Learn 2p - Sing-Along 3p - Around the World	2 9a - Dave's Book Club 10a - Signature Topic 2p - Nutrition Class 3p - Art Club	3 9a - What About Me? 10a - Fine Arts & Musicals 2p - Bible Study 3p - Trivia Games	4 9a - All About KY 10a - Signature Topic 2p - Chair Exercising 3p - Brain Teasers	5 10a - Dave's Book Club 11a - HAPPY Social (1.5) Hours 	6 Dentist's Day 	
7 Cereal Day 	8 10a - Storytellers 11a - Lunch & Learn 2p - Sing-Along 3p - Around the World	9 9a - Dave's Book Club 10a - Signature Topic 2p - Nutrition Class 3p - Art Club	10 9a - What About Me? 10a - Fine Arts & Musicals 2p - Bible Study 3p - Trivia Games	11 9a - All About KY 10a - Signature Topic 2p - Chair Exercising 3p - Brain Teasers	12 10a - Dave's Book Club 11a - HAPPY Social (1.5) Hours 	13 1 YEAR ANNIVERSARY OF COVID-19 CLOSURE	
14 Daylight Saving Time Begins - Turn Clocks Forward 	15 10a - News Events &  11a - Lunch & Learn 2p - Sing-Along 3p - Around the World	16 9a - Dave's Book Club 10a - Signature Topic 2p - Nutrition Class 3p - Art Club	17 9a - What About Me? 10a - Fine Arts & Musicals 2p - Bible Study 3p - Trivia Games	18 9a - All About KY 10a - Signature Topic 2p - Chair Exercising 3p - Brain Teasers	19 10a - Dave's Book Club 11a - HAPPY Social (1.5) Hours 	20 Extraterrestrial Abductions Day 	
21 Poetry Day 	22 10a - News Events &  11a - Lunch & Learn 2p - Sing-Along 3p - Around the World	23 9a - Dave's Book Club 10a - Signature Topic 2p - Nutrition Class 3p - Art Club	24 9a - What About Me? 10a - Fine Arts & Musicals 2p - Bible Study 3p - Trivia Games	25 9a - All About KY 10a - Signature Topic 2p - Chair Exercising 3p - Brain Teasers	26 10a - Dave's Book Club 11a - HAPPY Social (1.5) Hours 6:30p - Friday Night Flick	27 Passover Begins 	
28 Palm Sunday 	29 10a - News Events &  11a - Lunch & Learn 2p - Sing-Along 3p - Around the World	30 9a - Dave's Book Club 10a - Signature Topic 2p - Nutrition Class 3p - Art Club	31 9a - What About Me? 10a - Fine Arts & Musicals 2p - Bible Study 3p - Trivia Games	What's a tornado's favorite game to play? TWISTER!			

Easter Seals
Cardinal Hill
Adult Day Health

<https://zoom.us/join>

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



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**