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Your Staff

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Our Mission
 Caring for Kupuna



Monday, March 3rd



MARCH 2025

"No act of kindness, no matter how small, is ever wasted."
 —Aesop

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30 CENTER OPENS SNACKS	3 10:00 – Seated Aerobics - Dowels - Table Therapy 12:30 – Energize Lunch Walk 1:00 – Bowling 2:45 – Tai Chi 3:30 – Cutting Coupons	4 10:00 – Spelling - Bead Bracelets - Blackjack 12:30 – Energize Lunch Walk 1:00 – Relay Game 2:45 – Music & Movement 3:30 – Mix & Match	5 10:00 – Whisper Challenge - Joker Eno - Puzzles 12:30 – Energize Lunch Walk 1:00 – Golfing 2:45 – Tai Chi 3:30 – Reading	7 10:00 – Happy Birthday Bingo 12:30 – Energize Lunch Walk 1:00 – Connect 4 2:45 – Music & Movement 3:30 – Coloring	7 10:00 – Charades - Mini Puzzles - Memory Game 12:30 – Energize Lunch Walk 1:00 – Sing-along 2:45 – Tai Chi 3:30 – Talk Story
10:00 MORNING ACTIVITIES	10 10:00 – Client Council - Dowels - Table Therapy 12:30 – Energize Lunch Walk 1:00 – Ball Toss 2:45 – Tai Chi 3:30 – Pictureka!	11 10:00 – Bead Bracelets - Donkey - St. Patrick's Papercraft 12:30 – Energize Lunch Walk 1:00 – Matching Game 2:45 – Music & Movement 3:30 – Pattern Block	12 10:00 – Unscramble - Wooden Flower Craft - Painting 12:30 – Energize Lunch Walk 1:00 – Cone Ring Toss 2:45 – Tai Chi 3:30 – Tracing	13 10:00 – Spelling - Small Puzzle Craft - Daffodil Papercraft 12:30 – Energize Lunch Walk 1:00 – Tic Tac Toe 2:45 – Music & Movement 3:30 – Word Find	14 10:00 – Charades - Blackjack - Puzzles 12:30 – Energize Lunch Walk 1:00 – Ball Toss 2:45 – Tai Chi 3:30 – Lacing
11:15 LUNCH HOUR	17 10:00 – St. Patrick's Day Celebration 12:30 – Energize Lunch Walk 1:00 – Bullseye Target 2:45 – Tai Chi 3:30 – Connect 4	18 10:00 – Musical Special by Joyce Nagata 12:30 – Energize Lunch Walk 1:00 – Spin the Wheel 2:45 – Music & Movement 3:30 – Tracking	19 10:00 – Whisper Challenge - Joker Eno - Memory Game 12:30 – Energize Lunch Walk 1:00 – Cone Ring Toss 2:45 – Tai Chi 3:30 – Puzzles	20 10:00 – D'Best Entertainment 12:30 – Energize Lunch Walk 1:00 – Ball Toss 2:45 – Music & Movement 3:30 – Pictureka!	21 10:00 – Charades - Hanafuda - Fruit Basket Papercraft 12:30 – Energize Lunch Walk 1:00 – Movie & Popcorn 2:45 – Tai Chi 3:30 – Reading
12:00 REST PERIOD	24 10:00 – Happy Birthday Bingo 12:30 – Energize Lunch Walk 1:00 – Bean Bag Poker 2:45 – Tai Chi 3:30 – Pictureka!	25 10:00 – Spelling - Dominoes - Painting 12:30 – Energize Lunch Walk 1:00 – Bowling 2:45 – Music & Movement 3:30 – Talk Story	26 10:00 – Chiefess Kamakahele Middle School Band 12:30 – Energize Lunch Walk 1:00 – Hi & Low 2:45 – Tai Chi 3:30 – Coupon Cutting	27 10:00 – Lihue Missionary Church 12:30 – Energize Lunch Walk 1:00 – Spin the Bottle 2:45 – Music & Movement 3:30 – Pattern Block	28 10:00 – December Birthday Celebration with The Church of Koloa 12:30 – Energize Lunch Walk 1:00 – Cone Ring Toss 2:45 – Tai Chi 3:30 – Tracing
12:30 LUNCH WALK	31 10:00 – Fitness - Dowels - Table Therapy 12:30 – Energize Lunch Walk 1:00 – Balloon POP 2:45 – Tai Chi 3:30 – Word Find				
1:00 AFTERNOON ACTIVITIES					
2:00 SNACKS BEVERAGE					
2:45 EXERCISE HOUR					
3:15 BUSES BEGIN ARRIVING					
4:00 SMALL GROUP					
5:30 CENTER CLOSSES					

Transportation

The Kauai Bus
 (808) 246-8110

March is ...

- Women's History Month
- National Reading Month
- Creative Arts Therapies Week – 3/17-23
- World Wildlife Day – 3/3
- International Day of Happiness – 3/20
- Prince Kuhio Day – 3/26

Flowers:

Daffodil & Jonquil



Colors:

Emerald Green & Purple

Birthstone:

Aquamarine & Bloodstone

Kaua'i Adult Day Health Center is sponsored in part by County of Kauai Agency on Elderly Affairs.

This institution is an equal opportunity provider.

*Structured activities are subject to change.