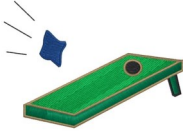





















The Good Companions - Adult Day Program

March — 2017 — Mars



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Ash Wednesday 1 9:30 Meet & Greet 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00 Bean Bags	9:30 Meet & Greet 2 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00 pm Music by Deanne Vance	 3	4
 5	9:30 Meet & Greet 6 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30pm Timone Visits 1:00 pm Bowling & Birthday's	 7	9:30 Meet & Greet 8 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00 pm Sing-A-Long with Gary	9:30 Meet & Greet 9 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00 pm Horse Race Game	 10	11
Spring forward Don't forget to set clocks ahead one hour at 2 a.m. Sunday.  12 	9:30 Meet & Greet 13 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00pm Music with Side by Side	 14 	9:30 Meet & Greet 15 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00 pm Shamrock Tea - Irish Dancers	9:30 Meet & Greet 16 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00 pm Music by The Chords	 17  Happy Saint Patrick's Day	18
 19	9:30 Meet & Greet 20 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00 pm Springtime JINGO	 21	9:30 Meet & Greet 22 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00 pm Cumberland Sunshine Singers	9:30 Meet & Greet 23 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00 pm Music by Belles & Beaux and Birthday's	 24	25
 26	9:30 Meet & Greet 27 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00 pm Petanque-A- Tout	 28	9:30 Meet & Greet 29 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00 pm Music by Sharps & Flats	9:30 Meet & Greet 30 10:20 am Exercise 11:00 am Chapel 11:30 am Lunch 12:30 pm Brain Games 1:00 pm Card BINGO	 31  The Good Companions Supporting a Vibrant Community	

Schedule Subject to Change