



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	GoodBye February  Hello March	1 Coffee & Tea w/friends <i>Reminisce Group</i> DB Jeopardy <i>Memory Enhancements</i> Day Break Double Jeopardy <i>Bean Bag Toss</i>	2 Coffee & Tea w/friends <i>Word Inside A Word</i> Smooth Moves w/ Colleen 11a <i>Bingo</i> Memory Enhancements <i>Bean Bag Toss</i>	3 Coffee/ Conversations <i>Reminisce Group</i> Yoga w/Trina 11a <i>Tai Chi w/ Howie 1p</i> Card Games <i>Word Inside A Word</i>
6 Coffee and Conversation <i>Ginkgo</i> Smooth Moves w/Colleen 11a <i>Memory Enhancement</i> Ball Bounce	7 DB News and Current Events <i>Art Fun w/ Tessa 10:30a</i> Memory Enhancement <i>Smooth Moves w/Colleen 1p</i> DB Feud	8 Coffee & Tea w/friends <i>Reminisce Group</i> Drum Alive w/ Emindia 1030a <i>DB Jeopardy</i> Balloon Volleyball Day Break Double Jeopardy	9 Coffee & Tea w/friends <i>Reminisce Group</i> Smooth Moves w/ Colleen 11a <i>ThrowBack Thursday (Dance Time)</i> Crossword <i>Bean Bag Toss</i>	10 Coffee/ Conversations <i>Reminisce Group</i> Yoga w/Trina 11a <i>Fitness w/Colleen 1p</i> Time Slips <i>Bean Bag Toss</i>
13 Coffee and Conversation <i>Memory Enhancement</i> Smooth Moves w/ Colleen 11a <i>Ginkgo</i> Ball Bounce <i>Bean Bag Toss</i>	14 DB News and Current Events <i>Art Fun w/ Tessa 10:30a</i> Memory Enhancement <i>Smooth Moves w/Colleen 1p</i> DB Feud	15 Coffee & Tea w/friends <i>Reminisce Group</i> DB Jeopardy <i>Balloon Volleyball</i> Day Break Double Jeopardy	16 Coffee & Tea w/friends <i>Cooking w/Akinia</i> Smooth Moves w/ Colleen 11a <i>Bingo</i> ThrowBack Thursday (Dance Party) <i>Bean Bag Toss</i>	17 Coffee/ Conversations <i>Reminisce Group</i> Yoga w/Trina 11a <i>Tai Chi w/ Howie 1p</i> Card Games Spa Day St. Patrick's Day
20 Coffee and Conversation <i>Reminisce Group</i> Smooth Moves w/Colleen 11a <i>Memory Enhancement</i> Ball Bounce <i>Bean Bag Toss</i>	21 DB News and Current Events <i>Art Fun w/ Tessa 10:30a</i> Memory Enhancement <i>Smooth Moves w/Colleen 1p</i> DB Feud	22 Coffee & Tea w/friends <i>Reminisce Group</i> Drum Alive w/Emida 10:30a <i>Balloon Volleyball</i> DB Jeopardy Day Break Double Jeopardy	23 Coffee & Tea w/friends <i>Reminisce Group</i> Smooth Moves w/ Colleen 11a <i>Crosswords</i> ThrowBack Thursday (Dance Time) <i>Bean Bag Toss</i>	24 Coffee/ Conversations <i>Reminisce Group</i> Yoga w/Trina 11a <i>Time Slips</i> Card Games
27 Coffee and Conversation <i>Ginkgo</i> Smooth Moves w/ Colleen <i>Memory Enhancement</i> Ball Bounce <i>Bean Bag Toss</i>	28 DB News and Current Events <i>Art Fun w/ Tessa 10:30a</i> Memory Enhancement <i>Smooth Moves w/ Colleen</i> DB Feud	29 Coffee & Tea w/friends <i>Reminisce Group</i> Memory Enhancement <i>Balloon Volleyball</i> DB Jeopardy Day Break Double Jeopardy	30 Coffee & Tea w/friends <i>Reminisce Group</i> Smooth Moves w/ Colleen 11a <i>Bingo</i> ThrowBack Thursday (Dance Time) <i>Bean Bag Toss</i>	31 Coffee/ Conversations <i>Reminisce Group</i> Yoga w/Trina 11a <i>Word Inside A Word</i> Bean Bag Toss

DayBreak Day Program –March 2023