

# Activity Calendar – March 2024

## The Director's Corner




We would like to officially welcome to the Mozaic Adult Day program our new Therapeutic Recreation Coordinator Leticia Ferrer-Rosado! Leticia started her role back in February and we are excited to have her apart of the team!

Finally, don't miss a special performance by the Shamrock Traditional Irish Music Society on Friday, March 8<sup>th</sup>. This special event is made possible by the generous donations we received through a fund in loving honor of a former Adult Day member Edmund McCarthy.

## Caregiver Meetings




This month the caregiver support meetings will take place on March 19<sup>th</sup> (virtual) and March 20<sup>th</sup> (in-person, masks are optional). *RVSP's are appreciated though not required to attend.*

To obtain the virtual link or for more information, contact Tiffany Colucci MS, PC, NCC Eldercare Navigator at 203-396-1066 or [tcolucci@mozaic-sl.org](mailto:tcolucci@mozaic-sl.org)

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Join us for Coffee Hour Every Morning at 9:00am</b></p> <p><b>MARCH MADNESS</b></p>	<p><b>Happy Purim!</b></p>		<p><b>SPRING</b></p>	<p><b>1</b></p> <p>10:00am Exercise 10:30am <b>Entertainment w/ John Valerio</b> Lunch 1:00pm Chair Stretches 1:30pm Bingo 2:30pm Refreshments</p>
<p><b>4</b></p> <p>10:00am Exercise 10:30am Match Game 10:30am Scrabble <b>10:30am Men's Group</b> Lunch 1:00pm Afternoon Stretches 1:30pm Bingo 2:30pm Refreshments</p>	<p><b>5</b></p> <p>10:00am Exercise 10:30am Bulls Eye <b>10:30am Men's Group</b> Lunch 1:00pm Chair Stretch 1:30pm Reminiscing to the 1950's 2:30pm Refreshments</p>	<p><b>6</b></p> <p>10:00am Exercise 10:30am Karaoke <b>10:30am Men's Group</b> Lunch 1:00pm Chair Stretches 1:30pm Bingo 2:30pm Refreshments</p>	<p><b>7</b></p> <p>10:00am Current Events 10:30am Balloon Volley <b>10:30am Men's Group</b> Lunch 1:00pm Chair Stretches 1:30pm Musical Drum Ball 2:30pm Refreshments</p>	<p><b>8</b></p> <p>10:00am Exercise 10:30am Rummicube Lunch 1:00pm Chair Stretches 1:30pm <b>Shamrock Traditional Irish Music Society Dance</b> 2:30pm Refreshments</p> 
<p><b>11</b></p> <p>10:00am Exercise 10:30am Word Search <b>10:30am Men's Group</b> Lunch 1:00pm Chair Stretches 1:30pm Bingo 2:30pm Refreshments</p>	<p><b>12</b></p> <p>10:00am Exercise 10:30am Scattergories <b>10:30am Men's Group</b> Lunch 1:00pm Afternoon Stretch 1:30pm BeachBall Movements 2:30pm Refreshments</p>	<p><b>13</b></p> <p>10:00am Exercise 10:30am Wordle <b>10:30am Men's Group</b> Lunch 1:00pm Chair Stretches 1:30pm Bingo 2:30pm Refreshments</p>	<p><b>14</b></p> <p>10:00am Exercise 10:30am Jigsaw Puzzles <b>10:30am Men's Group</b> Lunch 1:00pm Chair Stretch 1:30pm Bowling 2:30pm Refreshments</p>	<p><b>Wear Your Green Day 15</b></p> <p>10:00am Exercise 10:30am <b>Chair Yoga w/ Doris</b> Lunch 1:00pm Chair Stretches 1:30pm Shamrock Day Celebration 2:30pm Refreshments</p> 
<p><b>18</b></p> <p>10:00am Exercise 10:30am Can You Guess <b>10:30am Men's Group</b> Lunch 1:00pm Afternoon Stretches <b>1:30pm Entertainment w/ Carl Lindquist</b> 2:30pm Refreshments</p>	<p><b>19</b></p> <p>10:00am Exercise 10:30am Table Games <b>10:30am Men's Group</b> Lunch 1:00pm Chair Stretches 1:30pm Art/Puzzle Vision 2:30pm Refreshments <b>3:00pm: Caregiver Support Group (virtual)</b></p>	<p><b>20</b></p> <p>10:00am Exercise 10:30am Table Games <b>10:30am Men's Group</b> Lunch 1:00pm Chair Stretches 1:30pm Bingo 2:30pm Refreshments <b>3:00pm: Caregiver Support Group (in-Person)</b></p>	<p><b>21</b></p> <p>10:00am Exercise 10:30am Watercolor Painting <b>10:30am Men's Group</b> Lunch 1:00pm Chair Stretch 1:30pm Bean Bag Toss 2:30pm Refreshments</p>	<p><b>22</b></p> <p>10:00am Exercise 10:30am Table Games Lunch 1:00pm Chair Stretches 1:30pm <b>Tai Chi w/Johnathon</b> 2:30pm Refreshments</p>
<p><b>25</b></p> <p>10:00am Exercise 10:30am Hangman <b>10:30am Men's Group</b> Lunch 1:00pm Chair Stretches 1:30pm Bingo 2:30pm Refreshments</p>	<p><b>26</b></p> <p>10:00am Exercise 10:30am Ping Pong Toss <b>10:30am Men's Group</b> Lunch 1:00pm Chair Stretch 1:30pm Bottoms Up Game 2:30pm Refreshments</p>	<p><b>27</b></p> <p>10:00am Exercise 10:30am <b>Chair Yoga w/ Doris</b> <b>10:30am Men's Group</b> Lunch/ <b>Out Trip</b> 1:00pm Chair Exercises 1:30pm Bingo 2:30pm Refreshments</p>	<p><b>28</b></p> <p>10:00am Exercise 10:30am Mandala Art <b>10:30am Men's Group</b> Lunch 1:00pm Chair Stretches 1:30pm Rhythm Circle 2:30pm Refreshments</p>	<p><b>29</b></p> <p>10:00am Exercise 10:30am Mind Teasers Lunch 1:00pm Chair Stretches <b>1:30pm Entertainment w/ Warren Bloom</b> 2:30pm Refreshments</p>

Alternate programs are offered daily. Calendars are subject to change.

# Lunch Menu – March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> MINESTRONE SOUP TURKEY CHILI RED SMASHED POTATOES SAUTEED MIXED VEGETABLES PUMPKIN CHEESECAKE
<b>4</b> EGG DROP SOUP SWEET & SOUR CHICKEN SESAME NOODLES/EGG ROLL JAPANESE BLEND VEGETABLES PEANUT BUTTER BROWNIE	<b>5</b> ITALIAN WEDDING SOUP STUFFED PEPPERS TOASTED ORZO CREAMED SPINACH AMBROSIA SALAD	<b>6</b> POTATO LEEK SOUP HAWAIIAN CHICKEN BAKED BEANS COLESLAW CARAMEL BROWNIE	<b>7</b> PASTA FAGIOLI SOUP CHICKEN PARMESAN GARLIC ORZO RATATOUILLE CHOCOLATE CREAM PIE	<b>8</b> QUINOA VEGETABLE SOUP BAKED ZITI WITH MEAT SAUCE STEAMED BROWN RICE GARLIC ITALIAN BEANS VANILLA CAKE W/CHOC ICING
<b>11</b> ESCAROLE & BEAN SOUP LEMON ROSEMARY CHICKEN BAKED YAM GARLIC BREAD GARLIC BROCCOLI MINT BROWNIES	<b>12</b> BEEF ORZO SOUP OPEN FACE TURKEY SANDWICH MASHED POTATOES COLLARD GREENS BANANA CREAM PIE	<b>13</b> TURKEY & WILD RICE SOUP HAMBURGER ON A BUN W/LETTUCE & TOMATO BAKED BEANS THREE BEAN SALAD TAPIOCA PUDDING	<b>14</b> WISCONSIN CHEESE SOUP MEATLOAF WITH GRAVY MASHED POTATOES THAI STYLE VEGETABLE SALAD CINNAMON ROLL APPLE PIE	<b>15</b> TURKEY NOODLE SOUP COUNTRY FRIED CHICKEN CUTLET POTATOES O'BRIEN CALIFORNIA BLEND VEGGIES CARROT CAKE CUPCAKE W/CREAM CHEESE FROSTING
<b>18</b> ITALIAN WEDDING SOUP EGGPLANT ROLLATINI RICE PILAF BROCCOLI PINEAPPLE UPSIDE DOWN CAKE	<b>19</b> BEEF BARLEY SOUP HOMESTYLE BEEF STEW CLASSIC STUFFING ROASTED BRUSSEL SPROUTS CHOCOLATE PUDDING	<b>20</b> POTATO LEEK SOUP PATTY MELT ON RYE SWEET POTATO WEDGES BAKED BEANS PEACH CRISP	<b>21</b> BUTTERNUT SQUASH SOUP SPAGHETTI & MEATBALLS ROASTED VEGETABLE MEDLEY GARLIC BREAD CHOCOLATE CREAM PIE	<b>22</b> <b>PIZZA DAY</b> CREAM OF BROCCOLI SOUP CHEESE PIZZA GARDEN SALAD CHERRY COBBLER
<b>25</b> GINGER CARROT SOUP GENERAL TSO CHICKEN FRIED RICE/EGG ROLL JAPANESE BLEND VEGGIES PEACHES	<b>26</b> WISCONSIN CHEESE SOUP MACARONI & CHEESE BROCCOLI DINNER ROLL BLUEBERRY COBBLER	<b>27</b> POTATO LEEK SOUP HAMBURGER ON A BUN FRENCH FRIES BAKED BEANS CHOCOLATE CAKE	<b>28</b> CHICKEN & RICE SOUP STUFFED SHELLS MARINARA GREEN BEAN CASSEROLE GARLIC BREAD APPLE PIE	<b>29</b> MINESTRONE SOUP TURKEY CHILI RED SMASHED POTATOES SAUTEED MIXED VEGETABLES PUMPKIN CHEESECAKE

ALL MEALS MEET UNITED STATES DEPT OF AGRICULTURE NUTRITIONAL REQUIREMENTS. BREAKFAST OPTIONS: 1% MILK, COFFEE/TEA, JUICE, TOAST (MARGARINE, JELLY, PEANUT BUTTER), OATMEAL, CEREAL, YOGURT, FRUIT SNACK VARIES: MAY INCLUDE: 1% MILK, CHEESE STICKS, GRAHAM OR ANIMAL CRACKERS, YOGURT, APPLESAUCE, FRUIT, ASSORTED DESSERTS. SPECIAL MENUS: CAN BE ARRANGED TO ACCOMMODATE SPECIAL MEDICAL NEEDS; GLATT KOSHER AVAILABLE UPON REQUEST