

DID YOU KNOW....

Doctor's Orders -

If you have been hospitalized and miss your scheduled days at ADH, we must have Doctor's Orders on file for you to return to the program. Please make sure your doctor has faxed in orders to clear you to participate in our program before returning. ADHC will not arrange transportation until these orders are received.

We need CEREAL BOXES!!!

Our amazing Program Aid Beverly makes some pretty awesome crafts with her groups out of cardboard. Cereal boxes are great because they are sturdy but not too thick to cut. Please bring in your empty cereal boxes for craft supplies!



Don't forget to Spring Forward!



ADHC CONNECTION



THIS MONTH IS.....

Greek Heritage Month

Irish American Heritage Month

Spring into Spring Month

Nutrition Month

Music Therapist Month

Social Workers Month—Thank you Curtis!

MultiCare

MultiCare Adult Day Health Center
6442 S Yakima
Tacoma, WA 98408

BetterConnected

(253) 459-7222
<http://www.multicare.org/home/adult-day-health>

AM Daily Schedule:

10:00 - 10:30am Meet and Greet
 10:45 - 11:15am OT Exercise
 12:15 - 1:00pm Lunch
 1:45 - 2:00pm Wrap it Up

MARCH 2015

PM Daily Schedule:

2:30 - 3:30pm Meet and Greet
 3:30 - 4:00pm OT Exercise
 4:45 - 5:30pm Dinner
 6:15 - 6:30pm Wrap it Up

MONDAY TUESDAY WEDNESDAY THURSDAY

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| <p>MUSIC & MOVEMENT / LINE DANCING 2</p> <p><u>AM PROGRAM</u> 11:00-12:00 Music with Robyn & Kari - Big Room 1:00 -1:45 Group Game - Big Room</p> <p><u>PM PROGRAM</u> 3:15-4:00 Line Dancing - Big Room 5:30-6:15 Group Game - Big Room</p> | <p>NATIONAL PIG DAY 3</p> <p><u>AM PROGRAM</u> 11:00-12:00 HOG WILD! , Ukuleles - Harmony Room 1:00-1:45 Pig Painting - Big Room</p> <p><u>PM PROGRAM</u> 4:00-4:45 Pig Painting - Big Room 5:30-6:15 Group Game - Big Room</p> | <p>BOWLING / MUSIC & MOVEMENT 4</p> <p><u>AM PROGRAM</u> 11:15-12:00 Bowling - Big Room 1:00 -1:45 Group Game - Big Room</p> <p><u>PM PROGRAM</u> 4:00-4:45 Music with Robyn & Eileen - Big Room 5:30-6:15 Group Game - Big Room</p> | <p>STORY TIME 5</p> <p><u>AM PROGRAM</u> 11:15-12:00 Story Time - Big Room 1:00 -1:45 BINGO! - Big Room</p> |
| <p>GREEN RIVER STUDENTS 9</p> <p><u>AM PROGRAM</u> 11:00-12:00 Group Game - Big Room 1:00 -1:45 Green River Student Activity - Big Room</p> <p><u>PM PROGRAM</u> 3:00-3:45 Green River Student Activity - Big Room 5:30-6:15 Group Game - Big Room</p> | <p>SPRING CANVAS ART / DRUMMING 10</p> <p><u>AM PROGRAM</u> 11:00-12:00 Spring Canvas Art - Big Room 1:00-1:45 Finish Art - Big Room</p> <p><u>PM PROGRAM</u> 4:00-4:45 Drumming - Big Room 5:30-6:15 Group Game- Big Room</p> | <p>GREEN RIVER STUDENT ACTIVITY 11</p> <p><u>AM PROGRAM</u> 11:15-12:00 Group Game - Big Room 1:00 -1:45 Green River Student Activity - Big Room</p> <p><u>PM PROGRAM</u> 3:00-3:45 Green River Student Activity - Big Room 5:30-6:15 Group Game - Big Room</p> | <p>JUST FRIENDS 12</p> <p><u>AM PROGRAM</u> 11:15-12:00 Performance: JUST FRIENDS- Big Room 1:00 -1:45 BINGO! - Big Room</p> <p>Connecting Caregivers - Alzheimer's Support Group 2:30-4:30pm</p> |
| <p>MUSIC & MOVEMENT / KARAOKE 16</p> <p><u>AM PROGRAM</u> 11:00-12:00 Music with Robyn & Kari - Big Room 1:00 -1:45 Group Game - Big Room</p> <p><u>PM PROGRAM</u> 3:15-4:00 - Big Room 5:30-6:15 Group Game - Big Room</p> | <p>ST. PATRICK'S DAY PARTY 17</p> <p><u>AM PROGRAM</u> 11:15-12:00 St. Patrick's Day Party -Big Room, Ukuleles 1:00-1:45 Luck 'O the Irish BINGO - Big Room</p> <p><u>PM PROGRAM</u> 4:00-4:45 St. Patrick's Day Party- Big Room 5:30-6:15 Group Game - Big Room</p> | <p>KARAOKE / MUSIC & MOVEMENT 18</p> <p><u>AM PROGRAM</u> 11:15-12:00 Karaoke - Big Room 1:00 -1:45 Karaoke - Big Room</p> <p><u>PM PROGRAM</u> 3:00-3:45 Music with Robyn & Eileen - Big Room 5:30-6:15 Group Game - Big Room</p> | <p>JEOPARDY 19</p> <p><u>AM PROGRAM</u> 11:15-12:00 Jeopardy - Big Room 1:00-1:45 BINGO!- Big Room</p> |
| <p>BINGO 23</p> <p><u>AM PROGRAM</u> 11:00-12:00 BINGO - Big Room 1:00 -1:45 Group Game - Big Room</p> <p><u>PM PROGRAM</u> 4:00-4:45 BINGO - Big Room 5:30-6:15 Group Game - Big Room</p> | <p>CHARADES 24</p> <p><u>AM PROGRAM</u> 11:15-12:00 Charades - Big Room 1:00-1:45 Group Game - Big Room</p> <p><u>PM PROGRAM</u> 3:00-3:45 Charades - Big Room 5:30-6:15 Group Game - Big Room</p> | <p>MOVIE MATINEE 25</p> <p><u>AM PROGRAM</u> 11:15-12:00 Movie Matinee - Big Room 1:00 -1:45 Finish Movie - Big Room</p> <p><u>PM PROGRAM</u> 3:00-3:45 Movie Matinee - Big Room 5:30-6:15 Finish Movie - Big Room</p> | <p>IT'S DICEY 26</p> <p><u>AM PROGRAM</u> 11:15-12:00 Dice Game - Big Room 1:00-1:45 BINGO!- Big Room</p> |
| <p>PRICE IS RIGHT / DANCE PARTY 30</p> <p><u>AM PROGRAM</u> 11:00-12:00 Price is Right - Big Room 1:00 -1:45 Group Game - Big Room</p> <p><u>PM PROGRAM</u> 4:00-4:45 Dance Party - Big Room 5:30-6:15 Group Game - Big Room</p> | <p>DAFFODIL PRINCESSES / STEVE'S TUNES 31</p> <p><u>AM PROGRAM</u> 11:15-12:00 Daffodil Princesses - Big Room 1:00-1:45 Music Performance - Steve Stefanowicz</p> <p><u>PM PROGRAM</u> 3:00-3:45 Music Performance - Steve Stefanowicz 5:30-6:15 Group Game - Big Room</p> | | |

ADHC RULES & EXPECTATIONS

The following rules and expectations have been established to ensure the safety and well being of our participants and staff.

- ◆ Clothing: Clothes should be clean and fit properly. No halter tops, tank tops or bare midriff blouses are permitted. The length of shorts must be just above the knee.
- ◆ We encourage proper grooming and hygiene practices.
- ◆ Please wear comfortable, closed toed shoes appropriate for walking in the center. No flip flops, sandals, or crocs.
- ◆ You may bring your own water bottle or juice bottle. No soda, caffeinated or sugary drinks are allowed in the center.
- ◆ Do not share snacks, candy or food with other participants.
- ◆ No kissing, hugging or inappropriate touch is permitted. Socialization and friendships are encouraged at the center, but dating must take place outside the center.
- ◆ If you use a power wheelchair, please keep your speed low and use caution in the center.
- ◆ Be respectful of fellow participants and their abilities. We are here to be supportive and helpful to each other.
- ◆ Foul language and combative behavior is unacceptable.
- ◆ Please try to limit the use of cell phones while at the center. If you need to use your cell phone please move to the lobby or quiet room.
- ◆ Open group discussion of politics or religion is discouraged at the center.
- ◆ If you have any questions regarding the center rules, please contact your case manager.

Thank you for choosing ADHC!