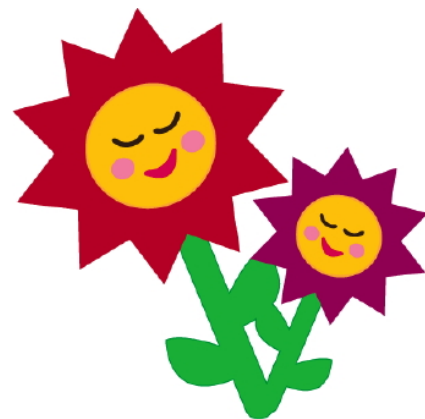
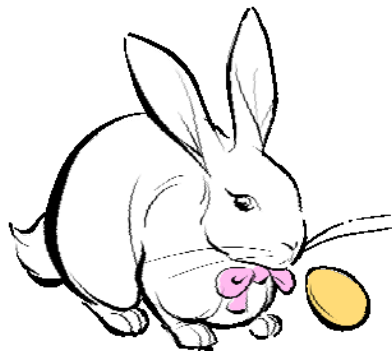


Here's the latest News on the Showcase!!!!  
Look for Your Commitment Forms to be coming home soon.  
Commitment Forms are saying that you will be there to show your family  
and friends all of your talent and hard work you have put in during the year.

~~~~~  
Autism Awareness Month  
What a great time to understand.

~~~~~  
It's Stretch Month  
Only 5 Minutes a day is benedictional  
Flexibility, Range of Motion, Loosens Muscles AND RELAXES you.

**Happy  
Easter**



# ADHC CONNECTION

## APRIL 2017

Happy Easter -16th



Autism Awareness Month

National Volunteer Week 10-16

Stretch Month

Brothers and Sisters Month

Earth Day 28

Go Mariners!!



**MultiCare** 

MultiCare Adult Day Health Center  
6442 S Yakima  
Tacoma, WA 98408  
(253) 459-7222

BetterConnected

<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

**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

# APRIL 2017

**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****EASTER DECORATIONS/ EASTER GAME 3****AM PROGRAM**

11:00-12:00 Easter Decorations-Big Room  
 1:00-3:00 Egg Games-Big Room

**P.M PROGRAM**

11:00-12:00 Easter Decorations-Big Room  
 1:00-1:45 Egg Games-Big Room

**SPRING PLANTING / SPRING PLANTING 4****AM PROGRAM**

11:00-12:00 Spring Flowers—Big Room  
 1:00-1:45 Spring Stuff-Big room

**PM PROGRAM**

3:45-4:45 Spring Flowers—Big Room  
 5:30-6:15 Spring Stuff –Room

**COFFEE FILTER ART / COFFEE FILTER ART 5****AM PROGRAM**

11:15-12:00 Coffee Filter Art- Big Room  
 1:00-1:45 Group Game-Big Room

**PM PROGRAM**

4:00-4:45 Coffee Filter Art- - Big Room  
 5:30-6:15 Group Game- Big Room

**GUEST SPEAKER / BINGO 6****AM PROGRAM**

11:15-12:00 Antarctica - Big Room  
 1:00-1:45 BINGO! - Big Room

**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!**

**MUSIC & MOVEMENT / EASTER BINGO 10****AM PROGRAM**

11:00-12:00 M & M - Big Room  
 1:00-1:45 Easter Bingo Big Room

**PM PROGRAM**

4:00-4:45 Easter Bingo—Game Big Room  
 5:30-6:15 Group Game - Big Room

**UKES / WRITE A LETTER DAY 11****AM PROGRAM**

11:00-12:00 Ukuleles - Big Room  
 1:00-1:45 Lets write a letter—Big Room

**PM PROGRAM**

4:00-4:45 Write a letter Day Big Room  
 5:30-6:15 Group Game- Big Room

**SPECIAL GUEST / SPECIAL GUEST 12****AM PROGRAM**

11:15-12:00 Egg Game- Big Room  
 1:00-1:45 Special Guest- Big Room

**PM PROGRAM**

3:00-3:45 Special Guest- Big Room  
 5:30-6:15 Group Game - Big Room

**JUST FRIENDS / BINGO 13****AM PROGRAM**

11:15-12:00 Performance: JUST FRIENDS- Big Room  
 1:00-1:45 BINGO! - Big Room

Connecting Caregivers - Alzheimer's Support Group  
 \* NEW TIME! 2:30-4:00pm

**MOVIE MATINEE / MOVIE MATINEE 17****AM PROGRAM**

11:00-12:00 Movie Matinee — Big Room  
 1:00-1:45 Finish Movie- Big Room

**PM PROGRAM**

4:00-4:45 Movie Matinee- Big Room  
 5:30-6:15 Finish Movie - Big Room

**TOE TAPPIN STEVE / TOE TAPPIN STEVE 18****AM PROGRAM**

11:00-12:00 Ukes- Big Room  
 1:00-1:45 Music w/ Steve- Big Room

**PM PROGRAM**

3:00-3:45 Music w/ Steve- Big Room  
 5:30-6:15 Karaoke-Big Room

**TOOL BOX DETECTIVE/ MUSIC MOVEMENT 19****AM PROGRAM**

11:15-12:00 Tool Box Detective - Big Room  
 1:00-1:45 Group Game - Big Room

**PM PROGRAM**

3:00-3:45 M & M - Big Room  
 5:30-6:15 Group Game - Big Room

**CATEGORY PUZZLE / BINGO 20****AM PROGRAM**

11:15-12:00 Category Puzzle- Big Room  
 1:00-1:45 BINGO!- Big Room

**MUSIC & MOVEMENT / KARAOKE 24****AM PROGRAM**

11:00-12:00 M & M - Big Room  
 1:00-1:45 Karaoke Big Room

**PM PROGRAM**

4:00-4:45 Karaoke - Big Room  
 5:30-6:15 Finish - Big Room

**UKES / JEOPARDY / PUZZLE SCRAMBLE 25****AM PROGRAM**

11:00-12:00 UKES- Big Room  
 1:00-1:45 Jeopardy- Big Room

**PM PROGRAM**

3:15-4:00 Puzzle Scramble-Big Room  
 5:30-6:15 Group Game-Big Room

**COLLECTIONS / MUSIC & MOVEMENT 26****AM PROGRAM**

11:15-12:00 Collections- Big Room  
 1:00-1:45 Water Colors - Big Room

**PM PROGRAM**

3:00-3:45 M & M!- Big Room  
 5:30-6:15 Group Game - Big Room

**CRAFT / BINGO 27****AM PROGRAM**

11:15-12:00 Craft- Big Room  
 1:00-1:45 BINGO!- Big Room

