

NORTHLAND ADULT DAY CENTER

MARCH 2026---- Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Current Affairs Chair Yoga Therapeutic Coloring Picture Bingo Birthday Celebration	Current Affairs Stretching Exercises Flip Me Game Puzzle Pizzaz World Hearing Day	Current Affairs Zumba Exercise Category Game Paint by Stickers Name Definition Day	Current Affairs 90's Sittercise Crossword Puzzles Board Games Memory Chess	Current Affairs Motown Exercise Name That Tune Walk in the Park Employee Appreciation Day
9	10	11	12	13
Current Affairs 90's Sittercise Monday Manicures Bean Bag Toss Word Category	Current Affairs Chair Yoga BINGO Therapeutic Coloring HIV/AIDS Awareness Day	Current Affairs Walmart Wednesday Concentration Chair Yoga Hang Man	Current Affairs Rock n Roll Exercise Arts and Crafts Ring Toss Nat'l Girl Scouts Day	Current Affairs 70's Sittercise Music N Motion Bean Bag Toss Smart & Sexy Day
16	17	18	19	20
Current Affairs Chair Zumba Arts & Crafts Ball Toss Line Dancing	Current Affairs Stretching Exercises St. Patrick's Day  Word Category Wear Green	Current Affairs Motown Exercise Smart & Sexy Day Puzzle Pizzaz Family Feud Game	Current Affairs Disco Exercise Word Search Movie Matinee Last Day of Winter	Current Affairs 80's Exercise Accordian Player Paint by Stickers Int'l Day of Happiness
23	24	25	26	27
Current Affairs 70's Exercise Category Game Ice Cream Social Play of Words Game	Current Affairs 80's Sittercise Parachute Game Manicure Tuesday Diabetes Day	Current Affairs Chair Yoga Walmart Wednesday Bean Bag Toss Board Games	Current Affairs Stretchercise Boots on the Ground Concentration Game Purple Day	Current Affairs Disco Exercise Ball Toss Crossword Puzzles Friday Matinee
30	31			
Current Affairs Chair Zumba Parachute Game World Bipolar Day Birthday Celebration	Current Affairs Chair Yoga Ring Toss Move and Groove César Chávez Day			