

Monday

Tuesday

Wednesday

Thursday

Friday



1
 10:00 Part Two News
 10:30 Weight Training
 11:00 Community Meeting
 11:30 TGIF Bingo
 12:00 The Legend of the Leprechaun
 1:30 Music Therapy
 2:00 Sunset Sketch
 2:30 Manicures and Cards
 3:00 Keeping A Nature Journal

4
 10:00 Extra Extra News!
 10:30 Strong Body Strong Mind
 11:00 Intergenerational
 11:30 String Art
 12:00 History Of St Patrick
 1:30 Afternoon Warm Up
 2:00 Volleyball Competition
 2:30 Manicures and Cards
 3:00 History Of Castles
 3:30 Let's Sketch a Castle

5 **Fat Tuesday Mardi Gras**
 10:00 Interesting Facts
 10:30 Scarf Dancing
 11:00 Intergenerational
 11:30 Sing Along With Connie Francis
 12:00 Dear Abby Stories
 1:30 Tai Chi Stretch
 2:00 The Jazz Loft Performs
 2:30 Bingo
 3:00 Drum Circle
 3:30 Tips About Spring Cleaning



6 **Support Group Port Jefferson 1-2:30**
 Ash Wednesday
 10:00 Have You Heard The Latest News?
 10:30 Cardio Blast!
 11:00 Intergenerational
 11:30 Horse Race
 12:00 Water Words and Phases
 1:30 Easy Moves
 2:00 Mini Golf
 2:30 Sensory Stimulation Group
 3:00 Parachute Balloon Toss
 3:30 Wise Advice

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 10:00 Long Island News
 10:30 Swing To The Oldies
 11:00 Intergenerational
 11:30 Dominos and Table Games
 12:00 How To Spring Clean
 1:30 Drum Rhythm Time
 2:00 Volleyball Competition
 2:30 Science Fun
 3:00 Let's Go Fly A Kite!
 3:30 Places To Visit Things to Do

8 **Day Light Savings On Sunday**
 10:00 Hot Off The Press!
 10:30 Fluent Body Movements
 11:00 Community Meeting
 11:30 Tissue Paper Art
 12:00 Travel Day To Ireland
 1:30 Yoga Poses
 2:00 Soccer Match!
 2:30 We Are Lucky Brain Game
 3:00 Follow the Rainbow Craft
 3:30 I'm Going On A Picnic



11 **Support Group Ronkonkoma 6-7:30**
 10:00 The Editorials
 10:30 Muscle Memory Time
 11:00 Intergenerational
 11:30 Soccer Match!
 12:00 Let's Kiss The Blarney Stone!
 1:30 Chair Tai Chi
 2:30 National Women's Month
 3:00 Spring Water Color
 3:30 Lent Begins

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 10:00 Top Journalist Stories
 10:30
 11:00 Intergenerational
 11:30 Volleyball Competition
 12:00 Irish Words
 1:30 Let's Get Moving!
 2:00 Mini Golf
 2:30 Poetry Corner- Luck
 3:00 Shamrock Bookmarks
 3:30 How To Spring Clean

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 10:00 Hot Off The Press
 10:30 Let's Exercise
 11:00 Intergenerational
 11:30 Marble Art
 12:00 Spelling Bee
 1:30 Ready Set Go!
 2:00 Sensory Stimulation
 2:30 Soccer Match!
 3:00 Sketch a Pot Of Gold
 3:30 Tea Party

14 **Trip To The Museum**
 10:00 The Herald News
 10:30 Motown Moves
 11:00 Intergenerational
 11:30 The History Of St Patrick
 12:00 Famous Irish Americans
 1:30 Chair Exercise
 2:00 Spring Time Poerty
 2:30 Manicures and Cards
 3:00 Create a Collage
 3:30 Sports Trivia

15
 10:00 Front Page News
 10:30 Blue Grass Swing
 11:00 Community Meeting
 11:30 Make A Clover
 12:00 Irish Folklore
 1:30 Make Irish Soda Bread
 2:00 Volleyball Competition
 2:30 Things That are Green
 3:00 Stamp Craft
 3:30 Famous March Birthdays



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 10:00 Weekend Review
 10:30 Stretch Band Workout
 11:00 Intergenerational
 11:30 Make Hamantachen Cookies
 12:00 Spring Words
 1:30 Yoga Stretch
 2:00 Soccer Match!
 2:30 Shamrock Banner Craft
 3:00 Reminisce Bowl
 3:30 Knock Knock Jokes

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 10:00 The Long Island Press
 10:30 Blue Grass Stomp!
 11:00 Intergenerational
 11:30 Volleyball Competition
 12:00 Signs of Spring
 1:30 Ribbon Moves
 2:00 Bocci Match
 2:30 Manicures and Cards
 3:00 Glen Miller Sing A Long
 3:30 Things That Are Green

20 **Purim**
 10:00 Current Events
 10:30 Posture and Balance Exercise
 11:00 Intergenerational
 11:30 Soccer Match!
 12:00 The History Of Purim
 1:30 Tai Chi
 2:00 Horse Racing
 2:30 Mini Golf
 3:00 Clip Magazine Art
 3:30 Folklore

21 **First Day Of Spring!**
 10:00 Editorials
 10:30 Aerobic Exercise
 11:00 Intergenerational
 11:30 **UCP Dance Party**
 12:00 Spring Foods
 1:30 Lower Back Exercise
 2:00 Volleyball Competition
 2:30 Armchair Travel to Ireland
 3:00 Top O' The Morning Door Hanger Craft
 3:30 Remember When



22
 10:00 Weather Report
 10:30 Twist and Shout!
 11:00 Community Meeting
 11:30 Shuffleboard
 12:00 You Know It's Spring When.....
 1:30 Gentle Moves
 2:00 Soccer Match!
 2:30 Pansy Wreath Craft
 3:00 Floral Design
 3:30 Spelling Bee

25
 10:00 Newsday News
 10:30 Yoga Stretch
 11:00 Intergenerational
 11:30 Let's Bake A Cake!
 12:00 Music Therapy
 1:30 Strong Body
 2:00 The Royal Family
 2:30 Soccer Match!
 3:00 Vincent Van Gogh Art
 3:30 Music and Art

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 10:00 The New York Times
 10:30 Back Strengthening
 11:00 Intergenerational
 11:30 Geography Trivia
 12:00 Hints From Heloise
 1:30 Thigh Firmer
 2:00 Mini Golf
 2:30 Let's Make Shakes
 3:00 Paint Brush Strokes
 3:30 Famous Hollywood Women

27
 10:00 Uplifting Stories
 10:30 Tai Chi
 11:00 Intergenerational
 11:30 Clay Work
 12:00 Name The Fifty States
 1:30 Relaxing Breathing
 2:00 Volleyball Competition
 2:30 Pig, Peanuts and P's
 3:00 Collage Cigar Box
 3:30 Sports Equipment

28 **Support Group Bohemia 10-11:30**
Trip: UCP Children's Center
 10:00 Flash News!
 10:30 Cardio Blast
 11:00 Intergenerational
 11:30 Soccer Match!
 12:00 Herb Scents
 1:30 Afternoon Meditation
 2:00 Basketball Shoot
 2:30 Make A Crazy Hat!
 3:00 Let's Get Buggy Art
 3:30 Memorable Movie Lines

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 10:00 World Report
 10:30 Tone Up With Weights
 11:00 Community Meeting
 11:30 Volleyball Competition
 12:00 Broadway Musicals
 1:30 Finger Walking
 2:00 Bottles and Hoops
 2:30 Manicures and Cards
 3:00 Birds Of A Feather Art
 3:30 Parachute Ball Toss