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Your Staff

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Our Mission  
*Caring for Kupuna*



Tuesday, March 3rd



# MARCH 2026

"No act of kindness, no matter how small, is ever wasted."  
—Aesop

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>7:30 CENTER OPENS SNACKS</b>	<b>2</b> 10:00 – Fitness - Dowels - Table Therapy 12:30 – Energize Lunch Walk 1:00 – Tic Tac Toe 2:45 – Tai Chi 3:30 – Magazine Reading	<b>3</b> 10:00 – Charades - Weaving - Duck Dice 12:30 – Energize Lunch Walk 1:00 – Relay Game 2:45 – Music & Movement 3:30 – Pictureka!	<b>4</b> 10:00 – Whisper Challenge - Hanafuda - Memory Game 12:30 – Energize Lunch Walk 1:00 – Roll the Cup 2:45 – Tai Chi 3:30 – Connect 4	<b>5</b> 10:00 – Unscramble - Bead Bracelets - Table Therapy 12:30 – Energize Lunch Walk 1:00 – Bowling 2:45 – Music & Movement 3:30 – Coupon Cutting	<b>6</b> 10:00 – Happy Birthday Bingo 12:30 – Energize Lunch Walk 1:00 – Ball Toss 2:45 – Tai Chi 3:30 – Jigsaw Puzzles
<b>10:00 MORNING ACTIVITIES</b>	<b>9</b> 10:00 – Client Council - Dowels - Table Therapy 12:30 – Energize Lunch Walk 1:00 – Golfing 2:45 – Tai Chi 3:30 – Sorting Beads	<b>10</b> 10:00 – Black Jack - Mix & Match - Spelling 12:30 – Energize Lunch Walk 1:00 – Cone Ring Toss 2:45 – Music & Movement 3:30 – Word Search	<b>11</b> 10:00 – Special Music w/Ron Toki 12:30 – Energize Lunch Walk 1:00 – Bullseye Target 2:45 – Tai Chi 3:30 – Coloring	<b>12</b> 10:00 – Donkey Card Game - Fan Butterfly Craft - Balloon Toss 12:30 – Energize Lunch Walk 1:00 – Bean Bag Poker 2:45 – Music & Movement 3:30 – Lacing	<b>13</b> 10:00 – Charades - Dominoes - Matching 12:30 – Energize Lunch Walk 1:00 – Movie & Popcorn 2:45 – Tai Chi 3:30 – Sing A Long
<b>11:15 LUNCH HOUR</b>	<b>16</b> 10:00 – St. Patrick's Day Celebration 12:30 – Energize Lunch Walk 1:00 – Birthday Bingo 2:45 – Tai Chi 3:30 – Table Games	<b>17</b> 10:00 – Special Music with Kilauea Seniors 12:30 – Energize Lunch Walk 1:00 – Dice Rolling 2:45 – Music & Movement 3:30 – Tracing	<b>18</b> 10:00 – Whisper Challenge - Basket Weaving - Table Therapy 12:30 – Energize Lunch Walk 1:00 – High / Low 2:45 – Tai Chi 3:30 – Connect 4	<b>19</b> 10:00 – D'Best Entertainment 12:30 – Energize Lunch Walk 1:00 – Bean Bag Shootout 2:45 – Music & Movement 3:30 – Pattern Block	<b>20</b> 10:00 – Cooking Hour - Mix & Match 12:30 – Energize Lunch Walk 1:00 – Golfing 2:45 – Tai Chi 3:30 – Bead Sorting
<b>12:00 REST PERIOD</b>	<b>23</b> 10:00 – Seated Aerobics - Dowels - Table Therapy 12:30 – Energize Lunch Walk 1:00 – Cone Ring Toss 2:45 – Tai Chi 3:30 – Magazine Reading	<b>24</b> 10:00 – Special Music with Da Tree Titas 12:30 – Energize Lunch Walk 1:00 – Spin the Wheel 2:45 – Music & Movement 3:30 – Pattern Block	<b>25</b> 10:00 – Drinking Straw Headband - Puzzle - Table Therapy 12:30 – Energize Lunch Walk 1:00 – Tic Tac Toe 2:45 – Tai Chi 3:30 – Lacing	<b>26</b> 10:00 – Lihue Missionary Church 12:30 – Energize Lunch Walk 1:00 – Chiefess Kamakahahei Middle School 2:45 – Music & Movement 3:30 – Pictureka!	<b>27</b> 10:00 – March Birthday Celebration with The Church of Koloa 12:30 – Energize Lunch Walk 1:00 – Movie & Popcorn 2:45 – Tai Chi 3:30 – Jigsaw Puzzle
<b>12:30 LUNCH WALK</b>	<b>30</b> 10:00 – Fitness - Dowels - Table Therapy 12:30 – Energize Lunch Walk 1:00 – Cup Rolling 2:45 – Tai Chi 3:30 – Talk Story	<b>31</b> 10:00 – Joker Eno - Duck Dice - Spelling 12:30 – Energize Lunch Walk 1:00 – Relay Game 2:45 – Tai Chi 3:30 – Nail Art			
<b>1:00 AFTERNOON ACTIVITIES</b>					
<b>2:00 SNACKS BEVERAGE</b>					
<b>2:45 EXERCISE HOUR</b>					
<b>3:15 BUSES BEGIN ARRIVING</b>					
<b>4:00 SMALL GROUP</b>					
<b>5:30 CENTER CLOSSES</b>					

Transportation

The Kauai Bus  
(808) 246-8110

March is ...

Women's History Month  
National Reading Month  
Creative Arts Therapies Week – 3/15-21  
World Wildlife Day – 3/3  
International Day of Happiness – 3/20  
Prince Kuhio Day – 3/26

**Flowers:**

Daffodil & Jonquil



**Colors:**

Emerald Green & Purple

**Birthstone:**

Aquamarine & Bloodstone

*Kauai Adult Day Health Center is sponsored in part by County of Kauai Agency on Elderly Affairs.*

*This institution is an equal opportunity provider.*

\*Structured activities are subject to change.