

Activity Calendar – March 2025

The Director's Corner

Happy March to all our Members, Caregivers and Partners!







Don't miss a special traditional Irish performance by the band *Once Removed* on Thursday, March 13th. This special event is made possible by the generous donations we received through a fund in loving honor of a former Adult Day member Edmund McCarthy.



Care Partner Meetings

This month the virtual session will take place on March 18th, 7:15-8:15pm, *RSVP* to receive a link. The in-person session will be March 19th 3-4:00pm.

For more information, contact Tiffany Colucci, MS, PC, NCC Eldercare Navigator at 203-396-1066 or tcolucci@mozaicsl.org

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00am Sit and Be Fit 10:30am Geographical Guess by 10 10:30am Men's Group Lunch 1:00pm Chair Stretches 1:30pm Bingo 2:30pm Refreshments 2:45pm Golden Conversations	4 10:00am Zumba 10:30am Let's Sing and Dance 10:30am Men's Group Lunch 1:00pm Simon Says Fitness 1:30pm Golf Match 2:30pm Refreshments 2:45pm Table Games	5 10:00am Silver Sneakers Fitness 10:30am Reminiscing to the 1950's 10:30am Men's Group Lunch 1:00pm Stretches 1:30pm Bingo 2:30pm Refreshments 2:45pm Golden Conversations	6 10:00am Fusion Fitness 10:30am Hangman 10:30am Men's Group Lunch 1:00pm Bean Bag Exercise 1:30pm Bowling Match 2:30pm Refreshments 2:45pm Golden Conversations	7 10:00am Chair Exercise 10:30am Matching Synonyms Spa Session w/ Letty Lunch 1:00pm Chair Stretches 1:30pm Tai Chi w/ Jonathon 2:30pm Refreshments 2:45pm Golden Conversations
10 10:00am Zumba 10:30am Pictionary 10:30am Men's Group Lunch 1:00pm Afternoon Stretches 1:30pm Bingo 2:30pm Refreshments 2:45pm Casual Conversations	11 10:00am Sit and Be Fit 10:30am American Trivia 10:30am Men's Group Lunch 1:00pm Fitness Ball Exercise 1:30pm Ring Toss 2:30pm Refreshments 2:45pm Table Games	12 10:00am Fusion Fitness 10:30am 1960's Memory Lane 10:30am Men's Group Lunch 1:00pm Chair Stretches 1:30pm Bingo 2:30pm Refreshments 2:45pm Casual Conversations	13 10:00am Silver Sneakers Fitness 10:30am 28 Letter Word in a Word 10:30am Men's Group Lunch 1:00pm Bean Bag Exercise 1:30pm Entertainment w/ Once Removed 2:30pm Refreshments 2:45pm Casual Conversations	14 10:00am Fitness Exercise 10:30am Sing Along and Dance Lunch 1:00pm Fitness Ball Stretches 1:30pm Shamrock Entertainment w/ Warren Bloom 2:30pm Refreshments 2:45pm Casual Conversations
Wear Your Green Day 17 10:00am Silver Sneakers Fitness 10:30am Green Day Trivia! 10:30am Men's Group Lunch 1:00pm Chair Stretches 1:30pm Bingo 2:30pm Refreshments 2:45pm Table Topics 	18 10:00am Fusion Fitness 10:30am Family Feud 10:30am Men's Group Lunch 1:00pm Simon Says Fitness 1:30pm Name That Tune! 2:30pm Refreshments 2:45pm Table Games	19 10:00am Zumba 10:30am Wordle 10:30am Men's Group Lunch 1:00pm Chair Stretches 1:30pm Bingo 2:30pm Refreshments 2:45pm Table Topics	20 10:00am Chair Exercise 10:30am Jeopardy 10:30am Men's Group Lunch 1:00pm Bean Bag Exercise 1:30pm Balloon Volley 2:30pm Refreshments 2:45pm Table Topics	21 10:00am Sit and Be Fit 10:30am Scattergories/ Dominoes Lunch 1:00pm Chair Stretches 1:30pm Entertainment w/ Carl Lindquist 2:30pm Refreshments 2:45pm Table Topics
24 10:00am Fusion Fitness 10:30am Facts and Fiction 10:30am Men's Group Lunch 1:00pm Chair Stretches 1:30pm Bingo 2:30pm Refreshments 2:45pm Golden Conversations	25 10:00am Silver Sneakers Fitness 10:30am Entertainment w/ Roger Young 10:30am Men's Group Lunch 1:00pm Simon Says Fitness 1:30pm Bean Bag Toss 2:30pm Refreshments 2:45pm Table Games 3:00pm: Caregiver Support Group (virtual)	26 10:00am Sit and Be Fit 10:30am Celebrity Faces 10:30am Men's Group Lunch 1:00pm Chair Stretches 1:30pm Bingo 2:30pm Refreshments 2:45pm Golden Conversations 3:00pm: Caregiver Support Group (in-Person)	27 10:00am Zumba 10:30am Entertainment w/ Lynn Lewis 10:30am Men's Group Lunch 1:00pm Ring Toss 1:30pm Mozaic Karaoke 2:30pm Refreshments 2:45pm Golden Conversations	28 10:00am 1950's Memory Lane 10:30am Yoga with Doris 10:30am Rummikub/ Spill and Spell Lunch 1:00pm Fitness Ball Stretches 1:30pm Bowling Match 2:30pm Refreshments 2:45pm Golden Conversations
31 10:00am Exercise 10:30am Hangman 10:30am Men's Group Lunch 1:00pm Chair Stretches 1:30pm Bingo 2:30pm Refreshments 2:45pm Casual Conversations			Join us for Coffee Hour Every Morning at 9:00am  	

Alternate programs are offered daily. Calendars are subject to change.

Lunch Menu – March 2025



Monday	Tuesday	Wednesday	Thursday	Friday
3 GINGER CARROT SOUP GENERAL TSO CHICKEN FRIED RICE/EGG ROLL JAPANESE BLEND VEGGIES PEACHES	4 WISCONSIN CHEESE SOUP MEATLOAF WITH GRAVY MASHED POTATOES BROCCOLI BLUEBERRY COBBLER	5 POTATO LEEK SOUP HAMBURGER OR HOT DOG FRENCH FRIES BAKED BEANS CHOCOLATE CAKE	6 CHICKEN & RICE SOUP STUFFED SHELLS MARINARA QUINOA FRUIT STUFFING GREEN BEAN CASSEROLE APPLE PIE	7 MINESTRONE SOUP MOROCCAN STYLE CHICKEN RED SMASHED POTATOES SAUTEED MIXED VEGGIES PUMPKIN CHEESECAKE
10 EGG DROP SOUP SWEET & SOUR CHICKEN SESAME NOODLES JAPANESE BLEND VEGGIES PEANUT BUTTER BROWNIE	11 ITALIAN WEDDING SOUP STUFFED PEPPERS TOASTED ORZO CREAMED SPINACH AMBROSIA SALAD	12 POTATO LEEK SOUP HAWAIIAN CHICKEN BAKED BEANS COLESLAW LEMON PIE	13 PASTA FAGIOLI SOUP CHICKEN PARMESAN CAPELLINI RATATOUILLE CHOCOLATE CREAM PIE	14 QUINOA VEGETABLE SOUP BAKED ZITI WITH MEAT SAUCE STEAMED BROWN RICE GARLIC ITALIAN BEANS VANILLA CAKE W/CHOC ICING
17 ESCAROLE & BEAN SOUP VEGETABLE LASAGNA BAKED YAM GARLIC BROCCOLI MINT BROWNIES	18 BEEF ORZO SOUP OPEN FACE TURKEY SANDWICH MASHED POTATOES COLLARD GREENS BANANA CREAM PIE	19 TURKEY & WILD RICE SOUP VEGETABLE QUICHE GARDEN SALAD TAPIOCA PUDDING	20 WISCONSIN CHEESE SOUP TERIYAKI CHICKEN THAI STYLE VEGETABLE SALAD WHITE RICE CINNAMON ROLL APPLE PIE	21 TURKEY NOODLE SOUP COUNTRY FRIED CHICKEN CUTLET POTATOES O'BRIEN CALIFORNIA BLEND VEGGIES CARROT CAKE CUPCAKE W/CREAM CHEESE FROSTING
24 ITALIAN WEDDING SOUP EGGPLANT ROLLATINI RICE PILAF BROCCOLI PINEAPPLE UPSIDE DOWN CAKE	25 BEEF BARLEY SOUP ROAST TURKEY WITH GRAVY CLASSIC STUFFING ROASTED BRUSSEL SPROUTS CHOCOLATE PUDDING	26 POTATO LEEK SOUP PATTY MELT ON RYE SWEET POTATO WEDGES BAKED BEANS PEACH PIE	27 BUTTERNUT SQUASH SOUP CHEESE TORTELLINI WITH PRIMAVERA SAUCE SAVORY COUSCOUS ROASTED VEGETABLE MEDLEY CHOCOLATE CREAM PIE	28 PIZZA DAY CREAM OF BROCCOLI SOUP CHEESE PIZZA GARDEN SALAD CHERRY PIE
31 GINGER CARROT SOUP GENERAL TSO CHICKEN FRIED RICE/EGG ROLL JAPANESE BLEND VEGGIES PEACHES				

ALL MEALS MEET UNITED STATES DEPT OF AGRICULTURE NUTRITIONAL REQUIREMENTS. BREAKFAST OPTIONS: 1% MILK, COFFEE/TEA, JUICE, TOAST (MARGARINE, JELLY, PEANUT BUTTER), OATMEAL, CEREAL, YOGURT, FRUIT SNACK VARIES: MAY INCLUDE: 1% MILK, CHEESE STICKS, GRAHAM OR ANIMAL CRACKERS, YOGURT, APPLESAUCE, FRUIT, ASSORTED DESSERTS. MENUS ARE SUBJECT TO CHANGE. SPECIAL MENUS: CAN BE ARRANGED TO ACCOMMODATE SPECIAL MEDICAL NEEDS; GLATT KOSHER AVAILABLE UPON REQUEST