



March 2020

Daybreak Daily Schedule

7:30 Morning Coffee and Snacks	1:30 Gross Motor Game
9:15 Newspaper Reading	2:15 Fitness
9:30 Fitness	2:30 Snack
10:00 Bingo	2:45 Fine Motor Game
11:00 Reminiscence	3:30 Thinking Game
11:45 Lunch	4:15 Socialization
12:45 Relaxation	

*Schedule is subject to change



Monday	Tuesday 	Wednesday 	Thursday	Friday
2 AM Fit: Fittersitters A Jazz Music PM Fit: Latin Soul Vern Plays the Guitar Fine Motor: Bingo	3 AM Fit: Rubber band Hawaiian Music Gross Motor: Bullseye PM Fit: Sit and be Fit	4 AM Fit: MMM&Body <i>Hawaiian Music</i> Gross Motor: Floor Target PM Fit: Favorites Fine Motor: Puzzles	5 AM Fit: Lite N Lively Gross Motor: Bowling Pin Target <i>Piano Music by Glenn</i> PM Fit: Seatworks Craft: JS	6 AM Fit: Sittercise A Gross Motor: Splat Toss PM Fit: Sittercise B Movie: NM
9 AM Fit: Fittersitters Gross Motor: Frog Turtle Toss PM Fit: Greatest Hits Fine Motor: Beads	10 AM Fit: Sittercise A <i>Hawaiian Music</i> Gross Motor: Inflatable Ring Toss PM Fit: Gentle Exercise Fine Motor: Dice Bingo	11 AM Fit: Sittercise B <i>Jazz Music</i> PM Fit: Favorites <i>Sam and Tom Sing!</i> Fine Motor: Shapingo	12 AM Fit: Seatworks A <i>Piano music by Glenn</i> Craft: DL Gross Motor: Bean Bags PM Fit: Chair Dancing Fine Motor: Bingo	13 AM Fit: Seatworks B Gross Motor: Balloon Toss PM Fit: Sit down and Tone up Movie: JS
16 AM Fit: Stars & Stripes Hawaiian Music Gross Motor: Bullseye PM Fit: Sit and be Fit Fine Motor: Card Match	17 AM Fit: MMM&Body <i>Hawaiian Music</i> Gross Motor: Wild West Target PM Fit: Favorites Fine Motor: Puzzles	18 AM Fit: Magic of Movement <i>Jazz Music</i> PM Fit: Music in Motion <i>Kirk plays the Piano!</i> Fine Motor: Pokeno	19 AM Fit: Sit and be Fit Craft: AG Gross Motor: Pong Bounce PM Fit: Stars and Stripes Fine Motor: Bingo	20 AM Fit: Light N Lively Gross Motor: Tennis Ball Target PM Fit: Senior Fitnesscise Movie: PB
23 AM Fit: Noodles Gross Motor: Chip Chart PM Fit: Yoga in your seat Fine Motor: Hot potato	24 AM Fit: Seatworks A <i>Hawaiian Music</i> Gross Motor: Bullseye PM Fit: Sit and be Fit Fine Motor: Animal Sound Bingo	25 AM Fit: Lite N Lively <i>Jazz Music</i> Gross Motor: Mouse and Cheese Toss PM Fit: Latin Soul Fine Motor: Card Match	26 AM Fit: Jumpstart Gross Motor: Knock Down Cans PM Fit: Favorites Craft: PB	27 AM Fit: Jumpstart Gross Motor: Floor Target PM Fit: Favorites Movie: DL
30 AM Fit: Fittersitters A Jeff Wayne plays PM Fit: Latin Soul Gross Motor: Splat Toss Fine Motor: Bingo	31 AM Fit: Sittercise A <i>Hawaiian Music</i> Gross Motor: Inflatable Ring Toss PM Fit: Gentle Exercise Fine Motor: Disney Bingo			