










# March 2025 Conover Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10—Morning Meeting <b>3</b></p> <p>1030—Group: Check-in (C) / Meal Planning, Budgeting &amp; Money Management</p> <p>11—Community Outing: Walmart</p> <p>1230—Independent Living</p> <p>1—Group: Mental Health Monday (K)</p> <p>2—Participant Counsel Meeting</p>	<p><b>Mardi Gras</b> <b>4</b></p> <p>10—Morning Meeting</p> <p>1030—Group: Check-in (C) / Bible Study (D)</p> <p>11—Center Decorating / Cooking Class: Hot Dogs </p> <p>1230—Independent Living</p> <p>1—Group: Goal Group (C)</p> <p>2—Brain Games (C)</p>	<p>10—Morning Meeting <b>5</b></p> <p>1030—Group: Check-in (C)</p> <p>11—Community Outing: Library</p> <p>1230—Independent Living</p> <p>1—Group: Self-Empowerment / Pet Therapy with Faith</p> <p>2—Word of the Day (C)</p>	<p>10—Morning Meeting <b>6</b></p> <p>1030—Group: Check-in (C)</p> <p>11—Guest Visitor: Music with Seniors on the Move</p> <p>1230—Independent Living</p> <p>1—Group: Coping Skills (C)</p> <p>2—Brain Games (T)</p>	<p>10—Morning Meeting <b>7</b></p> <p>1030—Group: Check-in (C) / Meal Planning, Budgeting &amp; Money Management</p> <p>11—Community Outing: Dollar Tree </p> <p>1230—Independent Living</p> <p>1—Peer Group (S)</p> <p>2—Word of the Day (C)</p>
<p>10—Morning Meeting <b>10</b></p> <p>1030—Group: Check-in (C) / Meal Planning, Budgeting &amp; Money Management</p> <p>11—Community Outing: Walmart</p> <p>1230—Independent Living</p> <p>1—Group: Mental Health Monday (K)</p> <p>2—Word of the Day (C)</p>	<p>10—Morning Meeting <b>11</b></p> <p>1030—Group: Check-in (C) / Bible Study (D)</p> <p>11—Community Outing: Food Bank / Arts &amp; Crafts</p> <p>1230—Independent Living</p> <p>1—Group: Goal Group (C)</p> <p>2—Brain Games (C)</p>	<p>10—Morning Meeting <b>12</b></p> <p>1030—Group: Check-in (C)</p> <p>11—Community Outing: Library / Guest Visitor: Libbie</p> <p>Music and Singalong / Cooking Class: Grilled Cheese and Tomato Soup</p> <p>1230—Independent Living</p> <p>1—Group: Self-Empowerment</p> <p>2—Word of the Day (C)</p>	<p>10—Morning Meeting <b>13</b></p> <p>1030—Community Outing: Bowling @ Pin Station</p> <p>1230—Independent Living</p> <p>1—Group: Coping Skills (C)</p> <p>2—Brain Games (T) </p>	<p>10—Morning Meeting <b>14</b></p> <p>1030—Community Outing: Hickory Arts Museum Activity &amp; Tour <b>(\$8)</b></p> <p>11—Movie &amp; Popcorn @ Center</p> <p>1230—Independent Living</p> <p>1—Peer Group (S)</p> <p>2—Word of the Day (C)</p>
<p><b>St. Patrick's Day</b> <b>17</b></p> <p>10—Morning Meeting</p> <p>1030—Group: Check-in (C)</p> <p>11—St. Patrick's Scavenger Hunt/ Cooking Class: Shepherd's Pie </p> <p>1230—Independent Living</p> <p>1—Group: Mental Health Monday (K)</p> <p>2—St. Patrick's Trivia (P)</p>	<p>10—Morning Meeting <b>18</b></p> <p>1030—Group: Check-in (C) / Bible Study (D) / Meal Planning, Budgeting &amp; Money Management</p> <p>11—Community Outing: Walmart / Cooking Class:</p> <p>1—Group: Goal Group (C)</p> <p>2—Guest Visitor: Melanie</p> <p>Poison Prevention</p>	<p>10—Morning Meeting <b>19</b></p> <p>1030—Group: Check-in (C)</p> <p>11—Community Outing: Library / Community Volunteering: Meals on Wheels</p> <p>1230—Independent Living</p> <p>1—Group: Self-Empowerment / Pet Therapy with Faith </p> <p>2—Word of the Day (C)</p>	<p>10—Morning Meeting <b>20</b></p> <p>1030—Group: Check-in (C)</p> <p>11—Spring BINGO / Cooking Class: Bratwurst &amp; Sauerkraut</p> <p>1230—Independent Living</p> <p>1—Group: Coping Skills (C)</p> <p>2—Brain Games (T)</p>	<p>110—Morning Meeting <b>21</b></p> <p>1030—Group: Check-in (C) / Meal Planning, Budgeting &amp; Money Management</p> <p>11—Community Outing: Bargain &amp; Thrift Shopping</p> <p>1230—Independent Living</p> <p>1—Peer Group (S)</p> <p>2—Word of the Day (C)</p>
<p>10—Morning Meeting <b>24</b></p> <p>1030—Group: Check-in (C) / Meal Planning, Budgeting &amp; Money Management</p> <p>11—Community Outing: Walmart</p> <p>1230—Independent Living</p> <p>1—Group: Mental Health Monday (K)</p> <p>2—Word of the Day (C)</p>	<p>10—Morning Meeting <b>25</b></p> <p>1030—Group: Check-in (C) / Bible Study (D)</p> <p>11—Guest Visitor: David Adams / Arts &amp; Crafts (T)</p> <p>1230—Independent Living</p> <p>1—Group: Goal Group (C)</p> <p>2—Brain Games (C)</p>	<p>10—Morning Meeting <b>26</b></p> <p>1030—Group: Check-in (C)</p> <p>11—Community Outing: Library / Cooking Class: Taco Salad</p> <p>1230—Independent Living</p> <p>1—Group: Self-Empowerment /</p> <p>2—Word of the Day (C)</p>	<p>10—Morning Meeting <b>27</b></p> <p>1030—Community Outing: Carolina Theater <b>(\$5.50)</b></p> <p>1230—Independent Living</p> <p>1—Group: Coping Skills (C)</p> <p>2—Brain Games (T) </p>	<p>10—Morning Meeting <b>28</b></p> <p>1030—Group: Check-in (C) / Meal Planning, Budgeting &amp; Money Management</p> <p>11—Community Outing: 5 Below</p> <p>1230—Independent Living</p> <p>1—Peer Group (S)</p> <p>2—Word of the Day (C)</p>
<p>10—Morning Meeting <b>31</b></p> <p>1030—Group: Check-in (C) / Meal Planning, Budgeting &amp; Money Management</p> <p>11—Community Outing: Walmart</p> <p>1230—Independent Living</p> <p>1—Group: Mental Health Monday (K)</p> <p>2—Word of the Day (C)</p>			<p><b>Birthdays:</b></p> <p>3/06—Jasmine</p> <p>3/19—Steven</p> 	<p><b>Adult Life Programs</b></p> <p><b>Conover</b></p> <p><b>211 2nd Ave. Pl. NE</b></p> <p><b>Conover, NC 28613</b></p> <p><b>828- 464- 0078</b></p>

\*\* Activities are subject to change \*\*