

BETTER DAY

MARCH 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	Daily Chronicle	Daily Chronicle	Daily Chronicle	Daily Chronicle	Daily Chronicle
	Ageless Grace	Ageless Grace	Ageless Grace	Ageless Grace	Ageless Grace
	Creative Storytelling	Who, What, or Where Am I?	Crossword Puzzles	Arts & Crafts/ Men's Group	Arts & Crafts/ Discover & Explore
	Sports Game	Sports Game	Sports Game	Sports Game	Sports Game
	You Be The Judge	Name That Tune	Short Stories	Name That Tune	History Makers
	12:45	Lunch	Lunch	Lunch	Lunch
PM	Word of the Day/ Rest & Relaxation	Word of the Day/ Rest & Relaxation	Word of the Day/ Rest & Relaxation	Word of the Day/ Rest & Relaxation	Word of the Day/ Rest & Relaxation
	Afternoon Walk/Stretch	Afternoon Walk/Stretch	Afternoon Walk/Stretch	Afternoon Walk/Stretch	Afternoon Walk/Stretch
	Musical Interlude	Junk Drawer Detectives	Laugh Tracks	Would You Rather?	Musical Interlude
	Poetry Club/ Seed Starting	Tabletop Games/ Puzzles & Creative Coloring	Senior Skits/ Art Appreciation	Arts & Crafts/ Baking Group	Book Club/ Armchair Travel
	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack
	Trivia/Word Games	Trivia/Word Games	Trivia/Word Games	Trivia/Word Games	Trivia/Word Games

For The Community at Better Day

Tuesday, March 12th 5:30-6:30 PM:
Virtual Caregiver Support Group ([Zoom Link](#))

Saturday, March 16th 10:00-11:30 AM:
Better Day Memory Cafe with Entertainer Clyde Wheatley
Please [RSVP](#) to Nancy as space is limited for this event

Tuesday, March 19th - BETTER DAY CLOSING AT 2:00 PM

Looking for an engaging activity that afternoon?
The Making Memories Cafe is held at the Sudbury Senior Center on this date at 2:00 PM - If interested, please RSVP to 978-443-3055 or email Senior@sudbury.ma.us

Upcoming Events for Better Day Guests

Friday, March 1st: Van to "Patterns in Bloom" - An Orchid Exhibit at Tower Hill

Monday, March 4th: Singer Alexandria Connolly Entertains

Monday, March 4th & Fridays, March 22nd & 29th: Assabet Students Visit

Wednesdays, March 6th, 13th, 20th & 27th: Pet Visits with Sam

Friday, March 15th: Therapy Dog Baxter Visits

Monday, March 25th: Rebecca & Her Traveling Egg Show

Tuesday, March 26th: Amalia's Hair Services - by appointment



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