

# March 2026 Newsletter

Hand In Hand  
Adult Day Center

ADRC of Green County

## February Recap

This month went by so quickly at the Adult Day Center. We celebrated Valentine's Day with a treat, craft, and Jingo...it was a lovely day. We welcomed Laura and Bonnie from the ADRC as our guest speakers, we are thankful for their time with us. We enjoyed the unseasonably warm weather and hope that it continues.



**The Hand in Hand Adult Day Center provides a day out with friends.**

**Our mission is to provide older adults facing health or social changes with the opportunity to build and maintain social, cognitive and physical skills through a planned program of enriching activities.**

**Hand in Hand meets every Tuesday and Friday from 9:30 AM to 2:30 PM at the United Methodist Church in Monroe. (Address: 2227 4th Street)**

**Contact the ADRC at 608-328-9499 for more information or to arrange a tour.**

## March

March will be a busy month. We will welcome back Laura with her presentation on Fall Prevention and have a return visit from Maggie the therapy dog. We will celebrate St. Patrick's Day, the first day of Spring and Easter. An early reminder that we will be closed on Friday, April 3rd.



# TUESDAYS

## March 3rd

- 9:30 Snack & Social Time
- 10:30 Movin' to the Music
- 11:15 Welcome to March Word Game
- 12:00 Lunch: BBQ Country Beef Tips, Roasted Red Potatoes, Steamed Peas w/Butter, Tropical Fruit Cup, Confetti Cake
- 1:00 Yard Darts
- 1:30 Puzzle Time



## March 10th

- 9:30 Snack & Social Time
- 10:30 Movin' to the Music
- 11:15 Clock Dice
- 12:00 Lunch: Chicken Patty Sandwich, Red Potatoes, Roasted Broccoli & Cauliflower Mix, Cinnamon Apples
- 1:00 Yoga Ball Exercises
- 1:30 Friendly Visit from Maggie



## March 17th

- 9:30 Snack & Social Time
- 10:30 Movin' to the Music
- 11:15 St. Patricks Day Word Game
- 12:00 Lunch: Taco Casserole w/Black Beans, Refried Beans, Spanish Rice w/Stewed Tomatoes, Pineapple Tidbits
- 1:00 Gold Coin Toss
- 1:30 St. Patricks Day Trivia



## March 24th

- 9:30 Snack & Social Time
- 10:30 Movin' to the Music
- 11:15 Group Crossword
- 12:00 Lunch: Baked Cod w/Lemon, Asparagus Cuts, Mashed Potatoes w/Gravy, Diced Peaches
- 1:00 Noodle Ball
- 1:30 Guest Speaker - Fall Prevention



## March 31st

- 9:30 Snack & Social Time
- 10:30 Movin' to the Music
- 11:15 East Word Game
- 12:00 Lunch: Tator Tot Casserole w/Peas & Carrots, Green Beans, Pear Cup, Cookie
- 1:00 Easter Egg Toss
- 1:30 Easter Jimgo



# FRIDAYS

## March 6th



- 9:30 Snack & Social Time
- 10:30 Strengthening Exercises
- 11:15 Finishing Phrases
- 12:00 Lunch: Breaded Fish w/Cheese, Roasted Broccoli, Mashed Potatoes, Coleslaw, Fruit Cocktail
- 1:00 Ring Toss
- 1:30 Name 5 Trivia

## March 13th



- 9:30 Snack & Social Time
- 10:30 Strengthening Exercises
- 11:15 Expressions Word Game
- 12:00 Lunch: Beef Pot Roast, Garlic Mashed Potatoes, Creamed Corn, Tropical Fruit Cup, Mandarin Orange Cake
- 1:00 Bowling
- 1:30 Time Wise Trivia

## March 20th



- 9:30 Snack & Social Time
- 10:30 Strengthening Exercises
- 11:15 Springtime Trivia
- 12:00 Lunch: Breaded Fish w/Cheese, Buttered Red Potatoes, Roasted Vegetables, Pear Cup, Cupcake
- 1:00 Bocce Ball
- 1:30 Springtime Craft

## March 27th



- 9:30 Snack & Social Time
- 10:30 Strengthening Exercises
- 11:15 I hear a memory
- 12:00 Lunch: Chicken Patty Sandwich, Herb Red Potatoes, Steamed Peas w/Butter, Cinnamon Apple Chips, Cookie
- 1:00 Basketball
- 1:30 March Madness Word Game & Trivia

**March 23rd, National Puppy Day!**



**March 14th, National Pie Day!**

**$\pi$ :3.14**



# ST. PATRICK'S

## *Word search game*

F L A G I Z L G O W H A T S P D L F  
G Q I F N R F L U C K Y A N I P S I  
R Q L E P R E C H A U N X A N B A X  
E Q P U F S I L F L M I U K C P I R  
E Y R R P H I N A E D A Y E N A N M  
N C X A A A C I V N S N R S F T T H  
J V C I R M A L B I D T J C N R Z M  
E I N N A R S G O R F P I R H I A A  
Z A G B D O M F U V K P Q V E C I R  
F S W O E C Z X V Z E G E A A K M C  
W A S W O K H G O L D R W B P L M H  
T K I R I S H W W H X S M C P O T Q

CLOVER  
FESTIVAL  
FLAG  
GOLD  
GREEN

HAT  
IRELAND  
IRISH  
JIG  
LEPRECHAUN

LUCKY  
MARCH  
PARADE  
PATRICK  
PINC

POT  
RAINBOW  
SAINT  
SHAMROCK  
SNAKES