

## Attention

This is a reminder to all to please be familiar with the early signs and symptoms of the Coronavirus. It is a respiratory infection that usually appears in the nose and upper lungs.

### Symptoms Include:

- Congestion (nasal sinuses or lungs)
- Runny nose
- Dry cough
- Sore throat
- Body aches
- Fever
- Fatigue
- Difficulty Breathing

### How to Protect Yourself

- Wash your hands often with soap and water or alcohol-based hand sanitizer
- Sneeze and cough into your sleeve, flexed elbow, or tissue
- Avoid touching your eyes, nose or mouth
- Avoid contact with people who are sick
- PLEASE STAY HOME IF YOU ARE SICK and let us know

## Day Light Savings Time



Reminder on **March 8th** to move your clocks forward one hour at 2:00am. This means more light in the evening!!

## International Women's Day

**March 8<sup>th</sup>**

**An Equal World is an Enabled World.**

Celebrate women's achievement.

Raise awareness against bias.

Take action for equality.



## Monthly Celebrations!

**March 8th– International Women's Day**

**March 17th– St. Patrick's Day**

## Sensory Items!

**Have you hear about our sensory items?**

**Our sensory items have been included on our calendar and are ready for you!**

**So what are you waiting for? Make sure to ask any staff and get your hands on one of our sensory items today!**

## Birthday Celebrations

**March 7<sup>th</sup>  
Pablo Diaz– Merry**



## Contact Info

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# R.I.S.E.

ADULT DAY PROGRAM  
FOR SOCIAL CONVIENING & SUPPORT

*Rekindling Individual Self Expression*

MARCH 2020



## Reasons to come to RISE:

- Holistic, therapeutic & recreational programming
- Social interaction and engagement
- Nutritious meals given
- Support and education for clients & families
- Health promotion and disease prevention through seated exercise.

## March Promotion

Register for an additional FREE attendance days between **March 16th to March 25th**



## First Day of...

**SPRING  
March 19th**

*“Spring breathes new life into the world around us”*

# R.I.S.E. MARCH 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Joke of the Day Junk Drawer Forever Fit Coffee & Chat Basketball	3 Coffee & Chat Sudoku Forever Fit Group Puzzle IPad Games	4 Junk Drawer Giant Crossword Forever Fit St. Patrick's Day Themed Arts & Craft	5 Cranium Crunches Forever Fit Knitting Club Therapeutic Colouring Fun with Math	6	7
8 	9 Name that Tune News Flash Forever Fit Zentangling Word Games	10 Dominos Spot the Difference Forever Fit Balloon Tennis Mandela Colouring	11 Who Am I? Fine Motor Art Forever Fit Manicures Music Appreciation	12 Coffee & Chat Match Up Forever Fit Trivia Baker for the Day	13	14
15	16 Word Search St Patrick's Day Word Scramble Forever Fit Themed Painting	17 <b>ST PATRICK'S DAY</b> Who Am I?  Truth or Barley Forever Fit Themed Bingo	18 Group Puzzle Guess the Sequence Forever Fit Darts Mandela Colouring	19 Knitting Club Scategories Forever Fit Trivia Arts & Crafts	20	21
22	23 Table Games Match Up Forever Fit Knitting Club Facts of Life	24 How its Made Fun with Math Forever Fit Arts & Crafts Reading Circle	25 Word Scramble Reminiscing Forever Fit Dotty Name Art Balloon Tennis	26 Word in a Word Basketball Forever Fit Activity of your Choice Copy Colouring	27	28
29	30 Giant Yahtzee Balloon Tennis Forever Fit Rummy- O Paint By Numbers	31 Coffee & Chat Fact or Fiction Forever Fit Lets go Travelling Card Game				