



Caregivers Support Group Meetings

March 8th

“Legal and Financial Issues”

Speaker: Steven Kass, Esq.
Elder Law Attorney

March 22nd

“Dealing with Grief, Loss and
Loneliness”

5:00 pm to 6:00 pm



DAYLIGHT SAVING TIME BEGINS
Sunday, March 14th

SPRING BEGINS
Saturday, March 20th

ATTENTION: Log on to our website www.dbsconline.org



DOUBLEDAY BABCOCK
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OYSTER BAY SCSC

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Day Break Program

March 2010

Dear Friends,

Hopefully, as we say goodbye to February we can also say goodbye to the ice and snow.

I am so very impressed with our seniors. Each day when they arrive they bring their own sunshine and positive attitudes.

They teach us all how to enjoy life and each other. I marvel at their spirit and love to hear their laughter.

Please remember, if you have any questions or concerns, my number is 558-7211.

With warm regards,

Ruth

Ruth Humphreys
Program Coordinator



Day Break Program March 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 What's New in the World Travel Memories Dominoes	2 Morning Muffins Yoga w/Michelle Pictionary	3 Guggenheim Game Arthritis Exercise Sing Along w/Sara and Roy	4 Boggle Spring Training Begins–Ball Toss Banana Gram Game	5 Change a Letter Visit from North Shore Animal League Think Like Einstein w/Roy
8 Word Hub Exercise w/ Lee J Help Thy Neighbor	9 The Name Game Children Visit Craft with Children Wildflower Bingo	10 Morning Jumble Arthritis Exercise You Be the Judge with Roy	11 March Category Game Sing-a-long Rummikub	12 Current Events Yoga with Michelle Scattergories Roy Visits
15 Morning Jumble Balloon Volleyball VNA Visits CLR Dice Game	16 Word Ladder Yoga Sketch with Michelle	17 Wear Green! St. Patrick's Day Arthritis Exercise Celebrate Things Irish	18 Spring Trivia Tai Chi Springtime JINGO	19 Celebrate Spring! Spring Sights and Sounds Make Dirt Cake
22 Brain Games Parachute Exercise Starfish Story and Discuss Music Bingo	23 Hi-Lo Trivia Game Yoga Chase the Ace	24 News and Nosh Arthritis Exercise Millionaire Game with Roy	25 Word Search Tai Chi Art with Nancy Penny Ante	26 Word Jumble Balloon Volleyball Scruples with Roy
29 Morning Welcome Entertainment Biography "3000" Passover Traditions	30 Word Hub Yoga "Play 313" March and April Mix-up	31 Guggenheim Game Arthritis Exercise Sing-a-long with Sara and Roy		

Day Break Menu March 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Stuffed Rigatoni w/meat sauce	2 Breaded Chicken Cutlet	3 Chicken Pot Pie w/vegetables	4 Stuffed Peppers	5 Seafood Lasagna w/wine cream sauce
8 Southern Baked Chicken	9 Chinese Roast Pork	10 Beef Stroganoff w/noodles	11 Roast Turkey w/gravy	12 Broccoli & Cheese Quiche
15 Baked Ziti w/meat sauce	16 Salisbury Steak w/gravy	17 Corned Beef Cabbage & Potatoes	18 Personal Pizza	19 Breaded Fillet
22 Spaghetti w/meatballs	23 Pulled Pork	24 Grainy Mustard Apricot Chickem	25 Brisket w/gravy	26 Herb Roasted Tilapia
29 Stuffed Shells w/tomato basil sauce	30 Salisbury Steak w/gravy	31 Salmon Cakes w/dill sauce		