

PACE CNY – Hybrid Programs

DC2 Therapeutic Recreation (TR) Calendar

March 2026



Gemstone: Aquamarine



Flower: Daffodil

Director, Therapeutic Recreation

Pepper Hess phess@lorettosystem.org 315-413-3330

Recreation Therapists

Matthew Morrison mmorriso@lorettosystem.org 315-413-3303 (P2A)

Brenda Williams bwilliams5@lorettosystem.org 315-413-3305 (P2A)

Maria Reid mreid2@lorettosystem.org 315-413-3365 (P2B)

Christine Ronk cronk@lorettosystem.org 315-413-3365 (P2B)


Saige Jackson, CTRS sjackson@lorettosystem.org 315-413-4534 (P1)

Katrina Fetterolf kfetterolf@lorettosystem.org 315-413-4508 (P1)

To Join Therapeutic Recreation Programs:

PACE CNY TR Zoom Room (606 165 3188, Passcode EewRC)

Anyone with an active E-Mail that would like to be invited to the zoom programs, please let Pepper or any TR staff know.

| | |
|------------------------|--|
| P1: PACE DC (N. Syr.) | P1 HR: Horizon's Rm (N. Syr.) |
| P2 DC1: PACE (E. Syr.) | P2 DC2: PACE (E. Syr.) |
| P2 DC3: PACE (E. Syr.) | P2 AR: Art Room |
| P2 ED: Education Room | P2 P: Patio |
| ZM : ZOOM Room |  Physical Program |

Monday, March 2nd

10:30 Seated Exercise (AR) 🦵

11:00 Bingo: Christy (DC & ZM)

1:00 Walking Club 🦵

1:00 March Trivia & Tunes: Katrina (ZM)

1:15 Old Stuff Day: Maria (DC)

1:15 Whiz-bang Wonders: Pepper (DC2)

1:15 Glamour Nails: Christy (DC1)

2:00 Connect 4: Maria (DC1)

Purim Begins at Sundown

Tuesday, March 3rd

10:30 Seated Exercise (AR) 🦵

11:00 Finish the Song Lyric: Saige (ZM)

11:00 Famous Faces: Christy (DC1)

11:00 Music with Tim (DC2)

11:00 Rhythm and Moves: Brenda (DC3) 🦵

11:00 Creative Creations: Maria (AR)

1:00 Walking Club 🦵

1:00 Entertainment: Howie Bartolo (DC2)

1:15 I'd Rather Be Warm: Brenda (DC1 & ZM)

1:15 Prepare for Spring Cleaning: Maria (DC3)

2:00 20 Questions: Christy (DC1)

Wednesday, March 4th

10:30 Seated Exercise (AR) 🦵

11:00 Top Hits! 1970's: Maria (DC1)

11:00 Name That Tune: Brenda (DC2 & ZM)

11:00 Did you know? Christy (DC3)

1:00 Walking Club 🦵

1:00 Sister Linda (ED)

1:15 Sunshine State Trivia: Brenda (DC1)

1:15 Around the World Trivia: Christy (DC2)

1:15 Marching Band Day: Maria (DC3 & ZM)

2:00 It's Teatime: Brenda (AR)

Thursday, March 5th

- 10:30** Seated Exercise (AR) 🦵
- 11:00** True or False: Katrina (ZM)
- 11:00** Name the Movie: Christy/Pepper (DC1)
- 11:00** Famous Faces: Maria (DC2)
- 11:00** Aging Gracefully: Brenda (DC3)
- 1:00** **Walking Club** 🦵
- 1:00** Sister Linda (ED)
- 1:00** Bible Study: Brenda (AR)
- 1:15** Reminiscing: Whiz-bang Wonders: Pepper (DC1)
- 1:15** Cheese Doodle Day: Christy (DC2)
- 2:00** Trivia Time: Christy (DC1 & ZM)

Friday, March 6th

- 10:30** Seated Exercise (AR) 🦵
- 11:00** Bingo: Maria (DC & ZM)
- 12:45** Tai Chi: Brenda (AR) 🦵
- 1:00** **Walking Club** 🦵
- 1:00** Famous Movie Lines: Saige (ZM)
- 1:15** Slam the Scam: Brenda (DC1)
- 1:15** Toss it! Christy (DC2)
- 1:15** Find the Leprechaun's Pot of Gold: Maria (DC2)
- 2:00** Uno: Maria (DC2)



Why Do Tai Chi?

Tai Chi is a gentle form of exercise that combines slow, flowing movements with deep breathing and meditation. This low-impact activity has become a recommended exercise for older adults looking to maintain their health and independence. Tai Chi offers a safe way to improve strength, flexibility, and balance.

Monday, March 9th

10:30 Seated Exercise (AR) 🍌

Outing to Thrift Store/BurgerKing: Brenda(Previous Sign-up)

11:00 Name the Dr. Seuss Book: Pepper (DC1)

11:00 Blurt! Christy (DC2 & ZM)

11:00 Family Feud: Maria (DC3)

12:00 Treasure Island: Pepper (ED)

1:00 Walking Club 🍌

1:00 Town Hall: DSO and ADSO (DC2)

1:00 Hangman: Katrina (ZM)

1:15 History Corner: Christy (DC1)

1:15 Ford Mustang Day: Maria (DC2)

1:15 Rewind: Pepper (DC3)

2:00 Jukebox: Brenda (DC2)



Tuesday, March 10th

10:30 Seated Exercise (AR) 🍌

11:00 Bingo (DC)

11:00 Can You Picture This? Saige (ZM)

12:45 Tai Chi: Brenda (AR) 🍌

1:00 Walking Club 🍌

1:00 Music with Tim (DC2)

1:00 Sister Linda (ED)

1:15 Craft Corner: Christy (AR)

1:15 Simple Science: Brenda (DC3 & ZM)

2:00 Jenga: Maria (DC1)



Wednesday, March 11th

- 10:30** Seated Exercise (AR) 🍷
11:00 Word Ladders: Brenda (DC1 & ZM)
11:00 Tribond: Christy (DC2)
11:00 Don't Worry Be Happy: Maria (DC3 & ZM)
11:45 Birthday Luncheon (Invite Only): Christy/Pepper
1:00 Walking Club 🍷
1:00 Entertainment: Music by Clear (DC2)
1:00 Sister Linda (ED)
1:15 Spring Discussion: Maria (DC1)
1:15 The Best of Lawrence Welk: Christy (DC3)
2:00 Balloon Noodle: Brenda (DC2)

Thursday, March 12th

- 10:30** Seated Exercise (AR) 🍷
11:00 Name That Tune: Katrina (ZM)
11:00 Toss it!: Christy (DC1)
11:00 Dennis the Menace! Maria (DC2)
11:00 Alfred Hitchcock: Brenda (DC3)
1:00 Walking Club 🍷
1:15 Bingo: Christy (DC & ZM)
2:00 Sorry: Maria (DC1)

Friday, March 13th

- 10:30** Seated Exercise (AR) 🍷
Outing to Denny's: Christy (Previous Sign Up)
11:00 Karaoke/Jukebox: Brenda (DC1)
11:00 Who's on First Day: Maria (DC2 & ZM)
11:00 Strange Events and Stories: Pepper (DC3)
1:00 Walking Club 🍷
1:00 Bible Study: Brenda (AR)
1:00 March Trivia: Saige (ZM)
1:00 Good Samaritan Day: Maria (DC1)
1:15 Special Days: Pepper (DC2)
1:30 Pillow Making Craft: Maria (DC3)
2:00 True or False: Christy (DC2)

Easy Home Modifications to Make Your Home Safer

1. Use appropriate durable medical equipment (walkers, wheelchairs, grab bars, handrails)
2. Light it Up! Replace bulbs with bright, long-lasting LED lights
3. Have a seat! Have a sturdy, cleared, & appropriate height seat, chair in your bedroom.
4. Clear the way! Keep items off of stairs, remove clutter, get rid of throw rugs.
5. Store for Success! Keep frequently used items between waist and shoulder height.

Bonus: Wear non-slip shoes or grippy socks

<https://www.ncoa.org/article/how-to-prevent-falls-with-home-safety-modifications>

LET THE
MADNESS BEGIN



Monday, March 16th

10:30 Seated Exercise (AR) 🦵

11:00 Name That Tune: Brenda (DC1)

11:00 Gumby Day: Maria (DC2)

11:00 What came 1st? Christy (DC3 & ZM)

1:00 Walking Club 🦵

1:00 Entertainment: CNY Irish Dance (DC2)

1:00 Word Games: Katrina (ZM)

1:15 You pick the game: Christy (DC1)

1:15 Gumby & Friends Clay Craft: Maria (DC3)

2:00 The Amazing Case of Charles Osborne: Brenda (DC1)



Tuesday, March 17th

- 10:30** Seated Exercise (AR) 🦵
- 11:00** History Corner: Christy (DC1)
- 11:00** Travel to Ireland: Traveler's Must Sees: Maria (DC2)
- 11:00** Irish Music: Brenda (DC3)
- 11:00** You Be the Judge: Saige (ZM)
- 1:00** **Walking Club** 🦵
- 1:00** Sister Linda (ED)
- 1:00** Music with Tim/St Patrick's Day Social (DC2)
- 1:15** Leprechauns and Lucky Charms: Brenda (DC1 & ZM)
- 1:15** Glamour Nails: Christy (DC3)
- 1:15** St. Patrick's Day Craft: Maria (AR)
- 2:00** Find the Leprechaun's Pot of Gold: Maria (DC1)



Wednesday, March 18th

- 10:30** Seated Exercise (AR) 🍖
11:00 Bingo: Brenda (DC & ZM)
1:00 Walking Club 🍖
1:00 Bible Study: Brenda (AR)
1:00 Name the TV Tune: Pepper (DC1)
1:15 This or that:Christy (DC2)
1:15 Paper Dress Group Craft: Maria (DC3/AR & ZM)
2:00 Planting: Pepper (AR)

Thursday, March 19th

- 10:30** Seated Exercise (AR) 🍖
Outing to Ruby Tuesdays: Brenda (Previous Sign-Up)
11:00 Multiple Choice Trivia: Katrina (ZM)
11:00 Family Feud: Maria (DC1)
11:00 Mad Libs: Christy (DC2)
11:00 Trivia Time: Pepper (DC3)
1:00 Walking Club 🍖
1:00 Sister Linda (ED)
1:00 High or Low: Christy (DC1 & ZM)
1:00 Chili Cookoff w/Pepper (DC2 And AR)
1:30 Finish My Line: Christy (DC3)
2:00 Jukebox: Brenda (DC1)





FIRST DAY OF
Spring



Friday, March 20th

- 10:30** Seated Exercise (AR) 🦵
11:00 Big Bird's Birthday: Maria (DC1 & ZM)
11:00 Spring Things: Brenda (DC2)
11:00 Remember When: Christy (DC3)
12:45 Tai Chi: Brenda (AR) 🦵
1:00 **Walking Club** 🦵
1:00 Bingo (ZM from P1)
1:15 Bingo (DC)
2:15 Funny Birds: Christy (DC1)



Monday, March 23rd

- 10:30** Seated Exercise (AR) 🦵
11:00 Bingo: Christy (DC & ZM)
12:45 Tai Chi: Brenda (AR) 🦵
1:00 **Walking Club** 🦵
1:00 Sister Linda (ED)
1:15 Top Hits! 1970's: Maria (DC1)
1:15 Word Mining: Brenda (DC2)
1:15 Glamour Nails: Christy (DC3)
2:00 Gametime! Christy (DC1)
2:00 Finish the Phrase: Katrina (ZM)





TACO TUESDAY

Tuesday, March 24th

- 10:30** Seated Exercise (AR) 🍌
- 11:00** My Favorite Artists: Maria (DC1)
- 11:00** What would you do? Christy (DC2)
- 11:00** Spider Plants: Brenda (DC3)
- 11:00** Trip to London, England: Saige (ZM)
- 1:00** **Walking Club** 🍌
- 1:00** Sister Linda (ED)
- 1:00** Name the Song: Pepper (DC 1)
- 1:15** Craft Corner: Christy (AR)
- 1:15** Movie Trivia: Brenda (DC2 & ZM)
- 1:15** Celebrate Anything Day!: Maria (DC3)
- 2:00:** Connect 4: Maria (DC1)

Wednesday, March 25th

- 10:30** Seated Exercise (AR) 🍌
- 11:00** Happy Birthday Elton John! Christy (DC1)
- 11:00** Family Feud: Maria (DC2)
- 11:00** Who Am I? Brenda (DC3 & ZM)
- 1:00** **Walking Club** 🍌
- 1:15** Bible Study: Root of Righteousness (AR)
- 1:15** Toss it!: Christy (DC3) 🍌
- 1:15** Batter Up! Brenda (DC2)
- 1:15** Happy B'day Aretha Franklin: Maria (DC1 & ZM)
- 2:00** Chat & Color: Maria (DC2)

Thursday, March 26th

10:30 Seated Exercise (AR) 🦵

11:00 Bingo (DC)

1:00 Walking Club 🦵

1:00 Entertainment: Mood Swing (DC2)

1:15 Toss it!: Pepper(DC1)

1:15 Dog Trivia: Christy (DC3 & ZM)

2:00 Guess What? Brenda (DC1)

Friday, March 27th

10:30 Seated Exercise (AR) 🦵

Outing to Denny's: Christy- (Previous Sign up)

11:00 Weird Facts about Grease: Brenda (DC1)

11:00 Music Bios (1960's): Pepper (DC2)

11:00 World Theatre Day: Maria (DC3 & ZM)

1:00 Walking Club 🦵

1:00 Bible Study: Brenda (AR)

1:00 Hangman: Saige (ZM)

1:00 Joe Day: Maria (DC1)

1:15 Candy Talks: Pepper (DC2)

1:30 Director Quentin Tarantino Birthday: Maria (DC3)

2:00 Top 10! Christy (DC1)

Monday, March 30th

10:30 Seated Exercise (AR) 🦵

**Outing to Thrift Store/Burger King: Brenda
(Previous Sign-up)**

11:00 Name that Movie: Pepper (DC1)

11:00 Can you name 5: Maria (DC2)

11:00 Mad Libs: Christy (DC3 & ZM)

1:00 Walking Club 🦵

1:00 Bingo (DC)

1:00 Wheel of Fortune: Katrina (ZM)

2:00 Encore: Brenda (DC2)

Tuesday, March 31st

10:30 Seated Exercise (AR) 🏋️

11:00 A hole in one: Christy (DC1)

11:00 Music with Tim (DC2)

11:00 Beads: Brenda (AR)

11:00 Her-larious! Women stand-up comics: Maria (DC3)

11:00 Guess that TV Tune: Saige (ZM)

1:00 Walking Club 🏃

1:00 Entertainment: John Vona (DC2)

1:00 Sister Linda (ED)

1:15 1939 Movie Trivia: Brenda (DC1 & ZM)

1:15 You pick the game: Christy (DC3)

2:00 Eye Spy: Sherlock Holmes Day: Maria (DC2)



TR will have brackets available for participants to fill out if they would like.

Important Dates in Basketball:

March 15: NCAA Selection Sunday for March Madness

March 26-27: Sweet Sixteen

March 28-29: Elite Eight

April 4: Final Four

April 6: NCAA Championship Game

March is Social Work Month!!

PACE Social Workers

Sally Coyne

Patty DeFrancis

Sarah Baum

Katrina Thomas

Kayli Reagan-Kuhl

Creek Circle

Lisa Williams

Maggie Bard (Dec)

Erika Coleman

Crystal Davies

Shana Richards

Jennifer Hirsh

Erik Howard

Dorenda Schmidt

**If you need to contact your Social Worker,
Please call PACE at
315 452-5800**

March is Nutrition Month!!

PACE Dieticians

Sally Coyne

Kathy Squires (Director)

Jen Greene

Creek Circle

Judy Wehner

Julie Guyette

Catherine Gorski

Jackie Carfagno

**If you need to contact your Dietician,
Please call PACE at
315 452-5800**



What is Taco Tuesday?

Because we can't take everyone on an outing every month, we are exploring other ideas.

This month we are going to place a take-out order with Taco Bell and deliver it to those participants who ordered in the Day Center at lunchtime.

Order Forms will be on the back sheet of the calendar and will include a limited selection of menu items. We will not be ordering beverages. Feel free to bring soda.

Prices include tax. **CASH ONLY.**

Order forms and money are due the Tuesday before Taco Tuesday. This month, orders are due March 17 and Taco Tuesday will be March 24.

Order forms will not be accepted after March 17.

Questions and suggestions are welcome.
Talk to Pepper, Brenda, Maria or Christy. Thanks.



*****Participants Only*****



Taco Tuesday Order Form:

Name: _____



Prices include tax. **CASH ONLY.**

Order forms and money are due the Tuesday before Taco Tuesday, March 17, and Taco Tuesday will be March 24.

Order forms will not be accepted after March 17.

| Item | Cost | Number Ordered |
|----------------------------|--------|----------------|
| Soft Taco | \$2.25 | |
| Crunchy Taco | \$2.25 | |
| Cheesy Double Beef Burrito | \$3.25 | |
| Beefy 5-Layer Burrito | \$5.25 | |
| Chicken Quesadilla | \$6.25 | |
| Cheesy Gordita Crunch | \$6.50 | |
| Crunchwrap Supreme | \$7.25 | |
| | | |
| Cinnamon Twists | \$2.25 | |
| Cinnabon Delights (2 Pk) | \$2.75 | |
| Cinnabon Delights (12 Pk) | \$7.75 | |
| Grand Total: | | |

Participants Only