

# New Heights of Northeast FL. ADT Program March 2023



**Our three classrooms are:** Life Skills

Day Supports

Global Navigation

Plus, Computer Lab & Job Skills Training throughout the week!

This month we will have our St. Patrick's Day party on 3/17/23. No lunch is needed for that day. All other cooking demonstrations and classes will just be samples of the finished product. Group discussions will be held for men and women this month. Each classroom will have their own designated outing days. If you're not sure of which room is yours, please contact the instructor(s) via the communication book. Have a great march!!!!

Follow us on social media to keep up with the New Heights fun!



@NEWHEIGHTSNEFL

*Need to reach us?*

*Call Rob at 904-917-9899 for ADT and transportation concerns*

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Do not forget to send in your \$10.00 dues this month. This helps us with our cooking projects and healthy snacks</p> <p><b>Remember!</b></p>		1	2	3 <b>FUN FRIDAY!</b>
6 <b>TECH TALK w/Mr. Anthony</b>	7 <b>Rights with Rob</b> Monthly rights and abuse prevention training.	8 <b>Day Supports – Field trip to The Party Store</b> Supply shopping for the party.	9 <b>Gnat's Facts</b> What is competition and how does it affect our daily lives.	10 <b>FUN FRIDAY!</b>
13 <b>Meditation Monday</b> A 15-minute guided meditation for relaxing and wellness.	14 <b>National Potato Chip Day</b> Blind taste testing to determine America's best chips.	15 <b>Gnat's Facts</b> Filling out our NCAA Men's Basketball Tournament Brackets.	16 <b>Kindra's Cabinets</b> Food prep for the party.	17 <b>St. Patty's Day Potluck</b> A potluck party with tasty food provided by staff and made in classrooms. No lunch needed today
20 <b>Musical Monday</b> A morning drum circle to get the energy flowing	21 <b>Von's Tasty Tuesday</b> National French Bread Pizza Day. Using our pizza making skills again.	22 <b>Life Skills – Sensory Trip</b> Exploring different activities in the community to stimulate the senses.	23 <b>Barbershop Talk</b> A group discussion for the gentlemen. Men's health and wellness.	24 <b>FUN FRIDAY!</b>
27 <b>TECH TALK w/Mr. Anthony</b>	28 <b>Von's Tasty Tuesday</b> National Black Forest Cake Day. Guess we need to make one or two.	29 <b>Navigation – Field trip to The Jacksonville Library.</b>	30 <b>The Salon</b> A group discussion for the Ladies. Women's health and wellness.	31 <b>FUN FRIDAY!</b>