

New Heights of Northeast FL. ADT Program March 2026



Our classrooms are:
Life Skills
Day Supports
Plus, Computer Lab throughout the week!


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



@NEWHEIGHTSNEFL

Need to reach us?

Shekindra Mays – Program Supervisor: 904-917-9899 shekindram@newheightsnefl.org

Monday	Tuesday	Wednesday	Thursday	Friday
Chair Exercise 2	Rights with Kindra 3	Gardening/Planting for Spring 4	5	FUN FRIDAY! March Madness Game Day 6
Social Media Posting w/ Mr. Anthony 9	10	Irish BINGO w/snacks 11	ALL ADT OUTING Burger King \$10 12	FUN FRIDAY! St. Patrick's Day Activities 13
16	St. Patrick's Day Celebration Wear Green! Lunch Provided 17	ADLs Life Skills 18	Spring Cleaning 19	FUN FRIDAY! Ice Cream Social w/ Ms. Eartha 20
Chair Yoga w/Tyler 23	SMALL GROUP OUTING Dollar Tree \$10 24	Pajama & Movie Day 25	26	ADT CLOSED FOR STAFF TRAINING 27
ADT CLOSED FOR STAFF TRAINING 30	March Birthday Celebration 31	DO NOT FORGET TO SEND IN YOUR \$10.00 DUES THIS MONTH. This helps us with our cooking projects and outings	 March Birthdays Tresca: 3/4	