



Sun

Mon

Tue

Wed

Thu

Fri

Sat



MARCH BIRTHDAYS:

MYRNA Q. - 3/5

EVERY TUESDAY & THURSDAY- BUS OUTINGS
*MC= Memory Care
*AL= Assisted Living

1
9:00 Coffee & Conversation
9:30 Chair Exercise with Ginny (AL)
10:30 Painting with Music (AL)
11:00 Refreshments
1:00 Music and Meditation
2:45 Afternoon Social
6:00 Board Games

2
NATIONAL READ ACROSS AMERICA DAY (Dr. SEUSS DAY)
9:00 Coffee & Conversation
9:00 The Masked Singer Breakfast (AL)
9:30 Chair Exercise with Ginny (AL)
10:30 Parachuting Fun (MC)
11:00 Refreshments
1:00 Music and Meditation
2:45 The Price is Right (AL)

3
9:00 Coffee & Conversation
9:30 Chair Exercise with Ginny (AL)
10:30 Spring Trivia (AL)
10:30 Manicures and Hand Massages (MC)
11:00 Refreshments
1:00 Music and Meditation
1:30 Game Prize Bingo
2:45 Afternoon Social
6:00 Resident Choice

4
NATIONAL POUND CAKE DAY
9:00 Coffee & Conversation
9:30 Moving to Music
10:30 Intro To Gardening
11:00 Refreshments
1:00 Music and Meditation
2:45 Afternoon Social
6:00 Comedy Hour
7:00 Holy Communion

5
9:00 Coffee & Conversation
9:30 Moving to Music
10:30 Daily Chronicles/Trivia
11:00 Refreshments
1:00 Music and Meditation
2:45 Afternoon Social
6:00 Comedy Hour

6
NATIONAL OREO COOKIE DAY
9:00 Coffee & Conversation
9:30 Chair Exercise with Ginny (AL)
10:30 Daily Chronicle/Trivia (MC)
10:30 Movie Choice Monday (AL)
11:00 Refreshments
1:00 Music and Meditation
1:30 Nickel Bingo
2:45 Afternoon Social
6:00 Movie Night

7
9:00 Coffee & Conversation
9:30 Chair Exercise with Ginny (AL)
10:30 Making Spring Wreaths
11:00 Refreshments
1:00 Music and Meditation
2:45 Afternoon Social
6:00 Game Show Night

8
9:00 Coffee & Conversation
9:30 Chair Exercise with Ginny (AL)
10:30 Bowling with Friends
11:00 Refreshments
1:00 Music and Meditation
2:45 Afternoon Social
6:00 Board Games

9
9:00 Coffee & Conversation
9:00 The Masked Singer Breakfast (AL)
9:30 Chair Exercise with Ginny (AL)
10:30 Puzzle Time (MC)
11:00 Refreshments
1:00 Music and Meditation
2:45 The Price is Right (AL)
2:45 Afternoon Social (MC)
6:00 Bingo Madness

10
9:00 Coffee & Conversation
9:30 Chair Exercise with Ginny (AL)
10:30 Manicures and Hand Massages
11:00 Refreshments
1:00 Music and Meditation
1:30 Game Prize Bingo
2:45 Afternoon Social
6:00 Resident Choice

11
NATIONAL JOHNNY APPLESEED DAY
9:00 Coffee & Conversation
9:30 Moving to Music
10:30 Daily Chronicles/Trivia
11:00 Refreshments
1:00 Music and Meditation
2:45 Afternoon Social
6:00 Comedy Hour
7:00 Holy Communion

12
DAYLIGHT SAVING TIME
9:00 Coffee & Conversation
9:30 Moving to Music
10:30 Daily Chronicles/Trivia
11:00 Refreshments
1:00 Music and Meditation
2:45 Afternoon Social
6:00 Comedy Hour

13
9:00 Coffee & Conversation
9:30 Chair Exercise with Ginny (AL)
10:30 Daily Chronicle/Trivia (MC)
10:30 Movie Choice Monday (AL)
11:00 Refreshments
1:00 Music and Meditation
1:30 Nickel Bingo
2:45 Afternoon Social
6:00 Movie Night

14
NATIONAL POTATO CHIP DAY
9:00 Coffee & Conversation
9:30 Chair Exercise with Ginny (AL)
10:30 In The Kitchen W/Tracy (MC)
11:00 Refreshments
1:00 Music and Meditation
2:45 Afternoon Social
6:00 Game Show Night

15
9:00 Coffee & Conversation
9:30 Chair Exercise with Ginny (AL)
10:30 Family Photo Album
11:00 Refreshments
1:00 Music and Meditation
2:45 Afternoon Social
6:00 Board Games

16
9:00 Coffee & Conversation
9:00 The Masked Singer Breakfast (AL)
9:30 Chair Exercise with Ginny (AL)
10:30 Movie Matinee (MC)
11:00 Refreshments
1:00 Music and Meditation
2:45 The Price is Right (AL)
2:45 Afternoon Social (MC)
6:00 Bingo Madness

17
ST. PATRICK'S DAY
9:00 Coffee & Conversation
9:30 Chair Exercise with Ginny (AL)
10:30 Manicures and Hand Massages
11:00 Refreshments
1:00 Music and Meditation
1:30 Game Prize Bingo
2:45 Afternoon Social/ PARTY
6:00 Resident Choice

18
9:00 Coffee & Conversation
9:30 Moving to Music
10:30 Sunflower Painting
11:00 Refreshments
1:00 Music and Meditation
2:45 Afternoon Social
6:00 Comedy Hour
7:00 Holy Communion

19
9:00 Coffee & Conversation
9:30 Moving to Music
10:30 Daily Chronicles/Trivia
11:00 Refreshments
1:00 Music and Meditation
2:45 Afternoon Social
6:00 Comedy Hour

20
NATIONAL RAVIOLI DAY
FIRST DAY OF SPRING
9:00 Coffee & Conversation
9:30 Chair Exercise with Ginny (AL)
10:30 Daily Chronicle/Trivia (MC)
10:30 Movie Choice Monday (AL)
11:00 Refreshments
1:00 Music and Meditation
1:30 Nickel Bingo
2:45 Afternoon Social
6:00 Movie Night

21
9:00 Coffee & Conversation
9:30 Chair Exercise with Ginny (AL)
10:30 Spring Decorating
11:00 Refreshments
1:00 Music and Meditation
2:45 Afternoon Social
6:00 Game Show Night

22
9:00 Coffee & Conversation
9:30 Chair Exercise with Ginny (AL)
10:30 Karaoke Sing Along (AL)
11:00 Refreshments
1:00 Music and Meditation
2:45 Afternoon Social
6:00 Board Games

23
9:00 Coffee & Conversation
9:00 The Masked Singer Breakfast (AL)
9:30 Chair Exercise with Ginny (AL)
10:30 Movie Matinee
11:00 Refreshments
1:00 Music and Meditation
2:45 The Price is Right (AL)
2:45 Afternoon Social (MC)
6:00 Bingo Madness

24
NATIONAL CHEESEATEAK DAY
9:00 Coffee & Conversation
9:30 Chair Exercise with Ginny (AL)
10:30 Manicures and Hand Massages
11:00 Refreshments
1:00 Music and Meditation
1:30 Game Prize Bingo
2:45 Afternoon Social
6:00 Resident Choice

25
9:00 Coffee & Conversation
9:30 Moving to Music
10:30 Daily Chronicles/Trivia
11:00 Refreshments
1:00 Music and Meditation
2:45 Afternoon Social
6:00 Comedy Hour
7:00 Holy Communion

26
9:00 Coffee & Conversation
9:30 Moving to Music
10:30 Daily Chronicles/Trivia
11:00 Refreshments
1:00 Music and Meditation
2:45 Afternoon Social
6:00 Comedy Hour

27
80's WEEK
9:00 Coffee & Conversation
9:30 Chair Exercise with Ginny (AL)
10:30 Daily Chronicle/Trivia (MC)
10:30 Movie Choice Monday (AL)
11:00 Refreshments
1:00 Music and Meditation
1:30 Nickel Bingo
2:45 Afternoon Social
6:00 Movie Night

28
WEAR SOMETHING 80'S
9:00 Coffee & Conversation
9:30 Chair Exercise with Ginny (AL)
10:30 Parachuting Fun (MC)
11:00 Refreshments
1:00 Music and Meditation
2:45 Afternoon Social
6:00 Game Show Night

29
FOOD POPULAR IN THE 80'S
9:00 Coffee & Conversation
9:30 Chair Exercise with Ginny (AL)
10:30 Bowling with Friends
11:00 Refreshments
1:00 Music and Meditation
2:45 Afternoon Social
6:00 Board Games

30
80'S MOVIES
9:00 Coffee & Conversation
9:00 The Masked Singer Breakfast (AL)
9:30 Chair Exercise with Ginny (AL)
10:30 Movie Matinee
11:00 Refreshments
1:00 Music and Meditation
2:45 The Price is Right (AL)
2:45 Afternoon Social (MC)
6:00 Bingo Madness

31
80'S KARAOKE
9:00 Coffee & Conversation
9:30 Chair Exercise with Ginny (AL)
10:30 Manicures and Hand Massages
11:00 Refreshments
1:00 Music and Meditation
1:30 Game Prize Bingo
2:45 Afternoon Social
6:00 Resident Choice

Residents are hydrated frequently throughout the day

ACTIVITIES ARE SUBJECT TO CHANGE