

March 2024

Exercise Program
Social/Party
Brain Game
Music
Movie/Show
Physical Game
Outing
Bingo

★ Outdoors *Weather Pending*

Movie Theatre

Bus Trip

☐ Bus Trip▲ Care-Staff-Led

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
HELLO SPRING	All Events Are Subject to Change		Happy Birthday to All Our Residents: Virginia D 3/2 Gloria R 3/7 Kathleen D 3/23		9:30 Chair Dancing 10:00 Beverage Break 10:30 BINGO 12:30 Rest and Relax 1:30 Movie & Popcorn: Lion King (Live Action) (1 hr. 58 min.)	9:30 Chair Yoga 10:00 Beverage Break 10:30 BINGO 12:30 Rest and Relax 1:30 History on Barbie with Tina! 2:00 Refreshments & Snacks 2:30 Afternoon Exercise 3:00 Evening Showtime in the Activity Room A	
9:30 Chair Yoga 10:00 Beverage Break 10:30 CLASSICAL PIANO PERFORMANCE IN THE LOBBY \(\) 12:30 Rest and Relax 1:00 Afternoon Exercise 1:30 Brain Buster Game!	9:30 March Forth Monday! 10:00 Beverage Break 10:30 Fill in the Blank 12:30 Rest and Relax 1:15 CUDDLE CLUB: Dog Visit from Humane Society in Lobby 3:00 BINGO	9:30 Chair Boxing! 10:00 Beverage Break 10:30 PERFORMANCE BY KENDALL OSBORNE 12:30 Rest and Relax 1:30 Manicures & Hand Massages 3:00 BINGO	9:30 Chair Drumming 10:00 Beverage Break 10:30 SCENIC BUS TRIP GROUP A 12:30 Rest and Relax 1:30 Hula Hoop Balloon Basketball 2:00 SCENIC BUS TRIP GROUP B 13:00 BINGO	9:30 Seated Tai Chi 10:00 Beverage Break 10:30 Cafe Cooking: Fruit Salad with Citrus Glaze 12:30 Rest and Relax 1:30 Lucky 7 Bingo! 3:00 Afternoon Walking Group ★	12:30 Rest and Relax 1:30 Movie & Popcorn: "The First Wives Club" (1 hr. 45 min.) 3:30 Brain Buster Game!	9:30 Chair Yoga 10:00 Beverage Break 10:30 BINGO 12:30 Rest and Relax 1:30 Categories! 2:00 Refreshments & Snacks 2:30 Afternoon Exercise 3:00 Evening Showtime in the Activity Room A	
Daylight Saving Begins: Turn Your Clocks Forward One Hour! 9:30 Chair Yoga 10:00 Beverage Break 10:30 Baking with Tina: Grasshopper Cookies 12:30 Rest and Relax 1:00 Afternoon Exercise 1:30 Brain Buster Game!	9:30 Monday Movement 10:00 Beverage Break 10:30 Bowling Bash! 12:30 Rest and Relax 1:30 Arts & Crafts: Apple Print Art 3:00 BINGO	9:30 Chair Boxing! 10:00 Beverage Break 10:30 Manicures & Hand Massages 11:30 Passport Luncheon: IRELAND 12:30 Rest and Relax 2:00 LUCK OF THE IRISH CELEBRATION AND PERFORMANCE BY CHAMPION BAGPIPER	9:30 Chair Drumming 10:00 Beverage Break 10:30 SCENIC BUS TRIP GROUP A 12:30 Rest and Relax 1:30 Balloon Volleyball 2:00 SCENIC BUS TRIP GROUP B 3:00 BINGO	9:30 Seated Tai Chi 10:00 Beverage Break Showing of "The Potato Chip Lady" 10:30 Cafe Craft: SPRING FELT FLOWER POTS 12:30 Rest and Relax 1:30 BINGO 3:00 PERFORMANCE BY THE SWEET G'S.	9:30 Chair Dancing 10:00 Beverage Break 10:30 BINGO 12:30 Rest and Relax 1:30 Movie & Popcorn: "The Luck of the Irish" (1 hr. 26 min.) 3:30 Brain Buster Game!	9:30 Chair Yoga 10:00 Beverage Break 10:30 BINGO 12:30 Rest and Relax 1:30 Arts & Crafts: Jewelry Making with Tina 2:00 Refreshments & Snacks 2:30 Afternoon Exercise 3:00 Evening Showtime in the Activity Room A	
St. Patrick's Day! Wear Green! 17 9:30 Chair Yoga 10:00 Beverage Break 10:30 CLASSICAL PIANO PERFORMANCE IN THE LOBBY 12:30 Rest and Relax 1:00 Afternoon Exercise 1:30 Irish Songs Sing-A-Long with Tina	9:30 Monday Movement 10:00 Beverage Break 10:30 Happy Hour: Coffee & Current Events 12:30 Rest and Relax 1:15 CUDDLE CLUB: Dog Visit from Humane Society in Lobby 3:00 BINGO	First Day of Spring: Wear Something Floral! 9:30 Chair Boxing! 10:00 Beverage Break 10:30 Manicures & Hand Massages 12:30 Rest and Relax 1:30 PERFORMANCE BY GLEN SNYDER 3:00 BINGO	International Day of Happiness! 20 9:30 Chair Drumming 10:00 Beverage Break 10:30 SCENIC BUS TRIP GROUP A 12:30 Rest and Relax 1:30 Balloon Volleyball 2:00 SCENIC BUS TRIP GROUP B	9:30 Seated Tai Chi 10:00 Beverage Break 10:30 Cafe Craft: Decorative Spring Mason Jars 12:30 Rest and Relax 1:30 BINGO 3:00 Afternoon Walking Group Group	9:30 Chair Dancing 10:00 Beverage Break 10:30 BINGO 12:30 Rest and Relax 1:30 Movie & Popcorn: "Gotta Dance" (1 hr. 33 min.) 3:30 Brain Buster Game!	9:30 Chair Yoga 10:00 Beverage Break 12:30 COMMUNITY EASTER HOP & STOP EVENT★ 12:30 Rest and Relax 1:30 BINGO 2:30 Afternoon Exercise 3:00 Evening Showtime in the Activity Room ♣	
9:30 Chair Yoga 10:30 Morning Bingo! 12:30 Rest and Relax 1:00 Afternoon Exercise 1:30 Brain Buster Game! Happy Easter! 9:30 Chair Yoga 10:30 CLASSICAL PIANO PERFORMANCE IN THE LOBBY 5 1:00 Afternoon Exercise 1:30 Brain Buster Game!	9:30 Monday Movement 10:00 Beverage Break 10:30 Arts & Crafts: Greek Drama Masks 1:00 Rest and Relax 2:00 PERFORMANCE BY SYRIA 3:00 BINGO	9:30 Chair Boxing! 10:00 Beverage Break 10:30 Manicures & Hand Massages 12:30 Rest and Relax 1:30 March Birthday Bash! 3:00 BINGO	9:30 Chair Drumming 10:00 Beverage Break 10:30 SCENIC BUS TRIP GROUP A 12:30 Rest and Relax 1:30 Balloon Volleyball 2:00 SCENIC BUS TRIP GROUP B 3:00 BINGO	9:30 Seated Tai Chi 10:00 Beverage Break 10:30 Cafe Craft: Rock Painting 12:30 Rest and Relax 1:30 BINGO 3:00 Afternoon Walking Group	9:30 Chair Dancing 10:00 Beverage Break 10:30 BINGO 12:30 Rest and Relax 1:30 Movie & Popcorn: "Field of Dreams" (1 hr. 47 min.)	9:30 Chair Yoga 10:00 Beverage Break 10:30 BINGO 12:30 Rest and Relax 1:30 Coca-Cola Floats Social 2:30 Afternoon Exercise 3:00 Evening Showtime in the Activity Room	