

# MARCH 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Birthdays</b> 3/1 - Kathleen S 3/4 - Antonio B 3/6 - Mary W 3/17 - Taylor P 3/18 - Mary D 3/20 - Bradley M 3/20 - Emma S 3/23 - Sophia J	<b>Birthdays</b> 3/28 - Keyeria W 3/29 - Ashley A 3/29 - Jerald S 3/30 - Barbara H		<b>1</b> MM 10:00 Guided Meditation & Yoga V 10:00 Hula Hoop Hops K 11:30 Lets Discuss 1950's Bands K 11:30 Tabletop Trivia O 3:00 River Drive O 3:00 Steak n Shake Outing	<b>2</b> MM 10:00 Guided Meditation & Tai Chi V 10:00 Limbo Contest K 11:30 Trivia with a Twist GG 2:00 Bingo and Root Beer Floats M 6:00 Sock Hop Themed Dinner	<b>3</b> V 10:00 Jukebox Dance Off GF 11:15 Lunch Outing-Residents Choice 11:30 Lets Learn the Hand Jive GG 1:00 Jukebox Trivia GG 1:00 Lets Work a Jigsaw 3:00 1950's Happy Hour	<b>4</b> V 10:00 Basket Ball Toss A 10:30 Expressive Arts K 11:30 Seek & Finds GG 2:00 Lets Play a Board Game I 3:00 Devotions and Chat
<b>5</b> K 9:30 Morning Newspaper and Chat-HC V 10:00 Chair Exercises MM 11:00 Reminiscing with Scents I 1:30 Park Christian Church Service	<b>6</b> MM 10:00 Guided Meditation & Yoga Stretches K 11:30 Tabletop Seek n Finds M 2:00 Gospel Sing Along with Reg I 2:45 Bible Study with Debbie	<b>7</b> MM 10:00 Guided Meditation & Tai Chi 11:30 Riddle Me This S 1:30 Resident Council-TDR GG 2:00 Bingo and Drinks CC 3:00 Lets Make Cookies 5:30 Lets Play a Boardgame	<b>8</b> MM 10:00 Guided Meditation & Yoga K 11:30 Tabletop Trivia M 11:45 Mike on his Accordion O 3:00 River Drive	<b>9</b> MM 10:00 Guided Meditation & Tai Chi K 11:30 Trivia with a Twist GG 2:00 Bingo and Drinks M 6:00 Karaoke Gone Country M 6:00 Performance by "Here By Grace"-MLR	<b>10</b> V 10:00 Chair Exercises GF 11:15 Lunch Outing-Residents Choice 11:30 Let's Make a Drink GG 1:00 Lets Work a Jigsaw GF 2:00 Happy Hour with Performance by Sass Trio-TDR	<b>11</b> V 10:00 Basket Ball Toss A 10:30 Expressive Arts K 11:30 Seek & Finds GG 2:00 Lets Play a Board Game I 3:00 Devotions and Chat
<b>12 Daylight Saving Begins</b> K 9:30 Morning Newspaper and Chat-HC V 10:00 Chair Exercises MM 11:00 Reminiscing with Scents S 11:30 Family Brunch until 1:00pm I 2:00 Worship Service with	<b>13</b> MM 10:00 Guided Meditation & Yoga Stretches K 11:30 Tabletop Seek n Finds M 2:00 Performance by Merry Melodies I 2:45 Bible Study with Debbie	<b>14</b> MM 10:00 Guided Meditation & Tai Chi 11:30 Riddle Me This S 1:30 Chefs Circle GG 2:00 Bingo and Drinks CC 3:00 Lets Make Cookies GF 5:30 Lets Play a Board Game	<b>15</b> MM 10:00 Guided Meditation & Yoga M 10:45 Musical Interactions with Tyler K 11:30 Tabletop Trivia O 3:00 River Drive	<b>16</b> MM 10:00 Guided Meditation & Tai Chi K 11:30 Trivia with a Twist GG 2:00 Bingo and Drinks	<b>17 St. Patrick's Day</b> V 10:00 Chair Exercises I 10:00 Rosary & Communion with Friends GF 11:15 Lunch Outing-Residents Choice 11:30 Let's Make a Drink GG 1:00 Lets Work a Jigsaw GF 2:00 Happy Hour-TDR	<b>18</b> V 10:00 Basket Ball Toss A 10:30 Expressive Arts K 11:30 Seek & Finds GG 2:00 Lets Play a Board Game I 3:00 Devotions and Chat
<b>19</b> K 9:30 Morning Newspaper and Chat-HC V 10:00 Chair Exercises MM 11:00 Reminiscing with Scents I 1:30 Trinity United Methodist Church-TDR	<b>20 Spring Begins</b> MM 10:00 Guided Meditation & Yoga Stretches K 11:30 Tabletop Seek n Finds M 2:00 Gospel Sing Along with Reg I 2:45 Bible Study with Debbie	<b>21</b> MM 10:00 Guided Meditation & Tai Chi 11:30 Riddle Me This S 1:30 Inspired Living Committee GG 2:00 Bingo and Drinks CC 3:00 Lets Make Cookies 5:30 Lets Play a Boardgame	<b>22</b> GG 7:30 Mens Breakfast Club MM 10:00 Guided Meditation & Yoga CC 10:00 Musical Interactions with Tyler K 11:30 Tabletop Trivia O 3:00 River Drive M 4:00 Performance with Silas	<b>23 Ramadan Begins</b> MM 10:00 Guided Meditation & Tai Chi K 11:30 Trivia with a Twist GG 2:00 Bingo and Drinks M 3:00 Musical Performance by David Hunt M 6:00 Open Mic Karaoke	<b>24</b> V 10:00 Chair Exercises GF 11:15 Lunch Outing-Residents Choice 11:30 Let's Make a Drink GG 1:00 Lets Work a Jigsaw	<b>25</b> V 10:00 Basket Ball Toss A 10:30 Expressive Arts K 11:30 Seek & Finds GG 2:00 Lets Play a Board Game I 3:00 Devotions and Chat
<b>26</b> K 9:30 Morning Newspaper and Chat-HC V 10:00 Chair Exercises MM 11:00 Reminiscing with Scents I 2:00 Gospel Message with Bill	<b>27</b> MM 10:00 Guided Meditation & Yoga Stretches K 11:30 Tabletop Seek n Finds M 2:00 Gospel Sing Along with Reg I 2:45 Bible Study with Debbie	<b>28</b> MM 10:00 Guided Meditation & Tai Chi 11:30 Riddle Me This GG 2:00 Bingo and Drinks CC 3:00 Lets Make Cookies GF 5:30 Lets Play a Board Game	<b>29</b> MM 10:00 Guided Meditation & Yoga K 11:30 Tabletop Trivia O 3:00 River Drive	<b>30</b> MM 10:00 Guided Meditation & Tai Chi K 11:30 Trivia with a Twist GG 2:00 Bingo and Drinks	<b>31</b> V 10:00 Chair Exercises GF 11:15 Lunch Outing-Residents Choice 11:30 Let's Make a Drink GG 1:00 Lets Work a Jigsaw	

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>A</b> - Artisans <b>CC</b> - Creative Cooking <b>GF</b> - Gathering of Friends <b>GG</b> - Group Games <b>I</b> - Inspirations <b>K</b> - Keeping it Sharp/Reminisce <b>S</b> - Signature Events <b>V</b> - Vitality</p>	Weekly outings are scheduled every Wednesday at 3 pm!	*Activities are subject to change	<p><b>1</b></p> <p><b>V</b> Shamrock Shake <b>K</b> Trivia <b>CC</b> Rise and Shine Parfaits Healthy Hands Relax &amp; Recharge <b>A</b> Creative Storytelling - Lake Adventures <b>M</b> Name That 60's Tune</p>	<p><b>2</b></p> <p><b>V</b> Seated Exercises <b>K</b> Categories Game <b>I</b> Devotionals Healthy Hands Relax &amp; Recharge <b>GG</b> Bingo <b>A</b> Vegetable Printing <b>M</b> Match the Song to the Sitcom</p>	<p><b>3</b></p> <p><b>V</b> Let's Bowl! <b>K</b> Winter Memories <b>CC</b> Chocolate Chip Cookies Healthy Hands Relax &amp; Recharge <b>A</b> Rainy Day Painting <b>M</b> March Happy Hour <b>GG</b> The Price Was Right: 1960's</p>	<p><b>4</b></p> <p><b>V</b> Twist All Day <b>K</b> Drawer Detective Healthy Hands Relax &amp; Recharge <b>A</b> Art &amp; Fables <b>M</b> Bust a Move <b>GG</b> Toss &amp; Hit Healthy Hands</p>
<p><b>5</b></p> <p><b>V</b> Sunday Stretch <b>K</b> Devotion Sunday <b>I</b> Church on TV Healthy Hands Relax &amp; Recharge <b>A</b> Mason Jar Lid Magnet <b>M</b> Making Music <b>GG</b> Snowflake Toss</p>	<p><b>6</b></p> <p><b>V</b> Spring in Your Step <b>K</b> Group Up: Spain <b>CC</b> S'more Puppy Chow Healthy Hands Relax &amp; Recharge <b>A</b> Watercolor Creations <b>M</b> Groovin' to Jazz <b>GG</b> Tabletop Volleyball</p>	<p><b>7</b></p> <p><b>V</b> Stayin Alive Disco Chair Yoga <b>K</b> 1950's Music Match <b>I</b> Devotionals Healthy Hands Relax &amp; Recharge <b>GG</b> Bingo <b>A</b> Necklace Making <b>M</b> Dance Your Own Way</p>	<p><b>8</b></p> <p><b>V</b> Shamrock Shake <b>K</b> Trivia <b>CC</b> Apple Yogurt Parfaits Healthy Hands Relax &amp; Recharge <b>A</b> Marble Art <b>M</b> Name That 60's Tune <b>GG</b> Roll the Dice and Break the Ice</p>	<p><b>9</b></p> <p><b>V</b> Seated Exercises <b>K</b> Categories Game <b>I</b> Devotionals Healthy Hands Relax &amp; Recharge <b>GG</b> Bingo <b>A</b> Fabric Collage <b>M</b> Match the Song to the Sitcom</p>	<p><b>10</b></p> <p><b>V</b> Let's Bowl! <b>K</b> Winter Memories <b>CC</b> Sugar Cookies Healthy Hands Relax &amp; Recharge <b>A</b> Painting with Tissue Paper <b>M</b> March Happy Hour <b>GG</b> The Price Was Right: 1960's</p>	<p><b>11</b></p> <p><b>V</b> Twist All Day <b>K</b> Drawer Detective Healthy Hands Relax &amp; Recharge <b>A</b> Art &amp; Albums <b>M</b> Bust a Move <b>GG</b> Toss &amp; Hit Healthy Hands</p>
<p><b>12</b> Daylight Saving Begins</p> <p><b>V</b> Sunday Stretch <b>K</b> Devotion Sunday <b>S</b> Family Brunch Healthy Hands Relax &amp; Recharge <b>A</b> Wood Photo Keepsake <b>M</b> Making Music <b>GG</b> Snowflake Toss</p>	<p><b>13</b></p> <p><b>V</b> Spring in Your Step <b>K</b> Group Up: Spain <b>CC</b> Brownie Puppy Chow Healthy Hands Relax &amp; Recharge <b>A</b> Watercolor Weaving - Day 1 <b>M</b> Groovin' to Jazz <b>GG</b> Tabletop Volleyball</p>	<p><b>14</b></p> <p><b>V</b> Stayin Alive Disco Chair Yoga <b>K</b> 1950's Music Match <b>I</b> Devotionals Healthy Hands Relax &amp; Recharge <b>GG</b> Bingo <b>A</b> Bracelet Making <b>M</b> Dance Your Own Way</p>	<p><b>15</b></p> <p><b>V</b> Shamrock Shake <b>K</b> Trivia <b>CC</b> Peanut Butter Banana Parfaits Healthy Hands Relax &amp; Recharge <b>A</b> Creative Storytelling - St. Patrick's Day <b>M</b> Name That 60's Tune</p>	<p><b>16</b></p> <p><b>V</b> Seated Exercises <b>K</b> Categories Game <b>I</b> Devotionals Healthy Hands Relax &amp; Recharge <b>GG</b> Bingo <b>A</b> Canvas Collage <b>M</b> Match the Song to the Sitcom</p>	<p><b>17</b> St. Patrick's Day</p> <p><b>V</b> Let's Bowl! <b>K</b> The Gold Game <b>CC</b> Irish Potato Pancakes Healthy Hands Relax &amp; Recharge <b>A</b> St. Patrick's Day Collage <b>M</b> March Happy Hour <b>GG</b> The Price Was Right: 1960's</p>	<p><b>18</b></p> <p><b>V</b> Twist All Day <b>K</b> Drawer Detective Healthy Hands Relax &amp; Recharge <b>A</b> Art &amp; Proverbs <b>M</b> Bust a Move <b>GG</b> Toss &amp; Hit Healthy Hands</p>
<p><b>19</b></p> <p><b>V</b> Sunday Stretch <b>K</b> Devotion Sunday <b>I</b> Church on TV Healthy Hands Relax &amp; Recharge <b>A</b> Photo Glitter Globe <b>M</b> Making Music <b>GG</b> Snowflake Toss</p>	<p><b>20</b> Spring Begins</p> <p><b>V</b> Spring in Your Step <b>K</b> Group Up: Spain <b>CC</b> Funfetti Puppy Chow Healthy Hands Relax &amp; Recharge <b>A</b> Watercolor Weaving - Day 2 <b>M</b> Groovin' to Jazz <b>GG</b> Tabletop Volleyball</p>	<p><b>21</b></p> <p><b>V</b> Stayin Alive Disco Chair Yoga <b>K</b> 1950's Music Match <b>I</b> Devotionals Healthy Hands Relax &amp; Recharge <b>GG</b> Bingo <b>A</b> Suncatchers <b>M</b> Dance Your Own Way</p>	<p><b>22</b></p> <p><b>V</b> Shamrock Shake <b>K</b> Trivia <b>CC</b> Berry Parfaits Healthy Hands Relax &amp; Recharge <b>A</b> Ask a Beautiful Question <b>M</b> Name That 60's Tune <b>GG</b> Roll the Dice and Break the Ice</p>	<p><b>23</b> Ramadan Begins</p> <p><b>V</b> Seated Exercises <b>K</b> Categories Game <b>I</b> Devotionals Healthy Hands Relax &amp; Recharge <b>GG</b> Bingo <b>A</b> Label Collage <b>M</b> Match the Song to the Sitcom</p>	<p><b>24</b></p> <p><b>V</b> Let's Bowl! <b>K</b> Winter Memories <b>CC</b> Snickerdoodle Cookies Healthy Hands Relax &amp; Recharge <b>A</b> Paint Pouring Spring Colors <b>M</b> March Happy Hour <b>GG</b> The Price Was Right: 1960's</p>	<p><b>25</b></p> <p><b>V</b> Twist All Day <b>K</b> Drawer Detective Healthy Hands Relax &amp; Recharge <b>A</b> Art Appreciations - Vermeer <b>M</b> Bust a Move <b>GG</b> Toss &amp; Hit Healthy Hands</p>
<p><b>26</b></p> <p><b>V</b> Sunday Stretch <b>K</b> Devotion Sunday <b>I</b> Church on TV Healthy Hands Relax &amp; Recharge <b>A</b> Thumbprint Keychain <b>M</b> Making Music <b>GG</b> Snowflake Toss</p>	<p><b>27</b></p> <p><b>V</b> Spring in Your Step <b>K</b> Group Up: Spain <b>CC</b> Flutternutter Puppy Chow Healthy Hands Relax &amp; Recharge <b>A</b> Glue Art <b>M</b> Groovin' to Jazz <b>GG</b> Tabletop Volleyball</p>	<p><b>28</b></p> <p><b>V</b> Stayin Alive Disco Chair Yoga <b>K</b> 1950's Music Match <b>I</b> Devotionals Healthy Hands Relax &amp; Recharge <b>GG</b> Bingo <b>A</b> Beaded Butterfly <b>M</b> Dance Your Own Way</p>	<p><b>29</b></p> <p><b>V</b> Shamrock Shake <b>K</b> Trivia <b>CC</b> Cookies n' Cream Parfaits Healthy Hands Relax &amp; Recharge <b>A</b> Artfully Aging Watercolor <b>M</b> Name That 60's Tune <b>GG</b> Roll the Dice and Break the Ice</p>	<p><b>30</b></p> <p><b>V</b> Seated Exercises <b>K</b> Categories Game <b>I</b> Devotionals Healthy Hands Relax &amp; Recharge <b>GG</b> Bingo <b>A</b> Artfully Aging Watercolor <b>M</b> Match the Song to the Sitcom</p>	<p><b>31</b></p> <p><b>V</b> Let's Bowl! <b>K</b> Winter Memories <b>CC</b> Double Chocolate Chip Cookies Healthy Hands Relax &amp; Recharge <b>A</b> Green Collage <b>M</b> March Happy Hour <b>GG</b> The Price Was Right: 1960's</p>	<p><b>Birthdays</b> 3/1 - Kathleen S 3/4 - Antonio B 3/6 - Mary W 3/17 - Taylor P 3/18 - Mary D 3/20 - Bradley M 3/20 - Emma S 3/23 - Sophia J</p>