



MARCH 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans I - Inspirations JG - Just the Guys K - Keeping it Sharp/Reminisce L - Lifelong Learning MM - Mindful Moments M - Music to My Ears O - Out & About</p>	<p>S - Signature Events V - Vitality</p>	<p>Birthdays Gilbert L. 3-16</p>	<p>1 V 10:00 Breathe and Stretch AR A 10:30 Let's Create/ Art with Don G. K 12:00 Wednesday Word of the Day DR I 2:00 Communion / St Peter of the Apostles M 3:30 Choir Practice / songs</p>	<p>2 MM 10:00 Aroma Therapy AR V 10:45 Guided Meditation AR MM 11:30 Healthy Hands DR K 2:30 Bingo DR S 5:00 Theme Dinner/ Sock Hop</p>	<p>3 A 10:30 Art with a Heart / Handmade Cards AR V 10:30 Breathe and Stretch DR K 11:45 Lunchtime Trivia DR M 3:00 Happy Hour / Live Entertainment 1st Flr. Cafe featuring Jitterbug Punch</p>	<p>4 K 10:00 Media Cart MM 11:00 Healthy Hands DR V 11:30 Chair Yoga DR K 2:30 Bingo DR</p>
<p>5 MM 10:00 Morning Inspiration / Media Cart I 10:00 Southeast Christian Church on TV Channel 6 I 10:30 Mass of the Air on Channel 8 M 3:00 Hymn Sing</p>	<p>6 K 10:30 Coffee Club AR V 11:00 Let's Get Moving AR I 11:30 Inspired Living Meeting K 12:00 Conversation Starters DR O 2:30 Scenic Drive</p>	<p>7 MM 10:30 Coffee Club AR L 10:30 Lifelong Learning / Impressionist Artists MM 11:30 Healthy Hands K 12:00 Quote of the Day DR K 2:30 Bingo DR</p>	<p>8 V 10:00 Breathe and Stretch AR A 10:30 Let's Create/ Monet Paintings K 12:00 Wednesday Word of the Day DR S 2:00 Chef's Circle with Jason I 2:00 Communion / St Peter of the Apostles</p>	<p>9 MM 10:00 Aroma Therapy AR V 10:45 Guided Meditation AR MM 11:30 Healthy Hands DR K 12:00 Conversation Starters K 2:30 Bingo DR</p>	<p>10 V 10:30 Friday Morning Stretch A 10:45 Art with a Heart / Handmade Cards AR K 11:45 Lunchtime Trivia DR M 3:00 Happy Hour / Live Entertainment / Strawberry Daiquiris 1st Flr. Cafe</p>	<p>11 K 10:00 Media Cart MM 11:00 Healthy Hands DR V 11:30 Chair Yoga DR K 2:30 Bingo DR</p>
<p>12 Daylight Saving Begins MM 10:00 Morning Inspiration / Media Cart I 10:00 Southeast Christian Church on TV Channel 6 I 10:30 Mass of the Air on Channel 8 M 3:00 Hymn Sing</p>	<p>13 K 10:30 Coffee Club AR V 11:00 Let's Get Moving AR K 12:00 Conversation Starters DR O 2:30 Scenic Drive</p>	<p>14 MM 10:30 Coffee Club AR L 10:30 Lifelong Learning / Farmers Almanac MM 11:30 Healthy Hands K 12:00 Quote of the Day DR K 2:30 Bingo DR</p>	<p>15 V 10:00 Breathe and Stretch AR A 10:30 Let's Create/ Favorite Recipes K 12:00 Wednesday Word of the Day DR I 2:00 Communion / St Peter of the Apostles M 3:30 Choir Practice 3south</p>	<p>16 MM 10:00 Aroma Therapy AR V 10:45 Guided Meditation AR MM 11:30 Healthy Hands DR S 12:00 Taste of Town K 12:00 Conversation Starters K 2:30 Bingo DR</p>	<p>17 St. Patrick's Day A 10:30 Art with a Heart / Jewelry Making AR V 10:30 Friday Morning Stretch A 10:45 Art with a Heart / Handmade Cards AR K 11:45 Lunchtime Trivia DR M 3:00 Happy Hour / Live Entertainment / St.</p>	<p>18 K 10:00 Media Cart MM 11:00 Healthy Hands DR V 11:30 Chair Yoga DR K 2:30 Bingo DR</p>
<p>19 MM 10:00 Morning Inspiration / Media Cart I 10:00 Southeast Christian Church on TV Channel 6 I 10:30 Mass of the Air on Channel 8 M 3:00 Hymn Sing</p>	<p>20 Spring Begins K 10:30 Coffee Club AR V 11:00 Let's Get Moving AR K 12:00 Conversation Starters DR O 2:30 Scenic Drive</p>	<p>21 MM 10:30 Coffee Club AR L 10:30 Lifelong Learning / Vernal Equinox MM 11:30 Healthy Hands K 12:00 Quote of the Day DR K 2:30 Bingo DR</p>	<p>22 V 10:00 Breathe and Stretch AR A 10:30 Let's Create/ Brunch Centerpieces K 12:00 Wednesday Word of the Day DR I 2:00 Communion / St Peter of the Apostles M 3:30 Choir Practice 3south</p>	<p>23 Ramadan Begins MM 10:00 Aroma Therapy AR V 10:45 Guided Meditation AR MM 11:30 Healthy Hands DR K 12:00 Conversation Starters K 2:30 Bingo DR 3:30 Resident Council Meeting</p>	<p>24 V 10:30 Friday Morning Stretch A 10:45 Art with a Heart / Handmade Cards AR K 11:45 Lunchtime Trivia DR M 3:00 Happy Hour / Live Entertainment / Berry Spritzers 1st Flr. Cafe</p>	<p>25 K 10:00 Media Cart MM 11:00 Healthy Hands DR V 11:30 Chair Yoga DR K 2:30 Bingo DR</p>
<p>26 MM 10:00 Morning Inspiration / Media Cart I 10:00 Southeast Christian Church on TV Channel 6 JG 10:30 Donuts with Walt I 10:30 Mass of the Air on Channel 8</p>	<p>27 K 10:30 Coffee Club AR V 11:00 Let's Get Moving AR K 12:00 Conversation Starters DR O 2:30 Scenic Drive</p>	<p>28 MM 10:30 Coffee Club AR L 10:30 Lifelong Learning / Seed Planting MM 11:30 Healthy Hands K 12:00 Quote of the Day DR K 2:30 Bingo DR</p>	<p>29 V 10:00 Breathe and Stretch AR A 10:30 Let's Create/ Handmade Stamps K 12:00 Wednesday Word of the Day DR I 2:00 Communion / St Peter of the Apostles M 3:30 Choir Practice 3south</p>	<p>30 MM 10:00 Aroma Therapy AR V 10:45 Guided Meditation AR MM 11:30 Healthy Hands DR K 12:00 Conversation Starters K 2:30 Bingo DR</p>	<p>31 V 10:30 Friday Morning Stretch A 10:45 Art with a Heart / Handmade Cards AR K 11:45 Lunchtime Trivia DR M 2:30 Happy Hour / Movie Night / Creamsickle Punch 1st Flr. Cafe</p>	<p>Activities are subject to change. AR - Activity Room 3 South DR - Dining Room 3 South</p>

MARCH 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games K - Keeping it Sharp/Reminisce S - Signature Events V - Vitality</p>		Activities are subject to change.	<p>1 V Shamrock Shake K Let's Spell Winter CC German Chocolate Fudge Healthy Hands Relax & Recharge A Creative Storytelling - Lake Adventures M Making Music</p>	<p>2 V Jailhouse Rock Chair Yoga K Memory Box CC Sock Hop Mini Cheese Burgers Healthy Hands GF Theme Dinner / Sock Hop 50s Theme Relax & Recharge A Vegetable Printing</p>	<p>3 V Bowling K Letter to Besties CC Veggie Mini Pizzas Healthy Hands Relax & Recharge A Rainy Day Painting M March Happy Hour GG Clover All Over & Handout</p>	<p>4 V Stop and Smell the Roses & Handout K Winter Memories CC Cinnamon Muffins Healthy Hands Relax & Recharge A Art & Fables M Bust a Move</p>
<p>5 V Sunday Stretch K Devotion Sunday CC Tomato Spinach Quiche Healthy Hands Relax & Recharge A Mason Jar Lid Magnet M It's a Wonderful World GG Roll the Dice and Break the Ice</p>	<p>6 V Spring in Your Step K Guess the Animal CC S'more Puppy Chow Healthy Hands Relax & Recharge A Watercolor Creations M Jazz GG Snowflake Toss</p>	<p>7 V Let's Take a Trip K 1950's Music Match CC Cream of Mushroom Soup Healthy Hands Relax & Recharge A Aromatic Difuser Necklaces - Day 1 M Dance Your Own Way</p>	<p>8 V Shamrock Shake K Let's Spell Winter K Lets Spell Winter CC Chocolate Peanut Butter Bark Healthy Hands Relax & Recharge A Have a Gentle Conversation M Making Music</p>	<p>9 V Jailhouse Rock Yoga K Memory Box CC Nutella Muffins Healthy Hands Relax & Recharge A Fabric Collage M Match the Song to the Sitcom GG 50's Fun-Clothespin Drop</p>	<p>10 V Bowling K Letter to Besties CC Margherita Mini Pizzas Healthy Hands Relax & Recharge A Painting with Tissue Paper M March Happy Hour GG Clover All Over & Handout</p>	<p>11 V Stop and Smell the Roses & Handout K Winter Memories CC Chocolate Chip Muffins Healthy Hands Relax & Recharge A Art & Albums M Bust a Move</p>
<p>12 Daylight Saving Begins</p> <p>V Sunday Stretch K Devotion Sunday CC Bacon Cheddar Quiche Healthy Hands Relax & Recharge A Wood Photo Keepsake M It's a Wonderful World GG Roll the Dice and Break the Ice</p>	<p>13</p> <p>V Spring in Your Step K Guess the Animal CC Brownie Puppy Chow Healthy Hands Relax & Recharge A Watercolor Weaving - Day 1 M Jazz GG Snowflake Toss</p>	<p>14</p> <p>V Let's Take a Trip K 1950's Music Match CC Broccoli Cheddar Soup Healthy Hands Relax & Recharge A Aromatic Difuser Necklaces - Day 2 M Dance Your Own Way</p>	<p>15</p> <p>V Shamrock Shake K Lets Spell Winter CC Mint Chocolate Oreo Bark Healthy Hands Relax & Recharge A Creative Storytelling - St. Patrick's Day M Making Music</p>	<p>16</p> <p>V Jailhouse Rock Yoga K Memory Box CC Buttery Cornbread Healthy Hands S Taste of Town Relax & Recharge A Canvas Collage M Match the Song to the Sitcom</p>	<p>17 St. Patrick's Day</p> <p>V Bowling K The Gold Game CC Irish Potato Pancakes Healthy Hands Relax & Recharge A St. Patrick's Day Collage M March Happy Hour GG Clover All Over & Handout</p>	<p>18</p> <p>V Stop and Smell the Roses & Handout K Winter Memories CC Salted Caramel Cupcakes Healthy Hands Relax & Recharge A Art & Proverbs M Bust a Move</p>
<p>19</p> <p>V Sunday Stretch K Devotion Sunday CC Mushroom Garlic Pepper Quiche Healthy Hands Relax & Recharge A Photo Glitter Globe M It's a Wonderful World GG Roll the Dice and Break the Ice</p>	<p>20 Spring Begins</p> <p>V Spring in Your Step K Guess the Animal CC Funfetti Puppy Chow Healthy Hands Relax & Recharge A Watercolor Weaving - Day 2 M Jazz GG Snowflake Toss</p>	<p>21</p> <p>V Let's Take a Trip K 1950's Music Match CC Baked Potato Soup Healthy Hands Relax & Recharge A Clay Pinch Pots - Day 1 M Dance Your Own Way GG Nerf Gun Target Practice</p>	<p>22</p> <p>V Shamrock Shake K Lets Spell Winter CC White Chocolate Peppermint Fudge Healthy Hands Relax & Recharge A Ask a Beautiful Question M Making Music</p>	<p>23 Ramadan Begins</p> <p>V Jailhouse Rock Yoga K Memory Box CC Grandma's Irish Soda Bread Healthy Hands Relax & Recharge A Label Collage M Match the Song to the Sitcom GG 50's Fun-Clothespin Drop</p>	<p>24</p> <p>V Bowling K Letter to Besties CC Create Your Own Mini Pizzas Healthy Hands Relax & Recharge A Paint Pouring Spring Colors M March Happy Hour GG Clover All Over & Handout</p>	<p>25</p> <p>V Stop and Smell the Roses & Handout K Winter Memories CC Fruitcake Healthy Hands Relax & Recharge A Art Appreciations - Vermeer M Bust a Move</p>
<p>26</p> <p>V Sunday Stretch K Devotion Sunday CC Ham and Cheese Quiche Healthy Hands Relax & Recharge A Thumbprint Keychain M It's a Wonderful World GG Roll the Dice and Break the Ice</p>	<p>27</p> <p>V Spring in Your Step K Guess the Animal CC Flutternutter Puppy Chow Healthy Hands Relax & Recharge A Glue Art M Jazz GG Snowflake Toss</p>	<p>28</p> <p>V Let's Take a Trip K 1950's Music Match CC Corn Chowder Healthy Hands Relax & Recharge A Clay Pinch Pots - Day 2 M Dance Your Own Way GG Nerf Gun Target Practice</p>	<p>29</p> <p>V Shamrock Shake K Lets Spell Winter CC Chocolate Pecan Fudge Healthy Hands Relax & Recharge A Artfully Aging Watercolor M Making Music GG Tabletop Shuffleboard</p>	<p>30</p> <p>V Jailhouse Rock Yoga K Memory Box CC Pretzels Healthy Hands Relax & Recharge A Artfully Aging Watercolor M Match the Song to the Sitcom GG 50's Fun-Clothespin Drop</p>	<p>31</p> <p>V Bowling K Letter to Besties CC Pepperoni Mini Pizzas Healthy Hands Relax & Recharge A Green Collage M March Happy Hour GG Clover All Over & Handout</p>	<p>Birthdays Dorothy G. 3-5 Peggy M. 3-19 Bettye H. 3-19 Donnie 3-30</p>