

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2019

This month's theme is "Strike a Chord"

This month's dimension is nutrition

9:45 Sit and stretch 10:30 Sunday Funnies 1:30 Trivia 2:15 Movie and snack Dr. Seuss Week- all themed activities are in red	9:30 Exercise 10:00 The butter battle- Book/activity 10:30 Name that tune 11:00 Brain games 1:30 Scenic ride 6:00 Activities with staff	9:30 Exercise 10:00 Mardi Gras Trivia 10:30 Mask making 1:30 Bingo 3:00 Mardi Gras Happy Hour <small>Mardi Gras</small>	9:30 Exercise 10:00 Baking with veggies 11:00 You're only old once book and activity 1:30 Jeopardy 2:30 Green eggs and Ham snack and activity 6:00 Activities with staff <small>Ash Wednesday</small>	9:30 There's a Wocket in my pocket book and activity 10:00 Musician of the day 10:30 Crafting to music 1:30 Bingo 3:00 Exercise 3:30 Word games 4:15 1 on 1	9:30 Oh the places you will go virtual vacation 11:00 Book club 1:00 Go cart adventure 1:30 Exercise 2:00 Brain games 2:45 Are you smarter than a 5 th grader 6:00 Activities with staff	9:45 Sit and stretch 10:15 Trivia 1:30 Balloon tennis 2:00 Movie and snack
9:45 Sit and stretch 10:30 Sunday Funnies 1:30 Trivia 2:15 Movie and snack <small>Daylight Saving Time Begins</small>	9:30 Exercise 10:00 Name that tune 10:30 Brain games 11:00 Sing a long 1:30 Scenic ride 6:00 Activities with staff	9:30 Exercise 10:00 Music and meditation 10:30 Bird watching and Crafts 1:30 Bingo 3:00 Lee Library trip	9:30 Exercise 10:00 Seniors and science- All about sugar 11:00 Musician of the day 1:30 Jeopardy 6:00 Activities with staff	9:30 Book Club 10:00 Brain games 10:30 Crafting to music 1:30 Bingo 3:00 Exercise 3:30 Trivia 4:15 1 on 1	9:30 Exercise 10:00 Nutrition Jeopardy w/ prizes 11:00 Brain games 1:00 1 on 1 2:30 Movie and snack 6:00 Activities with staff International pancake day	9:45 Sit and stretch 10:15 Trivia 1:30 Balloon tennis 2:00 Movie and snack St. Patrick's walking scavenger hunt all weekend
9:45 Sit and stretch 10:30 Sunday Funnies 1:30 Trivia 2:15 Movie "Lord of the Dance" and special St. Patrick's Day snack <small>St. Patrick's Day</small>	9:30 Exercise 10:00 Brain games 10:30 Board games 1:00 1 on 1 1:30 Movie and snack 6:00 Activities with staff	9:30 Exercise 10:00 Music and meditation 10:30 Crafts 1:30 Bingo 3:00 Lee Library trip	9:30 Grand buddy Visit- musical and gardening activities 11:00 Brain games 1:30 Colorful cooking 6:00 Activities with staff <small>Earth Day Spring Begins</small>	9:30 Book Club 10:00 Musician of the day 10:30 Crafting to music 1:30 Bingo 3:00 Exercise 3:30 Name 5 4:15 1 on 1 <small>Purim</small>	9:30 Exercise 10:00 Jeopardy 11:00 Brain games 1:30 Name that tune 2:30 Exotic Fruit sampler 6:00 Activities with staff	9:45 Sit and stretch 10:15 Trivia 1:30 Balloon tennis 2:00 Movie and snack
9:45 Sit and stretch 10:30 Sunday Funnies 1:30 Trivia 2:15 Movie and snack- Vanilla ice cream and warm maple syrup Maple syrup day	9:45 Bingo 11:00 Exercise 11:30 1 on 1 1:30 Movie and snack 6:00 Activities with staff	10:00 Music and meditation 10:30 bird watching and Crafts 1:30 Bingo 3:00 Exercise or Lee Library trip 3:30 Outburst 4:15 1 on 1	9:30 Exercise 10:00 Seniors and science- music 11:00 Brain games 1:30 Jeopardy 2:30 Nutrition for senior's discussion 6:00 Activities with staff	9:30 Exercise 10:00 Musician of the day 10:30 Music with Tim and Tilly 1:30 Crafting to music 3:00 Book club	9:30 Exercise 10:00 Trivia 10:30 Brain games 1:30 Name that tune 2:30 Name that veggie-blindfold challenge 6:00 Activities with staff	9:45 Sit and stretch 10:15 Trivia 1:30 Balloon tennis 2:00 Movie and snack Funky bow trip

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Please note all activities are subject to change, we will do our best to give as much notice as possible. Thank you for understanding

