

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# March 2019

## Personal Care – “Strike a Chord”



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<h1>March 2019</h1> <h2>Personal Care – “Strike a Chord”</h2>					
<b>3</b> 9:30 St. Paul Cathedral Shuttle 10:30 Fitness with Mark (3) 1:30 Daily News Discussion (ck) 2:30 Heads Up Game (ck) 3:30 Charades (ck)	<b>4</b> 9:30 March IQ Quiz (3) 10:00 Move n’ groove w/Ed (3) 1:00 Giant Eagle Trip 1:30 Art: Mardi Gras Masks(ck) 2:30 Name those famous musicians (ck) 3:30 Ring Toss (ck)	<b>5</b> <b>Happy Birthday Doris B.!</b> 10:00 Fitness w./ Susannah (3) <b>11:30 Mardi Gras Lunch (dr)</b> 1:30 Mardi Gras Bead Toss 2:30 New Orleans Hurricane Cocktail/Mardi Gras party (ck) 6:00 Prize Bingo (ck) <small>Mardi Gras</small>	<b>6</b> <b>Happy Birthday Arline H.!</b> 9:30 March Gazette (3) 10:00 Sit n’ stretch w/Ed (3) 1:00 Word search games (ck) 2:00 World news with Joel (ck) 3:30The art and mind of Michelangelo (ck) <small>Ash Wednesday</small>	<b>7</b> 10:00 Fitness with Ed (3) 1:30 Story behind Zumba and it’s health benefits (ck) 2:30 Zumba Gold Chair practice (ck) 3:30 Modern Jeopardy (ck) 6:00 Rummikub game (ck)	<b>8</b> <b>10:00 Communion (4)</b> 10:00 Strengthening w/Ed (3) 1:00 Uplifting news stories (ck) 2:00 Happy Hour w/Joe Diamond (dr) 3:30 Shabbat Service (ck)	<b>9</b> 10:30 Sittercise w/Ginger (3) 11:00 Refreshing drinks (3) 1:00 Cranium Crunches (ck) 2:30 Prize Bingo (ck) 3:30 Poker card game (ck)
<b>10</b> 9:30 St. Paul Cathedral Shuttle 10:00 Lean and Limber (3) 1:00 Movie at the Gardens: “Secretariat” (ck) 3:00 L.C.R Game (ck) <small>Daylight Saving Time Begins</small>	<b>11</b> 10:00 Move n’ groove w/Ed (3) 1:00 Giant Eagle 1:30 Cooking Club: Shamrock Shakes (ck) 3:00 Music trivia/name that tune w/Oakland Catholic students (ck)	<b>12</b> 10:00 Fitness w./ Susannah (3) 1:30 Daily Chronicles (ck) 2:30 Science for seniors: musical jars experiment (ck) 3:30 Table Tennis Match (ck) 6:00 Prize Bingo (ck)	<b>13</b> 10:00 Sit n’ stretch w/Ed (3) <b>10:30 Lunch trip to Claddagh Irish Pub</b> 1:30 Fun Math puzzles (ck) 2:30 Legend Susan B. Anthony (ck) 3:30 Shut the box. (ck)	<b>14</b> 9:30 Knowledge in the Nutshell (3) 10:00 Fitness with Ed (3) 1:30 Deal or No Deal (ck) 2:30 Zumba Gold Chair practice (ck) 3:30 Wii Wheel of Fortune (ck)	<b>15</b> <b>10:00 Communion (4)</b> 10:00 Strengthening w/Ed (3) 1:00 What am I? (ck) 2:00 Happy Hour w/Joe Marotta (dr) 3:30 Shabbat Service (ck)	<b>16</b> 10:30 Sittercise w/Ginger (3) 11:00 Juice Bar (3) 1:30 Crossword puzzles (ck) 2:30 Prize Bingo (ck) 3:30 Apples to Apples (ck)
<b>17</b> 9:30 St. Paul Cathedral Shuttle 10:30 Fitness with Mark (3) <b>1:30 Symphony Trip</b> 2:00 St. Patrick’s Day Party (dr) 3:30 Sorry game! (ck) <small>St. Patrick’s Day</small>	<b>18</b> 10:00 Move n’ groove w/Ed (3) 1:00 Giant Eagle 1:30 Art workshop: Design Musical Notes (ck) 2:30 Celebrating Steel City’s unique culture and history (ck)	<b>19</b> 9:30 On this day... (3) 10:00 Fitness w./Susannah (3) 1:30 Know your neighbor/brain health (4) 2:30 Spelling Bee (ck) 3:30 Wii Bowling (ck) 7:00 Yale Singers (dr)	<b>20</b> 9:30 Person, place, or thing? (3) 10:00 Sit n’ stretch w/Ed (3) 12:30 Trip to the Aviary (4) 2:00 World news with Joel (ck) 3:30 Neat facts about springtime (ck) <small>Spring Begins</small>	<b>21</b> 9:30 Humor of the day (3) 10:00 Fitness with Ed (3) 1:00 Final script practice (ck) 2:00 Purim Play (dr) 3:30 Pictionary (ck) <small>Purim</small>	<b>22</b> <b>10:00 Communion (4)</b> 10:00 Strengthening w/Ed (3) 1:00 Scrabble game (ck) 2:00 Happy Hour w/ Devin Arrington (dr) 3:30 Shabbat Service (ck)	<b>23</b> 10:30 Sittercise w/Ginger (3) 11:00 Refreshing iced tea (3) 1:30 Matching puzzles (ck) 2:30 Prize Bingo (ck) 3:30 Brain Games (ck)
<b>24</b> 9:30 St. Paul Cathedral Shuttle 10:00 Lean and Limber (3) <b>1:00 Trip to Loew’s Theatre</b> 3:00 Learn about Irish Folk Music (ck)	<b>25</b> <b>Happy Birthday Irene H.!</b> 9:30 Bulletin Board Trivia (3) 10:00 Move n’ Grove w/Ed (3) 1:00 Giant Eagle Trip 1:30 Dynamic Ball Toss (ck) 3:00 Sing-along with Oakland Catholic students (ck)	<b>26</b> 9:30 March Birthday Quiz (3) 10:00 Fitness w./Susannah (3) 1:00 Wikipedia game (ck) 2:00 Resident Council (dr) 3:30 Tech Corner: the future of virtual reality (ck) 6:00 Prize Bingo (ck)	<b>27</b> 9:30 Daily Horoscope (3) 10:00 Sit n’ stretch w/Ed (3) 1:30 Virtual Tour Irish Nationality Room (ck) 2:30 How music affects the brain (ck) 3:30 Photography w./ Chris (ck)	<b>28</b> <b>Happy Birthday Lois F.!</b> 9:30 The Year was... (3) 10:00 Fitness with Ed (3) 1:00 Jenga game (ck) 2:00 Zumba Gold Chair Final class/ pedometer results (ck) 3:30 Musical jeopardy (ck)	<b>29</b> <b>10:00 Communion (4)</b> 10:00 Strengthening w/Ed (3) 1:00 Remembering Duke Ellington (ck) 2:00 Happy Hour w/Margie & Joe (dr) 3:30 Shabbat Service (ck)	<b>30</b> 10:30 Sittercise w/Ginger (3) 11:00 Fruit Rejuvenation (3) 1:30 Who am I? 2:30 Prize Bingo (ck) 3:30 Yahtzee (ck)
<b>31</b> 9:30 St. Paul Cathedral Shuttle 10:00 Lean and Limber (3) 1:30 Movie at the Gardens: “The Mountain Between Us” 3:30 Skip-Bo Card game (ck)	 “In March winter is holding back and spring is pulling forward. Something holds and something pulls inside of us too.” -Jean Hersey 					