

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Start the Week Right <b>1</b> 9:30 Stretch Exercise 10:00 Welcome to March 11:00 Spelling Bee 1:00 Sheldon Park Store 2:15 Namesake Social 3:00 Bingo Time 4:00 You Tube Music	9:00 Shopping at Bi-Mart <b>2</b> 9:00 Today's News 9:30 Exercise with Kate 10:30 Drive: Penn Road 10:30 Cat in the Hat Day 1:15 Creswell Bakery 1:15 King Kong Anniversary 2:00 Memory Tones 3:00 Bean Bag Baseball 4:00 Margarita Monday	9:00 Today's News <b>3</b> 9:30 Sit & Stretch Exercise 10:30 Communion 10:30 Brain Games 1:00 Flower Arrangements 1:30 Toga Tuesday 2:15 Start the Band Up 3:00 Matt from the Shedd 4:00 Fast Round Trivia	9:30 Exercise with Kate <b>4</b> 10:30 Oregon History w/Mel 10:45 Stepping Out 1:00 Nickel Bingo 2:00 National Parks 2:15 Healthy Choice 3:00 Sit & Stretch Exercise 4:00 Wine Wednesday	9:00 New of the Building <b>5</b> 9:30 Tai Chi Exercise 10:30 Council Time 10:45 Music Application 1:15 Garden Time 2:15 Beethoven's No. 4 3:00 John on Guitar 4:00 Fireside Games  Wear Your Name Tag Day	9:00 Getting to Know You <b>6</b> 9:30 Kate's Exercise 10:30 Resident Acting 10:30 Birdwatching 1:15 Nature Hike 1:30 Michelangelo's B-day 2:15 Employee Appreciation 3:00 Bean Bag Baseball 4:00 Flavored Vodka	9:00 News & Review <b>7</b> 9:30 Stretch Exercise 10:30 Bible Study with Jack 11:00 Brain Puzzles 1:00 Baking with Haylee 2:15 Express with Art 3:00 Nickel Bingo 4:00 Walking Stepping Out Genealogy Day
9:00 Start the Week Right <b>8</b> 9:30 Stretch Exercise 10:00 Church Music Singing 11:00 Spelling Bee 1:00 Sheldon Park Store 2:00 Grace Notes Singing 3:00 Bingo Time 4:00 You Tube Music  <small>Daylight Saving Time Begins</small>	9:00 Shopping at Bi-Mart <b>9</b> 9:00 Today's News 9:30 Exercise with Kate 10:30 Drive: Dawson 10:30 Rummikub Game 1:15 Shopping at Walmart 1:15 Ford Mustang 2:00 LG Monopoly Game!!!! 3:00 Bean Bag Baseball 4:00 Margarita Monday	9:00 Today's News <b>10</b> 9:30 Sit & Stretch Exercise 10:30 Communion 10:30 Brain Games 1:30 Flower Arrangement 2:15 First Telephone Call 3:00 Matt from the Shedd 4:00 Fast Round Trivia Clover All Over Day	9:30 Exercise with Kate <b>11</b> 10:30 Oregon History w/Mel 10:45 Stepping Out 1:00 Nickel Bingo 2:00 National Parks 2:00 Lucky Paws 2:15 Healthy Choice 3:00 Sit & Stretch Exercise 4:00 Wine Wednesday 6:00 Lucky Paws	9:00 New of the Building <b>12</b> 9:30 Tai Chi Exercise 10:30 Council Time 10:45 Music Application 1:15 Plant a Flower Day 2:15 Girl Scout Day 3:00 John on Piano 4:00 Fireside Games	9:00 Getting to Know You <b>13</b> 9:30 Kate's Exercise 10:30 Resident Acting 10:30 Daffodil Drive part 1 12:00 Papas Pizza 1:30 Astronomy Day 2:15 Poker Game 3:00 Bean Bag Baseball 4:00 Flavored Vodka	9:00 News & Review <b>14</b> 9:30 Stretch Exercise 10:30 Bible Study with Jack 11:00 Brain Puzzles 1:00 Express with Art/Craft 2:15 Potato Chip Day 3:00 Nickel Bingo 4:00 Nordic Walking Stepping Out
9:00 Start the Week Right <b>15</b> 9:30 Stretch Exercise 10:00 Church Music Singing 11:00 Spelling Bee 1:00 Sheldon Park Store 2:15 Healthy Choice Social 3:00 Bingo Time 4:00 You Tube Music	9:00 Shopping at Bi-Mart <b>16</b> 9:00 Today's News 9:30 Exercise with Kate 10:30 Drive: Daffodil Drive 10:30 Rummikub Game 1:15 Drive to Sweet home 1:15 Act Happy 2:00 Gary on Keyboard 3:00 Bean Bag Baseball 4:00 Margarita Monday	9:00 Today's News <b>17</b> 9:30 Sit & Stretch Exercise 10:30 Communion 10:30 Brain Games 11:30 Irish Lunch 1:00 Flower Arrangements 2:00 St. Patact's Day Tea 3:00 Matt from the Shedd 4:00 Irish Beer  <small>St. Patrick's Day</small>	9:30 Exercise with Kate <b>18</b> 10:30 Oregon History w/Mel 10:45 Stepping Out 1:00 Nickel Bingo 2:00 National Parks 2:15 Healthy Choice 3:00 Sit & Stretch Exercise 4:00 Wine Wednesday	9:00 New of the Building <b>19</b> 9:30 Tai Chi Exercise 10:30 Council Time 11:00 Holly's Jewelry 1:15 Garden Time 2:15 Poetry Class 2:30 Hearing Aid Checks 3:00 Spring Begins Party 4:00 Fireside Games  <small>Spring Begins</small>	9:00 Getting to Know You <b>20</b> 9:30 Kate's Exercise 10:30 Resident Acting 1:15 Trip with Jennifer 1:30 Slap Happy Drums 2:15 Snack Crate 3:00 Bean Bag Baseball 4:00 Flavored Vodka	9:00 News & Review <b>21</b> 9:30 Stretch Exercise 10:30 Bible Study with Jack 11:00 Brain Puzzles 1:00 Baking with Haylee 2:15 Express with Art 3:00 Nickel Bingo 4:00 Walking Stepping Out
9:00 Start the Week Right <b>22</b> 9:30 Stretch Exercise 10:00 Church Music Singing 11:00 Spelling Bee 1:00 Sheldon Park Store 2:15 Healthy Choice Social 3:00 Bingo Time 4:00 You Tube Music	9:00 Shopping at Bi-Mart <b>23</b> 9:00 Today's News 9:30 Exercise with Kate 10:30 Drive: Country Drive 10:30 Rummikub Game 1:15 Mythology Monday 2:00 Chip & Dip day 3:00 Bean Bag Baseball 4:00 Margarita Monday	9:00 Today's News <b>24</b> 9:30 Sit & Stretch Exercise 10:30 Communion 10:30 Brain Games 1:15 Flower Arrangements 2:15 Start the Band Up 3:00 Matt from the Shedd 4:00 Fast Round Trivia	9:30 Exercise with Kate <b>25</b> 10:30 Oregon History w/Mel 10:45 Stepping Out 1:00 Nickel Bingo 2:00 National Parks 2:15 Healthy Choice 3:00 Sit & Stretch Exercise 4:00 Wine Wednesday	9:00 New of the Building <b>26</b> 9:30 Tai Chi Exercise 10:30 Council Time 10:45 Music Application 1:15 Garden Time 2:00 Inspirational Sound 3:00 Men's Special Group 4:00 Fireside Games	9:00 Getting to Know You <b>27</b> 9:30 Kate's Exercise 10:30 Resident Acting 1:15 Trip with Jennifer 1:30 Book Club 2:15 Poker Game 3:00 Bean Bag Baseball 4:00 Flavored Vodka	9:00 News & Review <b>28</b> 9:30 Stretch Exercise 10:30 Bible Study with Jack 11:00 Brain Puzzles 1:00 Baking with Haylee 2:15 Express with Art 3:00 Nickel Bingo 4:00 Walking Stepping Out
9:00 Start the Week Right <b>29</b> 9:30 Stretch Exercise 10:00 Church Music Singing 11:00 Spelling Bee 1:00 Sheldon Park Store 2:15 Healthy Choice Social 3:00 Bingo Time 4:00 You Tube Music	9:00 Shopping at Bi-Mart <b>30</b> 9:00 Today's News 9:30 Exercise with Kate 10:30 Country Drive 10:30 Rummikub Game 11:30 Papparazzi Jewelry 1:15 Jeopardy! Day 2:00 Van Gogh Day 3:00 Bean Bag Baseball 4:00 Margarita Monday	9:00 Today's News <b>31</b> 9:30 Sit & Stretch Exercise 10:30 Communion 10:30 Brain Games 1:15 Flower Arrangements 2:15 Horse Racing Game 3:00 Matt from the Shedd 4:00 Fast Round Trivia	<h1>March 2020</h1> <h2>Sheldon Park Assisted Living</h2>			

Activities are subject to change.